

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday
		Sep - 1 Pepp Pizza CHICKEN POT PIE Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W	Sep - 2 Bahnmi Flatbread San Bacon Ranch Chicken Glazed Carrots Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White	Sep - 3 Hot Ham and Cheese Crispy Fish Sticks Peas Veggie Dippers Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W
Sep - 6	Sep - 7 Beef Spaghetti Hot Dog Fresh Garden Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls	Sep - 8 Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Sep - 9 BEEF SOFT TACO- EI Enchiladas,Beef 15-16 Charro Beans Fresh Garden Salad Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup	Sep - 10 Greek chicken pita Ravioli Beef Yogurt Bag- Carrots Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W
Sep - 13 Steak Fingers Chicken Fajita Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Sep - 14 Beef Nachos Buffalo ChickenFlatbre Pinto Beans Veggie Dippers Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Salsa	Sep - 15 Pizza, Pepperoni Chili Mac Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Sep - 16 Grilled Chicken On Bu Mini Corn Dogs Green Beans Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing	Sep - 17 Hot Dog with Bun Grilled Cheese Sandwi Baked Beans Carrot Sticks FRENCH FRIES Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White
Sep - 20 Cheeseburger CHICKEN POT PIE Tater Tots Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll	Sep - 21 Sloppy Joe on a Bun Popcorn Chicken Broccoli-Vegetable Mix Sweet Potato Tots Wheat Rolls Fresh Pear Applesauce Milk 1% White Milk Chocolate Fat Fre KETCHUP	Sep - 22 Pepp Pizza Chicken Quesadilla CORN Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm	Sep - 23 Whole Grain Corn Dog Chicken Spaghetti Green Beans Oven Roasted Potatoe Wheat Rolls Banana Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White Mustard KETCHUP	Sep - 24 Crispy Fish Sticks Pub Burger Carrot Sticks Ranch Style Beans Burger Salad Fresh Apple PEARS, It syp, canned Chocolate Milk FF White Milk 1% Mustard Mustard Salad Dressing Bread 100% Whole W

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 27 Steak Fingers Chicken Nuggets Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll	Sep - 28 Beef Spaghetti Whole Grain Corn Dog Iron Man Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls	Sep - 29 Pizza, Pepperoni Chicken Spaghetti Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll	Sep - 30 Chicken Quesadilla Chicken Fajita Pinto Beans Lettuce/Tomato Salad Fresh Orange Fresh Apple MILK,1% Chocolate MILK,2% Lowfat Picante sauce	

Menu subject to change
 This institution is an equal opportunity provider.

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