



Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY 	7 Chicken Nuggets 17 GmFat, 14 GmCarbs California Blend & Lentils 6GmCarbs 3.2 GmFiber	8 Cheesy Bread Sticks 13G Fat, 32G Carb, 1G Fiber Dipping Sauce 7G Carb, 2G Fiber Broccoli & Baby Carrots 6GrmsCarb, 1.8GrmsFiber Low Fat Dip	9 Chicken Pattie on Bun (17G Fat, 14G Carb, 2G Fiber) Cucumber Salad (2G Carb) 	10 Big Daddy Pizza 14GmFat, 44GrmsCarb, 2GmFiber Tossed Salad Greens (1.5G Carb, .5G Fiber)
13 BBQ Pork (8G Fat, 16G Carbs, 2G Fiber) on Whole Wheat Bun (2G Fat, 20G Carbs, 4G Fiber) Or Chicken Pattie/Bun (17G Fat, 14G Carb, 2G Fiber) Raw Carrot Stix (10G Carb, 3G Fiber)	14 Cheeseburger (10G Fat, 14G Carb, 2G Fiber) Or Ranch Chicken Wrap (9G Fat, 9G Carb) Sweet Corn 1GmFat, 19GmCarb, 1GmFiber	15 Johnsonville Low Fat Turkey Sausage on a Bun (6 gms of fat, 17G Carb, 2G Fiber) Or French Bread Pizza (8G Fat, 36G Carb, 3G Fiber) Fresh Steamed Green & Yellow Beans with Carrots 4GrmsCarbs, 1.3GrmsFiber	16 Popcorn Chicken (10G Fat, 15G Carbs, 1G Fiber) Or Wet Burrito Bar (12G Fat, 19G Carb) With Rice (38G Carb) Mixed Romaine Salad W/ Cherry Tomatoes 5GrmsFat, 4GrmsCarb, 1GmFiber	17 Hot Ham & Cheese on Bun (8G Fat, 37G Carb, 2G Fiber) Or Bosco Cheese Stuffed Sticks (12GmFat, 56GmCarb, 4 grms Fiber) & Marinara Sauce (2G Fat, 5G Carb, 2G Fiber) Homemade Cole Slaw (5G Fat, 17G Carbs)







Please Read! Holland Public Schools receives many state and federal grant allocations for the operation of our programs for students. Many of these grants are based upon the number of children who qualify for free or reduced lunch. Even if your child will not be participating in our lunch program this year, your completion of this form may assist us in receiving additional money for our schools.

Currently accepting applications for free and reduced price lunches on line! Please go to lunchapp.com and follow the online instructions.
 The information at this site is private and not shared


**Income Guidelines for School Lunch Eligibility
 (For Reduced Price Lunch)**

HOUSHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,317
Each additional family member	+ 6,919	+ 577	+ 134

Monday	Tuesday	Wednesday	Thursday	Friday
20 Chicken Flautas (5G Fat, 20G Carb, 2G Fiber) Or Chicken Nuggets (17 G Fat,14 G Carbs) Corn (1G Fat,17G Carb,2G Fiber) 	21 Chicken Drummie (13G Fat, 8G Carbs) & Garlic Bread Or Soft Shell Taco (13G Fat, 4G Carbs,)) Mixed Raw Veggies (13G Carb, 1G Fiber) Dressing (5 G Fat,1G Carb) 	22 Turkey & Cheese on Whole Wheat (7G Fat,23Carbs,4G Fiber) Or Stuffed Cheese Stixs W/ Sauce (7G Fat,27G Carb, 3G Fiber) Carrot Stixs & Ranch Dip (5G Fat,2.5G Carb, .5G Fiber) 	23 Meaty Spaghetti Sauce W/Penne Noodles 6.5G Fat, 28G Carb, 1G Fiber Or Chicken Pattie/Bun (17G Fat,14G Carb,2G Fiber) Tossed Mixed Green Salad (1.5G Carb,.5G Fiber) Low Fat Ranch Dressing (5 G Fat,1G Carb)	24 Grab and Go Lunch Day! Ham & Cheese Crackers (10.5G Fat, 16G Carb) Red Grapes (8G Carbs, 1/2G Fiber) Rice Krispie Treat(G Fat, 8G Carb) Or Cheeseburger (10G Fat, 14G Carb, 2G Fiber) Potato Wedges (5G Fat,18G Carb, 2G Fiber)
27 Nacho Chips and Cheese (14.5 G Fat,27G Carb, 1G Fiber) Or Fish Nuggets (13G Fat, 17G Carb, 1G Fiber) And Dip (5G Fat,1G Carb) California Blend Veggies (2.7G Carb, 1.3G Fiber)	28 Turkey Corn Dog (14G Fat, 30G Carb, 1G Fiber) Or Cheeseburger (10G Fat, 14G Carb, 2G Fiber) Carrot Stixs (10G Carb,3G Fiber) Dip (5G Fat,1G Carbs)	29 Big Daddy Pizza (12G fat,39G Carb, 2G fiber) Or Chicken Nuggets (17 G Fat,14 G Carbs) Corn (1G Fat,17G Carb,2G Fiber)	30 Sloppy Turkey on Whole Wheat Bun (6G Fat, 26G Carb, 5G Fiber) Or Popcorn Chicken (11G Fat,12G Carbs,1G Fiber) Spinach and Mixed Greens with Carrots and Fruit Chunks Salad Dressing (5G Fat,1G Carb)	1 Sub Sandwich With Lettuce, Tomato,Pickle (12G Fat, 20G Carbs,1G Fiber) Or  Ravioli (10G Fat, 32G Carb, 4G Fiber) Broccoli Salad (3G Fat,31G Carb, 2G Fiber)

The Daily Breakfast Entrée Choice Includes Cereal and Cereal Bars



	Tuesday	Wednesday	Thursday	Friday
	7 Smucker's Uncrustables (11G Fat,33G Carb,3G Fiber)	8 Breakfast Bagel 7G Fat, 19G Carb, 1G Fiber	9 Pancake Sausage on a Stick 10G Fat,23G Carb	10 Scrambled Egg & Cheese on Eng. Muffin 11G Fat,25G,2G Fiber
13 Breakfast Bagel 7G Fat,19G Carbs,1G Fiber	14 Sausage, Cheese and Muffin 11G Fat, 25G Carb, 2G Fiber	15 Mini Pancakes 2G Fat,30G Carb, 2G Fiber Syrup— 31G Carb	16 Ham & Cheese Muffin 8G Fat,25G Carb,2G Fiber	17 Waffles 5G Fat,32G Carb, 1G Fiber Syrup—
20 Breakfast Pizza 10G Fat, 25G Carbs,2G Fiber	21 Sausage, Cheese and Muffin 11G Fat, 25G Carb, 2G Fiber	22 Yogurt with Toppings 2G Fat, 16G Carb	23 Breakfast Bagel 7G Fat,19G Carb, 1G Fiber	24 Pancake Sausage on a Stick 10G Fat,23G Carb
27 Jumbo Waffles 5G Fat,32G Carb,1G Fiber	28 Breakfast Bagel 7G Fat,19G Carb,1G Fiber	29 Scrambled Egg & Cheese on Eng. Muffin 11G Fat,25G,2G Fiber	30 French Toast Stixs 5.3G Fat, 25G Carb	1 Ham & Cheese on Muffin 8G Fat,25G Carb,2G Fiber

Eat Healthy
+ Play Smart
= Smart Students

Holland Public Schools does not discriminate on the basis of race, color, national origin, sex, age, weight, marital status, handicap, disability, or limited English proficiency in any of its programs or activities. Inquiries regarding the district's non-discrimination policies should be directed to: The Assistant Superintendent for Business & Personnel, Holland Public Schools, 372 South River Avenue, Holland, MI, 49423 (616) 494-2025.

A choice of Fruit and Milk is included with every breakfast. The Daily Breakfast entrée choice includes Cereal and Cereal Bars