

Red Oak ISD

6GC / December / Lunch

Nov 27, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Diced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
4 Steak Fingers Fresh Baby Carrots Green Beans Fresh Apple Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Chicken Lo Mein Garlic Broccoli Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Chicken Nuggets Fresh Baked Roll Carrots Mashed Potatoes Country Gravy Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	7 Crispito w/ Cheese Cheese Sauce Pinto Beans Lettuce & Tomato Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	8 Hamburger Cheeseburger Potato Wedges Lettuce, tomato, pickles Sliced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
11 Chicken & Waffles Corn on the Cob Strawberry Spinach Salad Fresh Apple Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Orange Chicken & Rice Garlic Broccoli Fresh Baby Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Beef & Cheese Nachos Refried Beans Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	14 Meatball Sub California Casserole Celery Sticks Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	15 Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Lettuce, tomato, pickles French Fries Fresh Orange Ketchup Mustard MILK,1% Lowfat Milk, Choc, Fat Free Milk,Straw.,Fat Free
18 CF Steak on a Bun Green Beans Fresh Baby Carrots Applesauce Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Chicken Nuggets Fresh Baked Roll Carrots Mashed Potatoes Country Gravy Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 Corn Dog Baked Beans Canned Celery Sticks Fresh Apple Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	21 Grilled Chicken Sandwich Broccoli Tater Tots Sliced Peaches Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	22 HOLIDAY
25 HOLIDAY	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY

**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.