

# Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Chicken Fresh Baked Roll Green Beans Garden Salad Barbecue Sauce Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2 Grilled Chicken Sandwich Fish on a Bun Lettuce, tomato, pickles Potato Wedges Fresh Orange Tartar Sauce Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
5 Chicken & Waffles Protein Box Turkey Ham Tater Tot Garlic & Herb Spinach Sliced Peaches Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Beef Tips in Gravy White Rice Garlic Broccoli Fresh Cucumbers/Tomatoes Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	7 Chicken Nuggets Fresh Baked Roll Carrots Mashed Potatoes Country Gravy Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	8 Crispito w/ Cheese Spanish Rice Pinto Beans Garden Salad Fruit Cocktail Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Hamburger Cheeseburger Grill Cheese Sandwich Potato Wedges Lettuce, tomato, pickles Applesauce Chocolate Brownie Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
12 SPRING BREAK	13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK
19 Corn Dog Protein Box Turkey Ham Curly Fries California Vegetables Fruit Cocktail Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 Spaghetti & Meat Sauce Texas Toast Corn Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	21 Chicken Nuggets Protein Bistro Box Fresh Baked Roll Mashed Potatoes Country Gravy Garlic Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	22 Chicken Fajita SoftTacos Spanish Rice Pinto Beans Fresh Baby Carrots Grapes & Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 CF Steak on a Bun Catfish on Bun Lettuce, tomato, pickles Tater Tot Fresh Apple Chocolate Chip Cookie Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
26 French Toast & Cheese Omelette Protein Box Turkey Ham Tater Tot Fresh Cucumbers/Tomatoes Fresh Apple Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27 Salisbury Steak w/Br.Gra Macaroni & Cheese Garlic Broccoli Carrots Strawberries & Oranges Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	28 Beef & Cheese Nachos Protein Bistro Box Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	29 Oven Fried Chicken Fresh Baked Roll Strawberry Spinach Salad Fresh Baby Carrots Barbecue Sauce Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	30 NO SCHOOL TODAY

*\*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.**