

# Red Oak ISD

APRIL

Mar 29, 2018

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## High School / Combo Cafe / Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fajita SoftTacos w/Cheese Lettuce & Tomato Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat	3 Fish Nuggets Green Beans Garden Salad Diced Peas Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat	4 Steak Fingers Potato Wedges Green Beans Diced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	5 Corndog Nuggets Green Beans Pork 'n' Beans Sliced Peaches Mustard Milk, Choc, Fat Free MILK,1% Lowfat	6 Grill Ham N' Cheese Sand Garden Salad Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat
9 Chzbrgr Meatloaf on Bun Tater Tots 3 Pickle Spears Sliced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	10 Orange Chicken & Rice White Rice Stir Fry Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	11 Spaghetti / Meat Sauce Carrots Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	12 Soft Chicken Tacos Pinto Beans Lettuce & Tomato Diced Peas Salsa Milk, Choc, Fat Free MILK,1% Lowfat	13 Cheeseburger French Fries Lettuce, tomato, pickles Sliced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
16 Grill Cheese Sandwich Vegetable Soup Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	17 Ground Beef & Macaroni Spinach Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	18 Salisbury Steak w/Br.Gra Mashed Potatoes Green Beans Sliced Peaches Fresh Baked Roll Milk, Choc, Fat Free MILK,1% Lowfat	19 Soft Beef Tacos w/Cheese Lettuce & Tomato Pinto Beans Diced Peas Salsa Milk, Choc, Fat Free MILK,1% Lowfat	20 Turkey & Cheese Sandwich Carrot Sticks 3 Pickle Spears Diced Peaches Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat
23 NO SCHOOL TODAY	24 Teriyaki Chicken White Rice Green Peas Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat	25 Oven Roasted Chicken BBQ Sauce Cup Green Beans Baked Sweet Potato Applesauce MILK,1% Lowfat Milk, Choc, Fat Free	26 BBQ Rib Patty on Bun Barbecue Sauce Potato Wedges Carrots Sliced Peaches Ketchup Milk, Choc, Fat Free MILK,1% Lowfat	27 Hot Dog on Bun Tater Tots Baked Beans Canned Diced Peas Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat
30 Steak Fingers Potato Wedges Green Beans Diced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat				

*\*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.**