

Red Oak ISD

6th - 8th / Breakfast

Mar 29, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
2 HoneyNut Cheerios Cereal Graham Crackers Pull Apart Mini Cinnis Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Cinnamon Toast Crunch Graham Crackers Blueberry Pancake Stick Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	4 Apple Jacks Cereal Graham Crackers Pancakes w/ Syrup Trky Sausage Patty Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Trix Cereal Graham Crackers Trix Yogurt Fresh Apple Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Froot Loops Cereal Graham Crackers French Toast Sticks Pancake Syrup Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
9 HoneyNut Cheerios Cereal Graham Crackers Mini Bagels w/ Strawberry Cream Cheese Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Cinnamon Toast Crunch Graham Crackers Sausage Roll Fresh Orange Mustard Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 Apple Jacks Cereal Graham Crackers Berry Patch Smoothie Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Trix Cereal Graham Crackers Chicken Biscuit Colby Omelette Biscuit Fresh Apple Jelly Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Froot Loops Cereal Graham Crackers Dutch Baby Waffle Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
16 HoneyNut Cheerios Cereal Graham Crackers Pull Apart Mini Cinnis Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Cinnamon Toast Crunch Graham Crackers Blueberry Pancake Stick Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 Apple Jacks Cereal Graham Crackers Pancakes w/ Syrup Trky Sausage Patty Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Trix Cereal Graham Crackers Trix Yogurt Fresh Apple Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 Froot Loops Cereal Graham Crackers French Toast Sticks Pancake Syrup Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
23 NO SCHOOL TODAY	24 Cinnamon Toast Crunch Graham Crackers Sausage Roll Fresh Orange Mustard Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Apple Jacks Cereal Graham Crackers Berry Patch Smoothie Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 Trix Cereal Graham Crackers Chicken Biscuit Colby Omelette Biscuit Fresh Apple Jelly Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27 Froot Loops Cereal Graham Crackers Dutch Baby Waffle Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
30 HoneyNut Cheerios Cereal Graham Crackers Pull Apart Mini Cinnis Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free				

NA - 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.