

Red Oak ISD

6th Grade / April / Lunch

Mar 29, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken & Waffles Protein Box Turkey Ham Tater Tots Garlic & Herb Spinach Sliced Peaches Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Beef Tips in Gravy White Rice Garlic Broccoli Fresh Cucumbers/Tomatoes Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	4 Chicken Nuggets Fresh Baked Roll Carrots Mashed Potatoes Country Gravy Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Crispito w/ Cheese Spanish Rice Pinto Beans Fruit Cocktail Corn Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Hamburger Cheeseburger Potato Wedges Lettuce, tomato, pickles Applesauce Chocolate Brownie Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
9 Steak Fingers Protein Box Turkey Ham Green Beans Mashed Potatoes Country Gravy Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Crispito w/ Cheese Spanish Rice Pinto Beans Fruit Cocktail Corn Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 Beef & Cheese Nachos Protein Bistro Box Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Meatball Sub California Casserole Celery Sticks Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Lettuce, tomato, pickles French Fries Fresh Orange Ketchup Mayo MILK,1% Lowfat Milk, Choc, Fat Free Milk,Straw.,Fat Free
16 Spaghetti & Meat Sauce Texas Toast Corn Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Banh Mi Fish Sandwich Garlic & Herb Spinach Fresh Cucumbers/Tomatoes Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 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	19 Chicken Fajita SoftTacos Spanish Rice Pinto Beans Fresh Baby Carrots Mashed Potatoes Grapes & Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 CF Steak on a Bun Lettuce, tomato, pickles Tater Tots Fresh Apple Chocolate Chip Cookie Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
23 NO SCHOOL TODAY	24 Chzbrgr Meatloaf on Bun Tater Tots Garlic Broccoli Strawberries & Oranges Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Beef & Cheese Nachos Protein Bistro Box Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 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	27 Grilled Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Fruit Cocktail Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
30 Chicken & Waffles Tater Tots Garlic & Herb Spinach Sliced Peaches Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free				

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.