

# Red Oak ISD

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

*\*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.**