

Red Oak ISD

7th - 8th / Line #3

Mar 29, 2018

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p>2</p> <p>Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>3</p> <p>Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>4</p> <p>Chicken Nuggets Fresh Baked Roll Mashed Potatoes Country Gravy Garlic Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>5</p> <p>Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>6</p> <p>Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p> |
| <p>9</p> <p>Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>10</p> <p>Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>11</p> <p>Beef & Cheese Nachos Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>12</p> <p>Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>13</p> <p>Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Applesauce Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p> |
| <p>16</p> <p>Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>17</p> <p>Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>18</p> <p>Chicken Nuggets Fresh Baked Roll Mashed Potatoes Country Gravy Garlic Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>19</p> <p>Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>20</p> <p>Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p> |
| <p>23</p> <p>NO SCHOOL TODAY</p> | <p>24</p> <p>Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>25</p> <p>Beef & Cheese Nachos Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>26</p> <p>Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p> | <p>27</p> <p>Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Applesauce Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p> |
| <p>30</p> <p>Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp 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.