

Red Oak ISD

K - 5th / Lunch

Apr 9, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken & Waffles Tater Tots Garlic & Herb Spinach Strawberries & Oranges Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Salisbury Steak w/Br.Gra Turkey Chef Salad Macaroni & Cheese Carrots Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	4 Meatball Sub Protein Bistro Box Tater Tots Baked Beans Canned Fresh Apple Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Popcorn Chicken Popcorn Chicken Salad Fresh Baked Roll Mashed Potatoes Country Gravy Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Hamburger Cheeseburger Lettuce, tomato, pickles French Fries Fruit Cocktail Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
9 Grill Cheese Sandwich Protein Box Turkey Ham Vegetable Soup Garden Salad Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Beef & Cheese Nachos Refried Beans Seasoned Golden Corn Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 Oven Roasted Chicken Grilled Chicken Salad Biscuit Garlic Broccoli Fresh Baby Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Breakfast Burrito Breakfast Burrito w/ Ham Turkey Chef Salad Tater Tots Fresh Cucumbers/Tomatoes Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Grilled Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Fresh Apple Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
16 Pepperoni Pizza Cheese Pizza Seasoned Golden Corn Garden Salad Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Crispito w/ Cheese Turkey Chef Salad Pinto Beans Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 Spaghetti & Meat Sauce Green Beans California Vegetables Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Chicken Nuggets Grilled Chicken Salad Fresh Baked Roll Mashed Potatoes Country Gravy Broccoli Grapes & Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 CF Steak on a Bun Green Beans French Fries Fresh Apple Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
23 NO SCHOOL TODAY	24 Chicken Lo Mein Asian Chicken Salad Garlic Broccoli Fresh Cucumbers/Tomatoes Strawberries & Oranges Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Chicken & Noodles Protein Box Turkey Ham Peas & Carrots Garden Salad Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 Beef & Cheese Nachos Turkey Chef Salad Refried Beans Seasoned Golden Corn Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27 Crispy Chicken Sandwich Potato Wedges Green Beans Fresh Orange Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
30 Chicken & Waffles Tater Tots Garlic & Herb Spinach Strawberries & Oranges 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.