

# Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Grilled Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Fresh Apple Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
4  Steak Fingers Tater Tots Green Beans Grapes Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5  Swt & Sour Dip'n Chik'n Protein Box Turkey Ham White Rice Garlic Broccoli Fresh Baby Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6  Crispy Beef Tacos Pinto Beans Lettuce & Tomato Fruit Cocktail Peach Crisp Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	7  Chicken Nuggets Turkey Chef Salad Fresh Baked Roll Mashed Potatoes Country Gravy Carrots Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	8  Hamburger Cheeseburger Lettuce, tomato, pickles French Fries Applesauce Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
11  Chicken & Waffles Strawberry Spinach Salad Green Beans Fresh Apple Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12  Chili w/ Beans Protein Bistro Box Cinnamon Rolls WG Carrot/Celery Sticks Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13  Cheese Pizza Turkey Pepperoni Pizza Corn Fresh Cucumbers/Tomatoes Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	14  Beef & Cheese Nachos Refried Beans Garden Salad Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	15  CF Steak on a Bun Green Beans Tater Tots Fresh Orange Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
18  PEPPERONI PIZZA Cheese Pizza Protein Box Turkey Ham Corn Celery Sticks Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  Macaroni & Cheese Texas Toast Fresh Cucumbers Broccoli Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20  Crispito w/ Cheese Refried Beans Carrots Grapes Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	21  Turkey & Cheese Sandwich 2 Pickle Spears Carrot Sticks Applesauce Chocolate Chip Cookie Mustard Mayo 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.**