

May 2018

Elementary Breakfast & Lunch

Monday

SCHOOL LUNCH HERO DAY May 4th

No need for a cape when you have an apron.



Tuesday

Wednesday

Thursday

Friday

MEAL PRICES

~Breakfast~

- Students \$1.30
 - Reduced Price - .30¢
 - Adult - \$1.80
- ~Lunch~
- Students - \$2.75
 - Reduced Price - .40¢
 - Adult - \$3.25

Milk Varieties Offered Daily
8 oz. Cartons of:
FF Chocolate
FF Strawberry
1% Lowfat
Extra Milk or Milk Purchased
Without Tray - .60¢

School Nutrition Employee
Appreciation Week May 7-11



Each meal (Breakfast and Lunch) must contain at least 3 items - 1 of the items must be a fruit or vegetable.

* Denotes Choice of Entree

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SHAC CORNER

(Student Health Advisory Council)
ALL SESSIONS HELD FROM 6:30-8 PM
(Unless Otherwise Noted)

At ACORN Community & Family Services Center,
101 Live Oak Street, Red Oak, Tx
RSVP: Donna Knight at 972-617-4568
Or donna.knight@redoakisd.org

May 7th - Building Trust

May 14th - Home and School!

What a TEAM!!!

May 15th - Anger Management

7
Breakfast
Cereal & Graham Cracker
Mini Bagels w/Strawberry Cream Cheese
Flavored Applesauce & Assorted Juice
Lunch
Grilled Cheese Sandwich*
Protein Box w/ Turkey Ham*
Vegetable Soup
Garden Salad
Flavored Applesauce Cups

14
Breakfast
Cereal & Graham Cracker
Pull Apart Cini Mini's
Sliced Peaches & Assorted Juice
Lunch
Pepperoni or Cheese Pizza
Golden Corn
Garden Salad
Flavored Applesauce Cups

21
Breakfast
Cereal & Graham Cracker
Mini Bagels w/Strawberry Cream Cheese
Flavored Applesauce & Assorted Juice
Lunch
French Toast & Cheese Omelet
Tater Tots
Seasoned Spinach
Peach Cups

1
Breakfast
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Flavored Applesauce & Assorted Juice
Lunch
Salisbury Steak w/ Brown Gravy*
Turkey Chef Salad*
Macaroni & Cheese
Seasoned Carrots
Steamed Broccoli
Flavored Applesauce Cups

8
Breakfast
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
Chicken & Waffles
Garden Salad
Green Beans
Fresh Apple

15
Breakfast
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Flavored Applesauce & Assorted Juice
Lunch
Crispito w/ Cheese Sauce*
Turkey Chef Salad*
Pinto Beans
Steamed Carrots
Salsa
Fruit Cocktail

22
Breakfast
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
Chicken Lo Mein*
Asian Chicken Salad*
Seasoned Broccoli
Cucumbers & Tomatoes
Flavored Applesauce Cups

2
Breakfast
Cereal & Graham Cracker
Pancakes w/Syrup
Turkey Sausage Patty
Fruit Cocktail & Assorted Juice
Lunch
Meatball Sub*
Protein Bistro Box w/ Egg*
Tater Tots
Baked Beans
Fresh Apple Slices

9
Breakfast
Cereal Or Berry Patch Smoothie
Graham Cracker
Fruit Cocktail & Assorted Juice
Lunch
Oven Roasted Chicken*
Grilled Chicken Salad*
Biscuit
Steamed Broccoli
Fresh Baby Carrots
Fruit Cocktail

16
Breakfast
Cereal & Graham Cracker
Pancakes w/Syrup
Turkey Sausage Patty
Fruit Cocktail & Assorted Juice
Lunch
Spaghetti & Meat Sauce
Green Beans
California Vegetables
Sliced Peaches

23
Breakfast
Cereal Or Berry Patch Smoothie
Graham Cracker
Fruit Cocktail & Assorted Juice
Lunch
Chicken & Noodles*
Protein Box w/ Turkey Ham*
Peas & Carrots
Garden Salad
Strawberry Cups

3
Breakfast
Cereal & Graham Cracker
Trix Yogurt
Apple Slices & Assorted Juice
Lunch
Popcorn Chicken*
Popcorn Chicken Salad*
Fresh Baked Roll
Mashed Potatoes w/ Gravy
Green Beans
Sliced Peaches

10
Breakfast
Cereal & Graham Cracker
Colby Omelette Biscuit or
Chicken Biscuit
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos*
Chef Salad w/Turkey Ham*
Refried Beans
Fresh Cucumber & Tomatoes
Grapes

17
Breakfast
Cereal & Graham Cracker
Trix Yogurt
Apple Slices & Assorted Juice
Lunch
Chicken Nuggets*
Grilled Chicken Salad*
Fresh Baked Roll
Mashed Potatoes & Gravy
Steamed Broccoli
Fresh Oranges

24
Breakfast
Cereal & Graham Cracker
Colby Omelette Biscuit or
Chicken Biscuit
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos*
Turkey Ham Chef Salad*
Refried Beans
Seasoned Golden Corn
Flavored Applesauce Cups

SCHOOL LUNCH HERO DAY **4**
Breakfast
Cereal & Graham Cracker
French Toast Sticks
Sliced Peaches & Assorted Juice
Lunch
Hamburger or Cheeseburger*
Lettuce, Tomato, Pickle
French Fries
Fruit Cocktail

11
Breakfast
Cereal & Graham Cracker
Dutch Baby Waffle
Sliced Peaches & Assorted Juice
Lunch
Grilled Chicken Sandwich
Potato Wedges
Lettuce, Tomato, Pickles
Fresh Apple

18
Breakfast
Cereal & Graham Cracker
French Toast Sticks
Sliced Peaches & Assorted Juice
Lunch
Chicken Fried Steak Sandwich
Green Beans
French Fries
Flavored Applesauce Cups

25
Breakfast
Cereal & Graham Cracker
Dutch Baby Waffle
Sliced Peaches & Assorted Juice
Lunch
Grilled Chicken Sandwich
Lettuce & Tomato
Potato Wedges
Assorted Fruit

schools out FOR summer! **29**

RED OAK ISD SUMMER FEEDING SITES

Russell P. Shupmann Elementary
June 5th - June 28th Monday - Thursday
Breakfast 7:15am - 7:45 am
Lunch 11:45 am - 12:15 pm

Red Oak High School*
June 5th - July 11th Monday - Thursday
Breakfast 7:15 am - 8:00 am
Lunch 11:30 am - 12:30 PM
*Meals will be served at the Baseball Field Concession Stand

**Meal Times may change depending on participation.

SUMMERFOOD.ORG

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

Call 211
Text
972-617-4568