

Red Oak ISD

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1 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 | 2 Grilled Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Diced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 5 Turkey & Cheese Sandwich 3 Pickle Spears Carrot Sticks Applesauce Chocolate Chip Cookie Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 6 Turkey & Cheese Sandwich 3 Pickle Spears Carrot Sticks Applesauce Chocolate Chip Cookie Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 7 Chicken Nuggets Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 8 Crispito w/ Cheese Spanish Rice Pinto Beans Fruit Cocktail Corn Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 9 Hamburger Cheeseburger Potato Wedges Lettuce, tomato, pickles Sliced Peaches Chocolate Brownie Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 12 Chicken & Waffles Protein Box Turkey Ham Corn on the Cob Garden Salad Sliced Peaches Fresh Apple Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 13 Chicken Lo Mein Garlic Broccoli Fresh Cucumbers/Tomatoes Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 14 Beef & Cheese Nachos Protein Bistro Box Refried Beans Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 15 Meatball Sub California Casserole Celery Sticks Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 16 STUDENT ENRICHMENT DAY Cheese Pizza Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 19 NO SCHOOL TODAY | 20 Rotini & Meat Sauce Bread Stick Garden Salad Green Beans Sliced Peaches Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 21 Chicken Nuggets Protein Bistro Box Fresh Baked Roll Mashed Potatoes Country Gravy Garlic Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 22 Chicken Fajita SoftTacos Spanish Rice Pinto Beans Fresh Baby Carrots Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 23 CF Steak on a Bun Cattfish on Bun Lettuce, tomato, pickles Tater Tots Fresh Apple Chocolate Chip Cookie Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 26 French Toast & Cheese Omelette Protein Box Turkey Ham Tater Tots Fresh Cucumbers/Tomatoes Fresh Apple Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 27 Salisbury Steak w/Br.Gra Macaroni & Cheese Garlic Broccoli Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 28 Beef & Cheese Nachos Protein Bistro Box Refried Beans Seasoned Golden Corn Sliced Peaches 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.