

Red Oak ISD

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | | | 1 Trix Cereal Graham Crackers Trix Yogurt Fresh Apple Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 2 Froot Loops Cereal Graham Crackers French Toast Sticks Pancake Syrup Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 5 HoneyNut Cheerios Cereal Graham Crackers Pancake on Stick Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 6 Cinnamon Toast Crunch Graham Crackers Sausage Roll Fresh Orange Mustard Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 7 Apple Jacks Cereal Graham Crackers Trix Yogurt Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 8 Trix Cereal Graham Crackers Biscuit Cheese Omelet Fresh Apple Salsa Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 9 Froot Loops Cereal Graham Crackers Dutch Baby Waffle Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 12 HoneyNut Cheerios Cereal Graham Crackers Biscuit Breaded Chicken Patty Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 13 Cinnamon Toast Crunch Graham Crackers Blueberry Pancake Stick Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 14 Apple Jacks Cereal Graham Crackers Biscuit Cheese Omelet Sliced Peaches Salsa Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 15 Trix Cereal Graham Crackers Trix Yogurt Fresh Apple Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 16 STUDENT ENRICHMENT DAY Assorted Cereal Sliced Peaches MILK,1% Lowfat Milk, Choc, Fat Free |
| 19 NO SCHOOL TODAY | 20 Cinnamon Toast Crunch Graham Crackers Sausage Roll Fresh Orange Mustard Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 21 Apple Jacks Cereal Graham Crackers Trix Yogurt Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 22 Trix Cereal Graham Crackers Biscuit Cheese Omelet Fresh Apple Salsa Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 23 Froot Loops Cereal Graham Crackers Dutch Baby Waffle Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 26 HoneyNut Cheerios Cereal Graham Crackers Biscuit Breaded Chicken Patty Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 27 Cinnamon Toast Crunch Graham Crackers Blueberry Pancake Stick Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 28 Apple Jacks Cereal Graham Crackers Biscuit Cheese Omelet Sliced Peaches Salsa Apple Juice Orange Juice Cherry Apple Juice 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.