

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Applesauce Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat
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 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	8 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat
12 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	14 Beef & Cheese Nachos Refried Beans Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	15 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie 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 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	21 Chicken Nuggets Fresh Baked Roll Garlic Broccoli Mashed Potatoes Country Gravy Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	22 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat
26 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	28 Beef & Cheese Nachos 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.