

# Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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.