

# 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 Sliced Peaches 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 Fruit Cocktail 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 Diced Peaches 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 Fruit Cocktail 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.**