

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef & Cheese Nachos Refried Beans Strawberry Spinach Salad Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2 Grilled Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Fresh Apple Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
5 Steak Fingers Tater Tots Green Beans Fresh Orange Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Salisbury Steak w/Br.Gra Turkey Chef Salad Macaroni & Cheese Carrots Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	7 Crispy Beef Tacos Protein Bistro Box Lettuce & Tomato Pinto Beans Broccoli Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	8 Chicken Nuggets Chef Salad w/ Turkey Ham Fresh Baked Roll Mashed Potatoes Country Gravy Green Beans Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Hamburger Cheeseburger Lettuce, tomato, pickles French Fries Sliced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
12 Chicken & Waffles Garden Salad Green Beans Fresh Apple Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Oven Roasted Chicken Turkey Chef Salad Biscuit Garlic Broccoli Fresh Baby Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	14 Grill Cheese Sandwich Protein Box Turkey Ham Vegetable Soup Garden Salad Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	15 Beef & Cheese Nachos Chef Salad w/ Turkey Ham Refried Beans Seasoned Golden Corn Sliced Peaches 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 Crispito w/ Cheese Turkey Chef Salad Pinto Beans Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	21 Spaghetti & Meat Sauce Protein Bistro Box Green Beans Garden Salad Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	22 Chicken Nuggets Chef Salad w/ Turkey Ham Fresh Baked Roll Mashed Potatoes Country Gravy Broccoli Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 CF Steak on a Bun Cattfish on Bun Green Beans French Fries Fresh Apple Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
26 French Toast & Cheese Omelette Tater Tots Fresh Cucumbers/Tomatoes Fresh Apple Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27 Chicken Lo Mein Protein Box Turkey Ham California Vegetables Garden Salad Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	28 Beef Tips in Gravy Turkey Chef Salad White Rice Carrots Garlic Broccoli Fruit Cocktail 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.