

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Rib Patty on Bun Barbecue Sauce Potato Wedges Carrots Sliced Peaches Ketchup Milk, Choc, Fat Free MILK,1% Lowfat	2 Hot Dog on Bun Tater Tots Baked Beans Canned Diced Pears Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat
5 Steak Fingers Potato Wedges Green Beans Diced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	6 Fish Nuggets Green Beans Garden Salad Diced Pears Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat	7 Chicken Fajita SoftTacos w/Cheese Lettuce & Tomato Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat	8 Corndog Nuggets Green Beans Pork 'n' Beans Sliced Peaches Mustard Milk, Choc, Fat Free MILK,1% Lowfat	9 Grill Ham N' Cheese Sand Garden Salad Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat
12 Chzbrgr Meatloaf on Bun Tater Tots 3 Pickle Spears Sliced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	13 Orange Chicken & Rice White Rice Stir Fry Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	14 Spaghetti / Meat Sauce Carrots Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	15 Soft Chicken Tacos Pinto Beans Lettuce & Tomato Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	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 Ground Beef & Macaroni Spinach Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	21 Salisbury Steak w/Br.Gra Mashed Potatoes Green Beans Sliced Peaches Fresh Baked Roll Milk, Choc, Fat Free MILK,1% Lowfat	22 Soft Beef Tacos w/Cheese Lettuce & Tomato Pinto Beans Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	23 Turkey & Cheese Sandwich Carrot Sticks 3 Pickle Spears Diced Peaches Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat
26 PEPPERONI PIZZA Cheese Pizza Corn Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	27 Teriyaki Chicken White Rice Green Peas Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat	28 Oven Roasted Chicken BBQ Sauce Cup Green Beans Baked Sweet Potato Applesauce MILK,1% Lowfat Milk, Choc, 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.