

Red Oak ISD

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | 9 Cinnamon Toast Crunch Graham Crackers Sausage Roll Sliced Peaches Mustard Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 10 Apple Jacks Cereal Graham Crackers Trix Yogurt Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 11 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 | 12 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 |
| 15 HOLIDAY | 16 Cinnamon Toast Crunch Graham Crackers Bage-ful w/ Strawberry Turkey Bacon Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 17 Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Country Gravy Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 18 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 | 19 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 |
| 22 HoneyNut Cheerios Cereal Graham Crackers Pancake on Stick Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 23 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 | 24 Apple Jacks Cereal Graham Crackers Trix Yogurt Fruit Cocktail Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 25 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 | 26 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 |
| 29 HoneyNut Cheerios Cereal Graham Crackers Blueberry Pancake Stick Applesauce Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 30 Cinnamon Toast Crunch Graham Crackers Bage-ful w/ Strawberry Turkey Bacon Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 31 Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Country Gravy Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | | |

**NA* - 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.