

# Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	9 Grill Cheese Sandwich Vegetable Soup Corn Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Chicken Nuggets Fresh Baked Roll Carrots Mashed Potatoes Country Gravy Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 Crispito w/ Cheese Pinto Beans Corn Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Hamburger Cheeseburger Potato Wedges Lettuce, tomato, pickles Sliced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15  HOLIDAY	16 Chicken Lo Mein Garlic Broccoli Fresh Baby Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Beef & Cheese Nachos Refried Beans Garden Salad Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 Meatball Sub California Casserole Celery Sticks Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Lettuce, tomato, pickles French Fries Fresh Orange Ketchup Mayo MILK,1% Lowfat Milk, Choc, Fat Free Milk,Straw.,Fat Free
22 Corn Dog Curly Fries Garden Salad Fruit Cocktail Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Rotini & Meat Sauce Bread Stick Strawberry Spinach Salad California Vegetables Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	24 Chicken Nuggets Fresh Baked Roll Mashed Potatoes Country Gravy Garlic Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Chicken Fajita SoftTacos Spanish Rice Pinto Beans Fresh Baby Carrots Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 CF Steak on a Bun Lettuce, tomato, pickles Tater Tots Fresh Apple Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
29 Spicy Chicken Tenders Chicken Tenders Biscuit Green Beans Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	30 Swt & Sour Dip'n Chik'n White Rice Garlic Broccoli California Vegetables Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	31 Beef & Cheese Nachos 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.