

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	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		

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.