

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	9 Macaroni & Cheese Fresh Baked Roll Carrots Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Crispy Beef Tacos Pinto Beans Seasoned Golden Corn Fruit Cocktail Peach Crisp Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 Chicken Nuggets Fresh Baked Roll Mashed Potatoes Country Gravy Green Beans Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Hamburger Cheeseburger Protein Bistro Box Lettuce, tomato, pickles French Fries Sliced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15 HOLIDAY	16 Grill Cheese Sandwich Protein Box Turkey Ham Vegetable Soup Corn Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Oven Roasted Chicken Biscuit Green Beans Fresh Baby Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 Beef & Cheese Nachos Refried Beans Garden Salad Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Grilled Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Fresh Apple Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
22 Turkey Pepperoni Pizza Cheese Pizza Corn Celery Sticks Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Chili and Cinnamon Roll Protein Bistro Box Broccoli Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	24 Crispito w/ Cheese Refried Beans Carrots Fresh Apple Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Chicken & Noodles Texas Toast Garden Salad Green Peas Sliced Peaches Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 CF Steak on a Bun Green Beans Tater Tots Fresh Orange Ketchup Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
29 Chicken Nuggets Protein Box Turkey Ham French Fries Green Beans Sliced Peaches Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	30 Chicken Lo Mein California Vegetables Vegetable Egg Roll Fruit Cocktail Sweet and Sour Sauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	31 Chicken Alfredo Bread Stick Garden Salad Garlic Broccoli Applesauce 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.