

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	9 Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fruit Cocktail Chocolate Chip Cookie 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 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Applesauce Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat
15 HOLIDAY	16 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie 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 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Applesauce Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat
22 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie 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 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Applesauce Apple Crisp Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat
29 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	30 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	31 Beef & Cheese Nachos Refried Beans Seasoned Golden Corn Frozen Peach Cup 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.