

Red Oak ISD

MAY

Apr 30, 2018

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High School / Combo Cafe / Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Fish Nuggets California Vegetables Garden Salad Applesauce Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat	Soft Beef Tacos w/Cheese Lettuce & Tomato Carrots Sliced Peaches Salsa Milk, Choc, Fat Free MILK,1% Lowfat	Corndog Nuggets Green Beans Pork 'n' Beans Sliced Peaches Mustard Milk, Choc, Fat Free MILK,1% Lowfat	Grill Ham N' Cheese Sand Garden Salad Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat
7	8	9	10	11
Chicken Spaghetti Carrots Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	Orange Chicken & Rice Teriyaki Chicken Stir Fry Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat	Turkey Roast Fresh Baked Roll Scalloped Potatoes Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	Chicken Fajita SoftTacos Pinto Beans Lettuce & Tomato Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	Cheeseburger French Fries Lettuce, tomato, pickles Sliced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
14	15	16	17	18
Grill Cheese Sandwich Vegetable Soup Garden Salad Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat	Ground Beef & Macaroni Spinach Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	Popcorn Chicken Mashed Potatoes Green Beans Sliced Peaches Fresh Baked Roll Milk, Choc, Fat Free MILK,1% Lowfat	Soft Beef Tacos w/Cheese Lettuce & Tomato Pinto Beans Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	Crispy Chicken Sandwich Carrots Lettuce, tomato, pickles Applesauce Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
21	22	23	24	25
Pepperoni Pizza Cheese Pizza Corn Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	Hot Dog on Bun Chili Sauce Tater Tots Baked Beans Canned Diced Pears Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	Chicken Nuggets Fresh Baked Roll Mashed Potatoes Country Gravy Corn Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	Corndog Nuggets Potato Wedges Carrots Sliced Peaches Ketchup Milk, Choc, Fat Free MILK,1% Lowfat	Turkey & Cheese Sandwich Carrot Sticks 3 Pickle Spears Diced Peaches Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat

**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.