

Red Oak ISD

6th Grade / May / Lunch

Apr 24, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Tips in Gravy White Rice Garlic Broccoli Fresh Cucumbers/Tomatoes Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2 Chicken Nuggets Fresh Baked Roll Carrots Mashed Potatoes Country Gravy Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Crispito w/ Cheese Spanish Rice Pinto Beans Fruit Cocktail Corn Fresh Orange Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	4 Hamburger Cheeseburger Potato Wedges Lettuce, tomato, pickles Applesauce Chocolate Brownie Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
7 Steak Fingers Protein Box Turkey Ham Green Beans Mashed Potatoes Country Gravy Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	8 Chicken Lo Mein Garlic Broccoli Fresh Cucumbers/Tomatoes Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Beef & Cheese Nachos Protein Bistro Box Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Meatball Sub California Casserole Celery Sticks Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 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
14 Turkey & Cheese Sandwich 2 Pickle Spears Carrot Sticks Applesauce Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	15 Turkey & Cheese Sandwich 2 Pickle Spears Carrot Sticks Applesauce Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	16 Chicken Nuggets Protein Bistro Box Fresh Baked Roll Mashed Potatoes Country Gravy Garlic Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Chicken Fajita SoftTacos Spanish Rice Pinto Beans Fresh Baby Carrots Sliced Peaches Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 CF Steak on a Bun Lettuce, tomato, pickles Tater Tots Fresh Apple Chocolate Chip Cookie Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
21 French Toast & Cheese Omelette Protein Box Turkey Ham Tater Tots Fresh Cucumbers/Tomatoes Fresh Apple Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	22 Chzbrgr Meatloaf on Bun Tater Tots Garlic Broccoli Strawberries & Oranges Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Beef & Cheese Nachos Protein Bistro Box Refried Beans Seasoned Golden Corn Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	24 Oven Fried Chicken Fresh Baked Roll Strawberry Spinach Salad Fresh Baby Carrots Barbecue Sauce Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Grilled Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Fruit Cocktail Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
28	29	30	31	

**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.