

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Fresh Baby Carrots Applesauce Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	15 Turkey Sandwich 2 Pickle Spears Celery 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 Turkey & Cheese Sandwich 2 Pickle Spears Fresh Baby Carrots Mustard Mayo	17 Pepperoni Pizza CiCi's Cheese Pizza CiCi's Chicken Fajita SoftTacos Spanish Rice Pinto Beans Fresh Baby Carrots Sliced Peaches Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Turkey Sandwich 2 Pickle Spears Celery Sticks Applesauce Mustard Mayo	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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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 Pepperoni Pizza CiCi's Cheese Pizza CiCi's 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.