

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Salisbury Steak w/Br.Gra Turkey Chef Salad Macaroni & Cheese Carrots Broccoli Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Meatball Sub Protein Bistro Box Tater Tots Baked Beans Canned Fresh Apple Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Popcorn Chicken Popcorn Chicken Salad Fresh Baked Roll Mashed Potatoes Country Gravy Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Hamburger Cheeseburger Lettuce, tomato, pickles French Fries Fruit Cocktail Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
7	8	9	10	11
Grill Cheese Sandwich Protein Box Turkey Ham Vegetable Soup Garden Salad Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Chicken & Waffles Garden Salad Green Beans Fresh Apple Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Oven Roasted Chicken Grilled Chicken Salad Biscuit Garlic Broccoli Fresh Baby Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Beef & Cheese Nachos Chef Salad w/ Turkey Ham Refried Beans Fresh Cucumbers/Tomatoes Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Grilled Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Fresh Apple Mayo Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
14	15	16	17	18
Pepperoni Pizza Cheese Pizza Seasoned Golden Corn Garden Salad Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Crispito w/ Cheese Turkey Chef Salad Pinto Beans Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Spaghetti & Meat Sauce Green Beans California Vegetables Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Chicken Nuggets Grilled Chicken Salad Fresh Baked Roll Mashed Potatoes Country Gravy Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	CF Steak on a Bun Green Beans French Fries Applesauce Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
21	22	23	24	25
French Toast & Cheese Omelette Tater Tots Garlic & Herb Spinach Frozen Peach Cup Ketchup Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Chicken Lo Mein Asian Chicken Salad Garlic Broccoli Fresh Cucumbers/Tomatoes Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Beef & Cheese Nachos Turkey Chef Salad Refried Beans Seasoned Golden Corn Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Protein Bistro Box Fresh Cucumbers/Tomatoes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	Grilled Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Fresh Fruit Frozen Peach Cup Ketchup 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.