

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot Dog on Bun Tater Tots Baked Beans Canned Diced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat
4 Crispy Chicken Sandwich Potato Wedges Lettuce, tomato, pickles Diced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	5 Fish Nuggets Green Beans Garden Salad Diced Pears Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat	6 Chicken Fajita SoftTacos w/Cheese Lettuce & Tomato Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat	7 Corndog Nuggets Green Beans Pork 'n' Beans Sliced Peaches Mustard Milk, Choc, Fat Free MILK,1% Lowfat	8 Grill Ham N' Cheese Sand Garden Salad Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat
11 Chzbrgr Meatloaf on Bun Tater Tots 2 Pickle Spears Sliced Peaches Ketchup Mustard Milk, Choc, Fat Free MILK,1% Lowfat	12 Orange Chicken & Rice White Rice Stir Fry Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	13 Spaghetti / Meat Sauce Carrots Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	14 Soft Chicken Tacos Pinto Beans Lettuce & Tomato Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	15 Cheeseburger French Fries Lettuce, tomato, pickles Sliced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
18 Grill Cheese Sandwich Vegetable Soup Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	19 Ground Beef & Macaroni Spinach Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	20 Salisbury Steak w/Br.Gra Mashed Potatoes Green Beans Sliced Peaches Fresh Baked Roll Milk, Choc, Fat Free MILK,1% Lowfat	21 Soft Beef Tacos w/Cheese Lettuce & Tomato Pinto Beans Diced Pears Salsa 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.