

Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
	9 Fish Nuggets Green Beans Garden Salad Diced Pears Ketchup Tartar Sauce Milk, Choc, Fat Free MILK,1% Lowfat	10 Chicken Fajita SoftTacos w/Cheese Lettuce & Tomato Carrots Fruit Cocktail Salsa Milk, Choc, Fat Free MILK,1% Lowfat	11 Corndog Nuggets Green Beans Pork 'n' Beans Sliced Peaches Mustard Milk, Choc, Fat Free MILK,1% Lowfat	12 Grill Ham N' Cheese Sand Garden Salad Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat
15 HOLIDAY	16 Orange Chicken & Rice White Rice Stir Fry Carrots Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	17 Spaghetti / Meat Sauce Carrots Green Beans Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	18 Soft Chicken Tacos Pinto Beans Lettuce & Tomato Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	19 Cheeseburger French Fries Lettuce, tomato, pickles Sliced Peaches Mustard Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
22 Grill Cheese Sandwich Vegetable Soup Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	23 Ground Beef & Macaroni Spinach Carrots Applesauce Milk, Choc, Fat Free MILK,1% Lowfat	24 Salisbury Steak w/Br.Gra Mashed Potatoes Green Beans Sliced Peaches Fresh Baked Roll Milk, Choc, Fat Free MILK,1% Lowfat	25 Soft Beef Tacos w/Cheese Lettuce & Tomato Pinto Beans Diced Pears Salsa Milk, Choc, Fat Free MILK,1% Lowfat	26 Turkey & Cheese Sandwich Carrot Sticks 2 Pickle Spears Diced Peaches Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat
29 PEPPERONI PIZZA Cheese Pizza Corn Garden Salad Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat	30 Teriyaki Chicken White Rice Green Peas Carrots Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat	31 Oven Roasted Chicken BBQ Sauce Cup Green Beans Baked Sweet Potato Applesauce MILK,1% Lowfat Milk, Choc, 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.