

Red Oak ISD

ROMS/ December / Line #3

Nov 27, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk, Straw., Fat Free Milk, Choc, Fat Free MILK, 1% Lowfat
4 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	5 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	6 Chicken Nuggets Fresh Baked Roll Spinach Mashed Potatoes Country Gravy Fresh Apple Chocolate Brownie Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	7 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	8 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk, Straw., Fat Free Milk, Choc, Fat Free MILK, 1% Lowfat
11 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	12 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	13 Beef & Cheese Nachos Refried Beans Carrots Fresh Apple Fresh Orange Chocolate Brownie Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	14 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	15 Protein Bistro Box Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Grapes Apple Crisp Milk, Straw., Fat Free 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
18 Protein Box Turkey Ham Diced Chicken Meatball Alfredo Sauce Spaghetti Sauce Rotini Spaghetti Bread Stick Green Beans Carrots Fresh Apple Peach Crisp Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Chef Salad w/Ham Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS Spinach Corn Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 Chicken Nuggets Fresh Baked Roll Spinach Mashed Potatoes Country Gravy Fresh Apple Chocolate Brownie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	21 Turkey Chef Salad Meatball Diced Chicken Vegetable Soup Rotini White Rice CRACKERS California Vegetables Pinto Beans Fresh Orange Chocolate Chip Cookie Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	22 HOLIDAY
25 HOLIDAY	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY

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