

# May 2018

# Shields Elementary Breakfast & Lunch

Monday

**SCHOOL LUNCH HERO DAY** May 4th

No need for a cape when you have an apron.



Tuesday

Wednesday

Thursday

Friday

## MEAL PRICES

~Breakfast~

- Students \$1.30
  - Reduced Price - .30¢
  - Adult - \$1.80
- ~Lunch~
- Students - \$2.75
  - Reduced Price - .40¢
  - Adult - \$3.25

Milk Varieties Offered Daily  
8 oz. Cartons of:  
FF Chocolate  
FF Strawberry  
1% Lowfat  
Extra Milk or Milk Purchased  
Without Tray - .60¢

School Nutrition Employee  
Appreciation Week May 7-11



Each meal (Breakfast and Lunch) must contain at least 3 items - 1 of the items must be a fruit or vegetable.

\* Denotes Choice of Entree

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## SHAC CORNER

(Student Health Advisory Council)  
ALL SESSIONS HELD FROM 6:30-8 PM  
(Unless Otherwise Noted)

At ACORN Community & Family Services Center,  
101 Live Oak Street, Red Oak, Tx  
RSVP: Donna Knight at 972-617-4568  
Or [donna.knight@redoakisd.org](mailto:donna.knight@redoakisd.org)

May 7<sup>th</sup> - Building Trust

May 14<sup>th</sup> - Home and School!

What a TEAM!!!

May 15<sup>th</sup> - Anger Management

**Breakfast** 7  
Cereal & Graham Cracker  
Mini Bagels w/Strawberry Cream Cheese  
Flavored Applesauce & Assorted Juice  
**Lunch**  
Grilled Cheese Sandwich\*  
Protein Box w/ Turkey Ham\*  
Vegetable Soup  
Garden Salad  
Flavored Applesauce Cups

**Breakfast** 14  
Cereal & Graham Cracker  
Pull Apart Cini Mini's  
Sliced Peaches & Assorted Juice  
**Lunch**  
Pepperoni or Cheese Pizza  
Golden Corn  
Garden Salad  
Flavored Applesauce Cups

**Breakfast** 21  
Cereal & Graham Cracker  
Mini Bagels w/Strawberry Cream Cheese  
Flavored Applesauce & Assorted Juice  
**Lunch**  
French Toast & Cheese Omelet  
Tater Tots  
Seasoned Spinach  
Peach Cups

**Breakfast** 1  
Cereal & Graham Cracker  
Blueberry Pancake on a Stick  
Flavored Applesauce & Assorted Juice  
**Lunch**  
Salisbury Steak w/ Brown Gravy\*  
Turkey Chef Salad\*  
Macaroni & Cheese  
Seasoned Carrots  
Steamed Broccoli  
Flavored Applesauce Cups

**Breakfast** 8  
Cereal & Graham Cracker  
Sausage Roll  
Fresh Orange & Assorted Juice  
**Lunch**  
Chicken & Waffles  
Garden Salad  
Green Beans  
Fresh Apple

**Breakfast** 15  
Cereal & Graham Cracker  
Blueberry Pancake on a Stick  
Flavored Applesauce & Assorted Juice  
**Lunch**  
Crispito w/ Cheese Sauce\*  
Turkey Chef Salad\*  
Pinto Beans  
Steamed Carrots  
Salsa  
Fruit Cocktail

**Breakfast** 22  
Cereal & Graham Cracker  
Sausage Roll  
Fresh Orange & Assorted Juice  
**Lunch**  
Chicken Lo Mein\*  
Asian Chicken Salad\*  
Seasoned Broccoli  
Cucumbers & Tomatoes  
Flavored Applesauce Cups

**Breakfast** 2  
Cereal & Graham Cracker  
Pancakes w/Syrup  
Turkey Sausage Patty  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Meatball Sub\*  
Protein Bistro Box w/ Egg\*  
Tater Tots  
Baked Beans  
Fresh Apple Slices

**Breakfast** 9  
Cereal Or Berry Patch Smoothie  
Graham Cracker  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Oven Roasted Chicken\*  
Grilled Chicken Salad\*  
Biscuit  
Steamed Broccoli  
Fresh Baby Carrots  
Fruit Cocktail

**Breakfast** 16  
Cereal & Graham Cracker  
Pancakes w/Syrup  
Turkey Sausage Patty  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Spaghetti & Meat Sauce  
Green Beans  
California Vegetables  
Sliced Peaches

**Breakfast** 23  
Cereal Or Berry Patch Smoothie  
Graham Cracker  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Beef & Cheese Nachos\*  
Turkey Ham Chef Salad\*  
Refried Beans  
Seasoned Golden Corn  
Flavored Applesauce Cups

**Breakfast** 3  
Cereal & Graham Cracker  
Trix Yogurt  
Apple Slices & Assorted Juice  
**Lunch**  
Popcorn Chicken\*  
Popcorn Chicken Salad\*  
Fresh Baked Roll  
Mashed Potatoes w/ Gravy  
Green Beans  
Sliced Peaches

**Breakfast** 10  
Cereal & Graham Cracker  
Colby Omelette Biscuit or  
Chicken Biscuit  
Apple Slices & Assorted Juice  
**Lunch**  
Beef & Cheese Nachos\*  
Chef Salad w/Turkey Ham\*  
Refried Beans  
Fresh Cucumber & Tomatoes  
Grapes

**Breakfast** 17  
Cereal & Graham Cracker  
Trix Yogurt  
Apple Slices & Assorted Juice  
**Lunch**  
Chicken Nuggets\*  
Grilled Chicken Salad\*  
Fresh Baked Roll  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Fresh Oranges

**Breakfast** 24  
Cereal & Graham Cracker  
Colby Omelette Biscuit or  
Chicken Biscuit  
Apple Slices & Assorted Juice  
**Lunch**  
Protein Bistro Box  
w/Egg, Cheese, Fresh  
Cucumbers/Tomatoes,  
Goldfish Pretzels, and Fruit

**SCHOOL LUNCH HERO DAY** 4  
**Breakfast**  
Cereal & Graham Cracker  
French Toast Sticks  
Sliced Peaches & Assorted Juice  
**Lunch**  
Hamburger or Cheeseburger\*  
Lettuce, Tomato, Pickle  
French Fries  
Fruit Cocktail

**Breakfast** 11  
Cereal & Graham Cracker  
Dutch Baby Waffle  
Sliced Peaches & Assorted Juice  
**Lunch**  
Grilled Chicken Sandwich  
Potato Wedges  
Lettuce, Tomato, Pickles  
Fresh Apple

**Breakfast** 18  
Cereal & Graham Cracker  
French Toast Sticks  
Sliced Peaches & Assorted Juice  
**Lunch**  
Chicken Fried Steak Sandwich  
Green Beans  
French Fries  
Flavored Applesauce Cups

**Breakfast** 25  
Cereal & Graham Cracker  
Dutch Baby Waffle  
Sliced Peaches & Assorted Juice  
**Lunch**  
Grilled Chicken Sandwich  
Lettuce & Tomato  
Potato Wedges  
Assorted Fruit

## RED OAK ISD SUMMER FEEDING SITES

Russell P. Shupmann Elementary  
June 5<sup>th</sup> - June 28<sup>th</sup> Monday - Thursday  
Breakfast 7:15am - 7:45 am  
Lunch 11:45 am - 12:15 pm

Red Oak High School\*  
June 5<sup>th</sup> - July 11<sup>th</sup> Monday - Thursday  
Breakfast 7:15 am - 8:00 am  
Lunch 11:30 am - 12:30 PM  
\*Meals will be served at the Baseball Field  
Concession Stand

\*\*Meal Times may change depending on participation.

**SUMMERFOOD.ORG**

**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 18 and Younger

Call 211  
Text  
972-477-8727

**School's out FOR SUMMER!** 29