

Red Oak ISD
Elementary Breakfast - October
This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL TODAY	4 Apple Jacks Cereal Graham Crackers Breakfast Pizza Apple Slices IW Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Cinnamon Toast Crunch Graham Crackers Mini Waffles-Maple Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	6 Trix Cereal Graham Crackers Biscuit Trky Sausage Patty Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	7 Fruity Cheerios - GF Graham Crackers Pull Apart Mini Cinnis Applesauce Cups Asst Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
10 Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Asst Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup	11 HoneyNut Cheerios - GF Graham Crackers Cinnamon Toast Crunch Soft Grapes Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Diced Peaches Jelly Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	13 Golden Grahams Cereal Graham Crackers BREAKFAST BURRITO, EGG Diced Pears Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	14 Apple Jacks Cereal Graham Crackers Breakfast Pizza Apple Slices IW Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
17 Fruity Cheerios - GF Graham Crackers French Toast Sticks Pancake Syrup Applesauce Cups Asst Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 Apple Jacks Cereal Graham Crackers Breakfast Pizza Apple Slices IW Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Cinnamon Toast Crunch Graham Crackers Mini Waffles-Maple Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	20 Trix Cereal Graham Crackers Biscuit Trky Sausage Patty Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	21 NO SCHOOL TODAY
24 Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Asst Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup	25 HoneyNut Cheerios - GF Graham Crackers Cinnamon Toast Crunch Soft Grapes Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Diced Peaches Jelly Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27 Golden Grahams Cereal Graham Crackers BREAKFAST BURRITO, EGG Diced Pears Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	28 Apple Jacks Cereal Graham Crackers Breakfast Pizza Apple Slices IW Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
31 Fruity Cheerios - GF Graham Crackers French Toast Sticks Pancake Syrup Applesauce Cups Asst Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free				

NA - 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.

Red Oak ISD

Elementary Lunch - October

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>NO SCHOOL TODAY</p>	<p>4</p> <p>Salisbury Steak w/Br.Gra Protein Box Turkey Ham Biscuit, Whole Grain Carrots Broccoli Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>5</p> <p>Soft Beef Tacos Beef Taco Salad Lettuce & Tomato Pinto Beans Grapes Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>6</p> <p>Protein Box Sliced Tky Oven Roasted Chicken Biscuit Green Beans Carrots Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>7</p> <p>Steak Fingers French Fries Corn Strawberries Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>10</p> <p>Pepperoni Pizza Cheese Pizza Seasoned Golden Corn Spinach Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>11</p> <p>Chicken Lo Mein Asian Chicken Salad Garlic Broccoli Fresh Cucumbers/Tomatoes Diced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>12</p> <p>Protein Bistro Box Crispito w/ Cheese Pinto Beans Carrots Grapes Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>13</p> <p>Popcorn Chicken Popcorn Chicken Salad Fresh Baked Roll Mashed Potatoes Country Gravy Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>14</p> <p>Turkey & Cheese Sandwich Lettuce & Tomato Carrot/Celery Sticks Applesauce Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Chip Cookie</p>
<p>17</p> <p>Spaghetti & Meat Sauce Garden Salad Green Beans Sliced Pears Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>18</p> <p>Protein Box Diced Turkey Chicken Nuggets Texas Toast Mashed Potatoes Country Gravy Garlic & Herb Spinach Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>19</p> <p>Meatball Sub Chef Salad w/ Turkey Ham Tater Tots Pork 'n' Beans Sliced Peaches FF Ranch Dressing Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>20</p> <p>Protein Box Diced Turkey Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p>	<p>21</p> <p>NO SCHOOL TODAY</p>
<p>24</p> <p>Corndog Nuggets French Fries Garlic & Herb Spinach Sliced Peaches Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>25</p> <p>Orange Chicken & Rice Asian Chicken Salad Broccoli Fresh Cucumbers/Tomatoes Grapes & Orange Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p>	<p>26</p> <p>Protein Bistro Box Egg Chicken Nuggets Texas Toast Green Beans Mashed Potatoes Country Gravy Applesauce Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>27</p> <p>Beef & Cheese Nachos Fiesta Salad Refried Beans Celery Sticks Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>28</p> <p>Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Assorted Fresh Fruit Ketchup Milk, Choc, Fat Free MILK,1% Lowfat</p>
<p>31</p> <p>Chicken & Waffles Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>				

***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.**

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