

# Red Oak ISD

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

# Red Oak ISD

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
9  Pepperoni Pizza Cheese Pizza Seasoned Golden Corn Spinach Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10  Chicken Lo Mein Garlic Broccoli Vegetable Egg Roll Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11  Crispito w/ Cheese Pinto Beans Carrots Applesauce Cups Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12  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	13  Hamburger Cheeseburger FRIES, SEASONED LOOPS Lettuce, tomato, pickles Assorted Fresh Fruit Ketchup Mustard Mayo Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
16  NO SCHOOL TODAY	17  Chicken Nuggets Protein Bistro Box Texas Toast Mashed Potatoes Country Gravy Garlic & Herb Spinach Strawberry Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18  Meatball Sub Chef Salad w/ Turkey Ham Fresh Cucumbers/Tomatoes Tater Tots Frozen Peach Cup FF Ranch Dressing Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  Boneless Wings Fresh Baby Carrots Celery Sticks FRIES, SEASONED LOOPS Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup BBQ Sauce Cup	20  Crispy Chicken Sandwich Lettuce, tomato, pickles Pork 'n' Beans Fresh Orange Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo
23  Corndog Nuggets French Fries Garlic & Herb Spinach Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup	24  Orange Chicken & Rice Broccoli Vegetable Egg Roll Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat	25  Chicken Nuggets Protein Box Diced Turkey Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26  Beef & Cheese Nachos Fiesta Salad Refried Beans Celery Sticks Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	27  Hamburger Cheeseburger French Fries Fresh Baby Carrots Lettuce, tomato, pickles Frozen Peach Cup Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
30  Chicken & Waffles Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Canned Pancake Syrup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	31  Oven Roasted Chicken Protein Box Sliced Tky Biscuit Green Beans California Vegetables Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,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.**

# Red Oak ISD

This institution is an equal opportunity provider

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

# Red Oak ISD

Monday	Tuesday	Wednesday	Thursday	Friday
9 Quesadilla, Chicken & Chz Seasoned Golden Corn Spinach Applesauce Cups Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	10 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Lo Mein Garlic Broccoli Vegetable Egg Roll Fruit Cocktail Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	11 Crispito w/ Cheese Pinto Beans Carrots Applesauce Cups Salsa Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	12 Cheese Pizza CiCi's Pepperoni Pizza CiCi's 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	13 Hamburger Cheeseburger FRIES, SEASONED LOOPS Lettuce, tomato, pickles Assorted Fresh Fruit Ketchup Mustard Mayo Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free
16 NO SCHOOL TODAY	17 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Nuggets Protein Bistro Box Texas Toast Mashed Potatoes Country Gravy Garlic & Herb Spinach Strawberry Cup Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	18 Meatball Sub Chef Salad w/ Turkey Ham Tater Tots Fresh Cucumbers/Tomatoes Frozen Peach Cup FF Ranch Dressing Ketchup Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	19 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Boneless Wings Fresh Baby Carrots Celery Sticks FRIES, SEASONED LOOPS Grapes Milk, Straw., Fat Free Milk, Choc, Fat Free MILK, 1% Lowfat Ranch Dressing Cup BBQ Sauce Cup	20 Crispy Chicken Sandwich Lettuce, tomato, pickles Pork 'n' Beans Fresh Orange Ketchup Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free Mayo
23 Corndog Nuggets French Fries Garlic & Herb Spinach Sliced Peaches Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free Mustard Ketchup	24 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Orange Chicken & Rice Broccoli Vegetable Egg Roll Fruit Cocktail Milk, Straw., Fat Free Milk, Choc, Fat Free MILK, 1% Lowfat	25 Chicken Nuggets Protein Box Diced Turkey Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Applesauce Canned Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	26 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Beef & Cheese Nachos Fiesta Salad Refried Beans Celery Sticks Apple Slices IW Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	27 Hamburger Cheeseburger French Fries Fresh Baby Carrots Lettuce, tomato, pickles Frozen Peach Cup Ketchup Milk, Choc, Fat Free MILK, 1% Lowfat
30 Chicken & Waffles Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Canned Pancake Syrup Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., Fat Free	31 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Oven Roasted Chicken Protein Box Sliced Tky Biscuit Green Beans California Vegetables Fresh Apple Milk, Choc, Fat Free MILK, 1% Lowfat Milk, Straw., 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.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
9 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Frozen Peach Cup Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	10 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Canned Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	11 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	12 Turkey Sandwich Lettuce & Tomato Pork 'n' Beans Fresh Apple Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	13 Turkey Sandwich Lettuce & Tomato Potato Salad Assorted Fresh Fruit Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat
16 NO SCHOOL TODAY	17 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Canned Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	18 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	19 Turkey Sandwich Lettuce & Tomato Pork 'n' Beans Fresh Apple Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	20 Turkey Sandwich Lettuce & Tomato Potato Salad Assorted Fresh Fruit Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat
23 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Frozen Peach Cup Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	24 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Canned Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	25 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	26 Turkey Sandwich Lettuce & Tomato Pork 'n' Beans Fresh Apple Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	27 Turkey Sandwich Lettuce & Tomato Potato Salad Assorted Fresh Fruit Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat
30 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Frozen Peach Cup Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	31 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Canned Mayo Mustard 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.

# Red Oak ISD

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>Powdered Donuts Choc WG Powdered Donuts WG HoneyNut Cheerios - GF Graham Crackers Cinnamon Toast Crunch Soft Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>10</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Sliced Peaches Jelly Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>11</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Golden Grahams Cereal Graham Crackers Apple Frudel Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>12</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Fruit Cocktail Jelly Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>13</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Fruity Cheerios - GF Graham Crackers French Toast Sticks Pancake Syrup Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>16</p> <p>NO SCHOOL TODAY</p>	<p>17</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Breakfast Pizza Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>18</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Cinnamon Toast Crunch Graham Crackers Apple Frudel Frozen Peach Cup Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>19</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Trix Cereal Graham Crackers Biscuit Trky Sausage Patty Fresh Orange Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly</p>	<p>20</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Fruity Cheerios - GF Graham Crackers Mini Waffles-Maple Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Pancake Syrup</p>
<p>23</p> <p>Powdered Donuts Choc WG Powdered Donuts WG HoneyNut Cheerios - GF Graham Crackers Cinnamon Toast Crunch Soft Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>24</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Sliced Peaches Jelly Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>25</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Golden Grahams Cereal Graham Crackers Apple Frudel Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>26</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Fruit Cocktail Jelly Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>27</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Fruity Cheerios - GF Graham Crackers French Toast Sticks Pancake Syrup Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>30</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>31</p> <p>Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Breakfast Pizza Diced Pears Apple Juice Orange Juice 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.*

**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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
9  Hamburger Cheeseburger Seasoned fries 3 Pickle Spears Sliced Peaches Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Pickle Slices Seasoned fries Pork 'n' Beans Dried Cranberries Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11  Hamburger Cheeseburger Seasoned fries 3 Pickle Spears Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Sweet Potato Fries Lettuce & Tomato Fresh Cucumbers/Tomatoes Diced Pears Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie	13  Hamburger Cheeseburger Sweet Potato Fries Lettuce, tomato, pickles Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
16  NO SCHOOL TODAY	17  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Seasoned fries Lettuce & Tomato Celery Sticks Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18  Hamburger Cheeseburger Seasoned fries Lettuce, tomato, pickles Fresh Cucumbers Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Sweet Potato Fries Lettuce & Tomato Fresh Baby Carrots Diced Pears Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie	20  Hamburger Cheeseburger Pork 'n' Beans Seasoned fries Lettuce, tomato, pickles Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
23  Hamburger Cheeseburger Seasoned fries Lettuce, tomato, pickles Fresh Baby Carrots Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	24  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Seasoned fries Lettuce & Tomato Celery Sticks Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25  Hamburger Cheeseburger Seasoned fries Lettuce, tomato, pickles Fresh Cucumbers Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Sweet Potato Fries Lettuce & Tomato Fresh Baby Carrots Diced Pears Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie	27  Hamburger Cheeseburger Pork 'n' Beans Seasoned fries Lettuce, tomato, pickles Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
30  Hamburger Cheeseburger Seasoned fries Lettuce, tomato, pickles Fresh Baby Carrots Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	31  Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich Seasoned fries Lettuce & Tomato Celery Sticks Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,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.**

# Red Oak ISD

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Potato Wedges California Vegetables Dried Cranberries Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>10</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Pinto Beans Pineapple Tidbits Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>11</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Broccoli Sweet Potato Tots Applesauce Cups Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie</p>	<p>12</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Celery Sticks Apple Slices IW Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie</p>	<p>13</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Fresh Broccoli Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>16</p> <p>NO SCHOOL TODAY</p>	<p>17</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Pinto Beans Pineapple Tidbits Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>18</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Broccoli Carrots Applesauce Cups Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie</p>	<p>19</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Celery Sticks Apple Slices IW Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie</p>	<p>20</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Fresh Cucumbers/Tomatoes Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>23</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Fresh Cucumbers/Tomatoes Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>24</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Pinto Beans Pineapple Tidbits Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>25</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Broccoli Carrots Applesauce Cups Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie</p>	<p>26</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Celery Sticks Apple Slices IW Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Chocolate Brownie</p>	<p>27</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Fresh Broccoli Sliced Peaches Fresh Apple Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>30</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Fresh Cucumbers/Tomatoes Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>31</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Seasoned Golden Corn Pinto Beans Pineapple Tidbits Applesauce Cups 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.*

**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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Pulled Pork BBQ Sandwich Macaroni &amp; Cheese Baked Beans- Vegetarian Broccoli Applesauce Cups Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat</p>	<p>10</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Bean &amp; Cheese Burrito Cheese Sauce Canned Carrots Seasoned Golden Corn Diced Pears Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>11</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Orange Chicken &amp; Rice EGG ROLL, CHICKEN, WG California Vegetables Garlic &amp; Herb Spinach Diced Peaches Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>12</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Beef &amp; Cheese Nachos Refried Beans Celery Sticks Fresh Baby Carrots Fresh Orange Dried Cranberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>13</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Nuggets Fresh Baked Roll Mashed Potatoes Green Beans Applesauce Cups Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy</p>
<p>16</p> <p>NO SCHOOL TODAY</p>	<p>17</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Taquito w/ Cheese HS Fresh Cucumbers/Tomatoes Seasoned Golden Corn Fruit Cocktail Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa Chocolate Brownie</p>	<p>18</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Quesadilla, Cheese Pinto Beans Lettuce &amp; Tomato Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>19</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Oven Fried Catfish Fresh Baked Roll FRIES, SEASONED LOOPS Green Beans Frozen Peach Cup Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Tartar Sauce</p>	<p>20</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Meatball Sub Fresh Baby Carrots Celery Sticks Applesauce Canned Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>23</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Spaghetti &amp; Meat Sauce Bread Stick Garden Salad Green Beans Grapes &amp; Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>24</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Fajita SoftTacos Spanish Rice Pinto Beans Seasoned Golden Corn Diced Pears Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>25</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Baked Chicken Fresh Baked Roll Macaroni &amp; Cheese Fresh Cucumbers/Tomatoes Broccoli Frozen Peach Cup Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>26</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's BBQ Rib Patty on Bun CF Steak on a Bun Pickle Slices California Vegetables Baked Beans- Vegetarian Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>27</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Boneless Wings Texas Toast Carrot/Celery Sticks FRIES, SEASONED LOOPS Frozen Peach Cup Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup</p>
<p>30</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Steak Fingers Fresh Baked Roll Carrots POTATO ROUNDS Apple Slices IW Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy</p>	<p>31</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Orange Chicken &amp; Rice EGG ROLL, CHICKEN, WG Celery Sticks California Vegetables Assorted Fresh Fruit Applesauce Canned 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.*

**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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>Pulled Pork BBQ Sandwich Macaroni &amp; Cheese Baked Beans- Vegetarian Broccoli Applesauce Cups Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat</p>	<p>10</p> <p>Bean &amp; Cheese Burrito Cheese Sauce Canned Carrots Seasoned Golden Corn Diced Pears Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>11</p> <p>Orange Chicken &amp; Rice EGG ROLL, CHICKEN, WG California Vegetables Garlic &amp; Herb Spinach Diced Peaches Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>12</p> <p>Beef &amp; Cheese Nachos Refried Beans Celery Sticks Fresh Baby Carrots Diced Peaches Dried Cranberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>13</p> <p>Chicken Nuggets Fresh Baked Roll Mashed Potatoes Green Beans Applesauce Cups Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy</p>
<p>16</p> <p>NO SCHOOL TODAY</p>	<p>17</p> <p>Taquito w/ Cheese HS Fresh Cucumbers/Tomatoes Seasoned Golden Corn Fruit Cocktail Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa Chocolate Brownie</p>	<p>18</p> <p>Quesadilla, Cheese Pinto Beans Lettuce &amp; Tomato Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>19</p> <p>Oven Fried Catfish Fresh Baked Roll FRIES, SEASONED LOOPS Green Beans Frozen Peach Cup Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Tartar Sauce</p>	<p>20</p> <p>Meatball Sub Fresh Baby Carrots Celery Sticks Applesauce Canned Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>23</p> <p>Spaghetti &amp; Meat Sauce Bread Stick Garden Salad Green Beans Grapes &amp; Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>24</p> <p>Chicken Fajita SoftTacos Spanish Rice Pinto Beans Seasoned Golden Corn Diced Pears Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>25</p> <p>Baked Chicken Fresh Baked Roll Macaroni &amp; Cheese Fresh Cucumbers/Tomatoes Broccoli Frozen Peach Cup Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>26</p> <p>BBQ Rib Patty on Bun CF Steak on a Bun Pickle Slices California Vegetables Baked Beans- Vegetarian Fresh Orange Applesauce Canned Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>27</p> <p>Boneless Wings Texas Toast Carrot/Celery Sticks FRIES, SEASONED LOOPS Frozen Peach Cup Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup</p>
<p>30</p> <p>Steak Fingers Fresh Baked Roll Carrots POTATO ROUNDS Apple Slices IW Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy</p>	<p>31</p> <p>Orange Chicken &amp; Rice EGG ROLL, CHICKEN, WG Celery Sticks California Vegetables Assorted Fresh Fruit Applesauce Canned 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.*

**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.**