

# Red Oak ISD

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Elementary Breakfast - MAY 2023

Apr 21, 2023

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
1  Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup	2  Frosted Flakes Cereal Graham Crackers Cinnamon Toast Crunch Soft Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3  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	4  Golden Grahams Cereal Graham Crackers BREAKFAST BURRITO, TKY Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5  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
8  Frosted Flakes Cereal Graham Crackers French Toast Sticks Pancake Syrup Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9  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	10  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	11  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	12  Froot Loops Cereal Graham Crackers Pull Apart Mini Cinnis Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15  Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup	16  Frosted Flakes Cereal Graham Crackers Cinnamon Toast Crunch Soft Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17  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	18  Golden Grahams Cereal Graham Crackers BREAKFAST BURRITO, TKY Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  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
22  Frosted Flakes Cereal Graham Crackers French Toast Sticks Pancake Syrup Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23  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	24  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	25	26
29	30	31		

**\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

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Elementary Lunch - MAY 2023

Apr 21, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Steak Fingers Fresh Baked Roll Tater Tots Broccoli Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup	2 Oven Roasted Chicken Biscuit Carrots Green Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Boneless Wings Carrot/Celery Sticks FRIES, SEASONED LOOPS Sliced Peaches Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite Barbecue Sauce Cup	4 Meatball Sub Protein Bistro Box Pork 'n' Beans Corn Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Crispy Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Mayo
8 Chicken Alfredo Bread Stick Broccoli Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Chicken Nuggets Protein Bistro Box Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Crispito w/ Cheese Pinto Beans Mixed Vegetables Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	11 Crispy Beef Tacos Fiesta Salad Lettuce & Tomato Refried Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	12 Hamburger Cheeseburger French Fries Fresh Baby Carrots Lettuce, tomato, pickles Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup
15 Cheese Omelet Chicken Tenders Biscuit Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Jelly	16 Pulled Pork BBQ Sandwich Protein Box Slice Turkey Baked Beans- Vegetarian Carrots Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat	17 Orange Chicken & Rice Broccoli Vegetable Egg Roll Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Sweet & Sour Sauce	18 Spaghetti & Meat Sauce Bread Stick Corn Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 CF Steak on a Bun Lettuce & Tomato French Fries Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup
22 Beef & Cheese Nachos Pinto Beans Celery Sticks Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Corndog Nuggets French Fries Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup Turkey & Cheese Sandwich Pickle Spears Fresh Baby Carrots Apple Slices IW Mayo	24 Mini Cheese Pizza Bagels Mini Pepp Pizza Bagels Corn Carrots Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25	26
29	30	31		

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Eastridge Elementary Lunch - MAY 2023  
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Monday	Tuesday	Wednesday	Thursday	Friday
1 Steak Fingers Fresh Baked Roll Tater Tots Broccoli Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup	2 Oven Roasted Chicken Biscuit Carrots Green Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Boneless Wings Carrot/Celery Sticks FRIES, SEASONED LOOPS Sliced Peaches Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite Barbecue Sauce Cup	4 Meatball Sub Protein Bistro Box Pork 'n' Beans Corn Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Crispy Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Mayo
8 Chicken Alfredo Bread Stick Broccoli Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Chicken Nuggets Protein Bistro Box Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Crispito w/ Cheese Pinto Beans Mixed Vegetables Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	11 Crispy Beef Tacos Fiesta Salad Lettuce & Tomato Refried Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	12 Turkey & Cheese Sandwich Pickle Spears Fresh Baby Carrots Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Mustard
15 Cheese Omelet Chicken Tenders Biscuit Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Jelly	16 Pulled Pork BBQ Sandwich Protein Box Slice Turkey Baked Beans- Vegetarian Carrots Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat	17 Orange Chicken & Rice Broccoli Vegetable Egg Roll Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Sweet & Sour Sauce	18 Spaghetti & Meat Sauce Bread Stick Corn Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 CF Steak on a Bun Lettuce & Tomato French Fries Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup
22 Beef & Cheese Nachos Pinto Beans Celery Sticks Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Corndog Nuggets French Fries Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup	24 Mini Cheese Pizza Bagels Mini Pepp Pizza Bagels Corn Carrots Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25	26
29	30	31		

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Shields Elementary Lunch - May 2023

Apr 21, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Steak Fingers Fresh Baked Roll Tater Tots Broccoli Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup	2 Oven Roasted Chicken Biscuit Carrots Green Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Boneless Wings Carrot/Celery Sticks FRIES, SEASONED LOOPS Sliced Peaches Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite Barbecue Sauce Cup	4 Turkey & Cheese Sandwich Pickle Spears Fresh Baby Carrots Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Mustard	5 Crispy Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Mayo
8 Chicken Alfredo Bread Stick Broccoli Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Chicken Nuggets Protein Bistro Box Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Crispito w/ Cheese Pinto Beans Mixed Vegetables Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	11 Crispy Beef Tacos Fiesta Salad Lettuce & Tomato Refried Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	12 Hamburger Cheeseburger French Fries Fresh Baby Carrots Lettuce, tomato, pickles Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup
15 Cheese Omelet Chicken Tenders Biscuit Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Jelly	16 Pulled Pork BBQ Sandwich Protein Box Slice Turkey Baked Beans- Vegetarian Carrots Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat	17 Orange Chicken & Rice Broccoli Vegetable Egg Roll Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Sweet & Sour Sauce	18 Spaghetti & Meat Sauce Bread Stick Corn Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 CF Steak on a Bun Lettuce & Tomato Corn French Fries Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup
22 Turkey & Cheese Sandwich Pickle Spears Fresh Baby Carrots Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Mustard	23 Corndog Nuggets French Fries Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup	24 Mini Cheese Pizza Bagels Mini Pepp Pizza Bagels Corn Carrots Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25	26
29	30	31		

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6th Grade - 8th Grade Breakfast - May 2023  
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Apr 21, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1  Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup	2  Frosted Flakes Cereal Graham Crackers Cinnamon Toast Crunch Soft Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3  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	4  Golden Grahams Cereal Graham Crackers BREAKFAST BURRITO, TKY Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5  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
8  Frosted Flakes Cereal Graham Crackers French Toast Sticks Pancake Syrup Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9  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	10  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	11  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	12  Froot Loops Cereal Graham Crackers Pull Apart Mini Cinnis Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15  Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup	16  Frosted Flakes Cereal Graham Crackers Cinnamon Toast Crunch Soft Diced Pears Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17  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	18  Golden Grahams Cereal Graham Crackers BREAKFAST BURRITO, TKY Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  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
22  Frosted Flakes Cereal Graham Crackers French Toast Sticks Pancake Syrup Grapes Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23  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	24  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	25	26
29	30	31		

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6th Grade Lunch - May 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Steak Fingers Fresh Baked Roll Tater Tots Broccoli Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup</p>	<p>2</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Oven Roasted Chicken Biscuit Carrots Green Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>3</p> <p>Turkey &amp; Cheese Sandwich Pickle Spears Fresh Baby Carrots Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Mustard</p>	<p>4</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Meatball Sub Protein Bistro Box Pork 'n' Beans Corn Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>5</p> <p>Crispy Chicken Sandwich Lettuce, tomato, pickles Potato Wedges Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Mayo</p>
<p>8</p> <p>Chicken Alfredo Bread Stick Broccoli Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>9</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Nuggets Protein Bistro Box Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>10</p> <p>Crispito w/ Cheese Pinto Beans Mixed Vegetables Grapes 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 Crispy Beef Tacos Fiesta Salad Lettuce &amp; Tomato Refried Beans Strawberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>12</p> <p>Hamburger Cheeseburger French Fries Fresh Baby Carrots Lettuce, tomato, pickles Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup</p>
<p>15</p> <p>Cheese Omelet Chicken Tenders Biscuit Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Jelly</p>	<p>16</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Pulled Pork BBQ Sandwich Protein Box Slice Turkey Baked Beans- Vegetarian Carrots Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat</p>	<p>17</p> <p>Orange Chicken &amp; Rice Broccoli Vegetable Egg Roll Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Sweet &amp; Sour Sauce</p>	<p>18</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Spaghetti &amp; Meat Sauce Bread Stick Corn Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>19</p> <p>CF Steak on a Bun Lettuce &amp; Tomato French Fries Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup</p>
<p>22</p> <p>Beef &amp; Cheese Nachos Pinto Beans Celery Sticks Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>23</p> <p>Corndog Nuggets French Fries Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup</p>	<p>24</p> <p>Mini Cheese Pizza Bagels Mini Pepp Pizza Bagels Corn Carrots Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p>		

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15  Cheese Omelet Chicken Tenders Biscuit Sweet Potato Fries Fresh Cucumbers/Tomatoes Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Jelly	16  Cheese Pizza CiCi's Pepperoni Pizza CiCi's Pulled Pork BBQ Sandwich Protein Box Slice Turkey Baked Beans- Vegetarian Carrots Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat	17  Orange Chicken & Rice Broccoli Vegetable Egg Roll Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Sweet & Sour Sauce	18  Cheese Pizza CiCi's Pepperoni Pizza CiCi's Spaghetti & Meat Sauce Bread Stick Corn Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  CF Steak on a Bun Lettuce & Tomato French Fries Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup
22  Beef & Cheese Nachos Pinto Beans Celery Sticks Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23  Corndog Nuggets French Fries Green Beans Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup	24  Mini Cheese Pizza Bagels Mini Pepp Pizza Bagels Corn Carrots Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25	26
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DAEP - Lunch May 2023

Apr 21, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Sliced Peaches Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	2 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Cups Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	3 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	4 Turkey Sandwich Lettuce & Tomato Pork 'n' Beans Apple Slices IW Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	5 Turkey Sandwich Lettuce & Tomato Potato Salad Assorted Fresh Fruit Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat
8 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Sliced Peaches Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	9 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Cups Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	10 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	11 Turkey Sandwich Lettuce & Tomato Pork 'n' Beans Apple Slices IW Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	12 Turkey Sandwich Lettuce & Tomato Potato Salad Assorted Fresh Fruit Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat
15 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Sliced Peaches Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	16 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Cups Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	17 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	18 Turkey Sandwich Lettuce & Tomato Pork 'n' Beans Apple Slices IW Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	19 Turkey Sandwich Lettuce & Tomato Potato Salad Assorted Fresh Fruit Chocolate Chip Cookie Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat
22 Turkey & Cheese Sandwich Carrot Sticks Pork 'n' Beans Sliced Peaches Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	23 Turkey & Cheese Sandwich Celery Sticks Black Bean & Corn Salsa Applesauce Cups Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	24 Turkey Sandwich Lettuce & Tomato Fresh Cucumbers Fruit Cocktail Mayo Mustard Milk, Choc, Fat Free MILK,1% Lowfat	25	26
29	30	31		

**\*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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# Red Oak ISD

Page 1

High School Breakfast May 2023

Apr 21, 2023

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 Powdered Donuts Choc WG Powdered Donuts WG Cinnamon Toast Crunch Graham Crackers Biscuit Trky Sausage Patty Sliced Peaches Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	3 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	4 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	5 Powdered Donuts Choc WG Powdered Donuts WG Froot Loops Cereal Graham Crackers Mini Waffles-Maple Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Pancake Syrup
8 Powdered Donuts Choc WG Powdered Donuts WG Frosted Flakes Cereal Graham Crackers Cinnamon Toast Crunch Soft Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Sliced Peaches Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	10 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	11 Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Fruit Cocktail Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	12 Powdered Donuts Choc WG Powdered Donuts WG Froot Loops Cereal Graham Crackers French Toast Sticks Pancake Syrup Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15 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	16 Powdered Donuts Choc WG Powdered Donuts WG Cinnamon Toast Crunch Graham Crackers Biscuit Trky Sausage Patty Sliced Peaches Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	17 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	18 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	19 Powdered Donuts Choc WG Powdered Donuts WG Froot Loops Cereal Graham Crackers Mini Waffles-Maple Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Pancake Syrup
22 Powdered Donuts Choc WG Powdered Donuts WG Frosted Flakes Cereal Graham Crackers Cinnamon Toast Crunch Soft Applesauce Cups Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23 Powdered Donuts Choc WG Powdered Donuts WG Apple Jacks Cereal Graham Crackers Biscuit Trky Sausage Patty Sliced Peaches Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	24 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	25	26
29	30	31		

\*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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# Red Oak ISD

Page 1

High School Lunch Basket Line - Line 1 May 2023

Apr 21, 2023

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Baby Carrots Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2 Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich French Fries Lettuce & Tomato Celery Sticks Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Cucumbers Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	4 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	5 Hamburger Cheeseburger Pork 'n' Beans French Fries Lettuce, tomato, pickles Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
8 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Baby Carrots Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich French Fries Lettuce & Tomato Celery Sticks Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Cucumbers Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	11 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	12 Hamburger Cheeseburger Pork 'n' Beans French Fries Lettuce, tomato, pickles Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Baby Carrots Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	16 Hot & Spicy Chicken Sandwich Crispy Chicken Sandwich French Fries Lettuce & Tomato Celery Sticks Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Cucumbers Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 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	19 Hamburger Cheeseburger Pork 'n' Beans French Fries Lettuce, tomato, pickles Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
22 Hamburger Cheeseburger French Fries Lettuce, tomato, pickles Fresh Baby Carrots Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23	24	25	26
29	30	31		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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# Red Oak ISD

Page 1

High School Lunch Line 2 & 6 - Pizza Line May 2023

Apr 21, 2023

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Fresh Cucumbers/Tomatoes Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Corn Pinto Beans Pineapple Tidbits Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	3 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	4 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	5 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Corn Fresh Broccoli Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
8 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Fresh Cucumbers/Tomatoes Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	9 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Corn Pinto Beans Pineapple Tidbits Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	10 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	11 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	12 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Corn Fresh Cucumbers/Tomatoes Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Fresh Cucumbers/Tomatoes Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	16 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Corn Pinto Beans Pineapple Tidbits Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 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	18 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	19 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Corn Fresh Broccoli Sliced Peaches Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
22 Cheese Pizza CiCi's Pepperoni Pizza CiCi's Garden Salad Fresh Cucumbers/Tomatoes Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23	24	25	26
29	30	31		

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# Red Oak ISD

Page 1

High School Lunch Line 3 - Tray & Pizza Line May 2023

Apr 21, 2023

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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 Milk,Straw.,Fat Free</p>	<p>2</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Bean &amp; Cheese Burrito Cheese Sauce Carrots Corn Diced Pears Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>3</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>4</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>5</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Glazed Chicken Wings Fresh Baked Roll Carrot/Celery Sticks Ranch Beans Grapes Sliced Peaches Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite</p>
<p>8</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Crispito w/ Cheese Pinto Beans Broccoli Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>9</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Lo Mein EGG ROLL, CHICKEN, WG Celery Sticks California Vegetables Assorted Fresh Fruit Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Sweet &amp; Sour Sauce</p>	<p>10</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Quesadilla, Chicken &amp; Chz Lettuce &amp; Tomato Corn Fresh Orange Applesauce Cups 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 Oven Fried Catfish Fresh Baked Roll FRIES, SEASONED LOOPS Green Beans Sliced Peaches Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Tartar Sauce</p>	<p>12</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Meatball Sub Fresh Baby Carrots Fresh Cucumbers/Tomatoes Applesauce Cups Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>
<p>15</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Spaghetti &amp; Meat Sauce Bread Stick Carrots Green Beans Sliced Peaches Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>16</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Fajita SoftTacos Spanish Rice Pinto Beans Carrots Diced Pears Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa</p>	<p>17</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Chicken Nuggets Fresh Baked Roll Garden Salad Baked Beans- Vegetarian Diced Pears Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>18</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 Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>19</p> <p>Cheese Pizza CiCi's Pepperoni Pizza CiCi's Boneless Wings Bread Stick Fresh Baby Carrots FRIES, SEASONED LOOPS Sliced Peaches Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite</p>
<p>22</p> <p>Steak Fingers Fresh Baked Roll Country Gravy Carrots POTATO ROUNDS Apple Slices IW Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free</p>	<p>23</p> <p>Turkey &amp; Cheese Sub Lettuce, tomato, pickles Fresh Baby Carrots Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Mustard</p>	<p>24</p> <p>Turkey &amp; Cheese Sandwich Carrot/Celery Sticks Lettuce, tomato, pickles Applesauce Cups Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Mayo</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p>		

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# Red Oak ISD

Page 1

High School Combo Cafe Lunch Line 4 May 2023

Apr 21, 2023

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1  Pulled Pork BBQ Sandwich Macaroni & Cheese Baked Beans- Vegetarian Broccoli Applesauce Cups Diced Pears Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	2  Bean & Cheese Burrito Cheese Sauce Carrots Corn Diced Pears Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	3  Orange Chicken & Rice EGG ROLL, CHICKEN, WG California Vegetables Garlic & Herb Spinach Diced Peaches Fruit Cocktail Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Sweet & Sour Sauce Turkey & Cheese Sandwich Lettuce, tomato, pickles Dried Cranberries Fresh Baby Carrots Apple Slices IW Mayo Mustard	4  Beef & Cheese Nachos Refried Beans Celery Sticks Fresh Baby Carrots Fresh Orange Dried Cranberries Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5  Glazed Chicken Wings Fresh Baked Roll Carrot/Celery Sticks Ranch Beans Grapes Sliced Peaches Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite
8  Crispito w/ Cheese Pinto Beans Broccoli Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	9  Chicken Lo Mein EGG ROLL, CHICKEN, WG Celery Sticks California Vegetables Assorted Fresh Fruit Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Sweet & Sour Sauce	10  Quesadilla, Chicken & Chz Lettuce & Tomato Corn Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	11  Oven Fried Catfish Fresh Baked Roll FRIES, SEASONED LOOPS Green Beans Sliced Peaches Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Tartar Sauce	12  Meatball Sub Fresh Baby Carrots Fresh Cucumbers/Tomatoes Applesauce Cups Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free
15  Spaghetti & Meat Sauce Bread Stick Carrots Green Beans Sliced Peaches Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	16  Chicken Fajita SoftTacos Spanish Rice Pinto Beans Carrots Diced Pears Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	17  Chicken Nuggets Fresh Baked Roll Garden Salad Baked Beans- Vegetarian Diced Pears Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18  BBQ Rib Patty on Bun CF Steak on a Bun Pickle Slices California Vegetables Baked Beans- Vegetarian Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19  Boneless Wings Bread Stick Fresh Baby Carrots FRIES, SEASONED LOOPS Sliced Peaches Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup, Lite
22  Steak Fingers Fresh Baked Roll Country Gravy Carrots POTATO ROUNDS Apple Slices IW Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	23  Turkey & Cheese Sub Lettuce, tomato, pickles Fresh Baby Carrots Fresh Orange Applesauce Cups Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Mustard	24  Turkey & Cheese Sandwich Carrot/Celery Sticks Lettuce, tomato, pickles Applesauce Cups Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Mayo	25	26
29	30	31		

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