

Red Oak ISD

This institution is an equal opportunity provider

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1 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 | 2 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 | 3 Trix Cereal Graham Crackers Biscuit Egg Patty Trky Sausage Patty Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly | 4 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 |
| 7 Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Asst Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat Pancake Syrup | 8 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 | 9 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 | 10 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 | 11 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 |
| 14 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 | 15 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 | 16 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 | 17 Trix Cereal Graham Crackers Biscuit Egg Patty Trky Sausage Patty Fresh Orange Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly | 18 NO SCHOOL TODAY |
| 21 NO SCHOOL TODAY | 22 NO SCHOOL TODAY | 23 NO SCHOOL TODAY | 24 NO SCHOOL TODAY | 25 NO SCHOOL TODAY |
| 28 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 | 29 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 | 30 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 | | |

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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| | 1 Salisbury Steak w/Br.Gra Protein Bistro Box Macaroni & Cheese Fresh Baked Roll Carrots Broccoli Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 2 Soft Beef Tacos Turkey Chef Salad Lettuce & Tomato Pinto Beans Strawberry Cup Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 3 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 | 4 CF Steak on a Bun Lettuce & Tomato Carrot Sticks French Fries Frozen Peach Cup FF Ranch Dressing Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free |
| 7 Pepperoni Pizza Cheese Pizza Seasoned Golden Corn Spinach Strawberries & Oranges Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 8 Chicken Lo Mein Asian Chicken Salad Garlic Broccoli Fresh Cucumbers/Tomatoes Diced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 9 Crispito w/ Cheese Protein Box Turkey Ham Pinto Beans Carrots Grapes Salsa Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 10 Turkey Roast Cornbread Dressing Fresh Baked Roll Mashed Potatoes Green Beans Turkey Gravy Fruit Salad Cranberry Sauce THANKSGIVING COOKIE Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 11 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 Chocolate Chip Cookie |
| 14 Steak Fingers Fresh Cucumbers/Tomatoes Green Beans Fresh Orange Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 15 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 | 16 Meatball Sub Chef Salad w/ Turkey Ham Tater Tots Pork 'n' Beans Frozen Peach Cup FF Ranch Dressing Ketchup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free | 17 Boneless Wings Carrot/Celery Sticks FRIES, SEASONED LOOPS Grapes Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat Ranch Dressing Cup BBQ Sauce Cup | 18 NO SCHOOL TODAY |
| 21 NO SCHOOL TODAY | 22 NO SCHOOL TODAY | 23 NO SCHOOL TODAY | 24 NO SCHOOL TODAY | 25 NO SCHOOL TODAY |
| 28 Corndog Nuggets French Fries Garlic & Herb Spinach Sliced Peaches Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mustard Ketchup | 29 Orange Chicken & Rice Broccoli Vegetable Egg Roll Fruit Cocktail Milk,Straw.,Fat Free Milk, Choc, Fat Free MILK,1% Lowfat | 30 Chicken Nuggets Protein Box Diced Turkey Fresh Baked Roll Green Beans Mashed Potatoes Country Gravy Applesauce 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.*

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