

OCTOBER 2022

Red Oak Elementary

BREAKFAST

LUNCH

Breakfast Meal Price –
Reduced .30¢ Full \$1.30
Lunch Meal Price –
Reduced .40¢ Full \$2.80



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MENU ITEMS MAY
CHANGE DUE TO
PRODUCT
AVAILABILITY/SUPPLY
CHAIN SHORTAGES**

10
Breakfast
Cereal & Graham Crackers OR
Pancake on a Stick (T)
Fruit, Juice and Milk
Lunch
Pepperoni (T) or Cheese Pizza
Corn, Spinach, Apples

11
Breakfast
Cereal & Graham Crackers OR
Cinnamon Toast Crunch Soft Bar
Fruit, Juice and Milk
Lunch
Chicken Lo Mein (C)
OR Asian Chicken Salad (C)
Broccoli, Cucumber & Tomato, Peaches

12
Breakfast
Cereal & Graham Crackers OR
Biscuit & Sausage (T)
Fruit, Juice, and Milk
Lunch
Crispito (C) OR Protein Box Egg/Cheese
Pinto Beans, Carrots, Grapes, Salsa

13
Breakfast
Cereal & Graham Crackers OR
Breakfast Burrito w/Egg & Cheese
Fruit, Juice and Milk
Lunch
Popcorn Chicken OR Chef Salad w/ Chicken
Rolls, Mashed Potatoes & Gravy, Broccoli
Oranges

14
Breakfast
OR Cereal & Graham Crackers OR
Breakfast Pizza (T)
Fruit, Juice and Milk
Lunch – Early Release Day!
Turkey & Cheese Sandwich (T)
Lettuce/Tomato, Carrot/Celery, Applesauce

17
Breakfast
Cereal & Graham Crackers OR
French Toast Sticks & Syrup
Fruit, Juice and Milk
Lunch
Spaghetti & Meat Sauce (B)
Garden Salad, Green Beans, Peas

18
Breakfast
Cereal & Graham Crackers OR
Breakfast Pizza (T)
Fruit, Juice and Milk
Lunch
Chicken Nuggets (C) OR Protein Box (T)
TX Toast, Mashed Potatoes & Gravy
Spinach, Strawberries

19
Breakfast
Cereal & Graham Crackers OR
Eggo Waffles
Fruit, Juice and Milk
Lunch
Meatball Hoagie (B)
OR Chef Salad w/Turkey Ham (T)
Tater Tots, Pork 'n Beans (P), Peaches

20
Breakfast
Cereal & Graham Crackers OR
Biscuits & Sausage (T)
Fruit, Juice and Milk
Lunch – Early Release Day!
Protein Box – Diced Turkey (T)

21
Staff Development

24
Breakfast
Cereal & Graham Crackers OR
Pancake on a Stick (T)
Fruit, Juice and Milk
Lunch
Mini Corndog Nuggets (T)
Oven Fries, Spinach, Peaches

25
Breakfast
Cereal & Graham Crackers OR
Cinn. Toast Crunch Soft Bar
Fruit, Juice and Milk
Lunch
Orange Chicken OR Asian Chicken Salad (C)
Broccoli, Cucumber & Tomato,
Grapes & Oranges

26
Breakfast
Cereal & Graham Crackers OR
Biscuit & Sausage (T)
Fruit, Juice and Milk
Lunch
Chicken Nuggets (C) OR Protein Box
TX Toast, Mashed Potatoes & Gravy
Green Beans, Applesauce

27
Breakfast
Cereal & Graham Crackers OR
Breakfast Burrito - Egg/Cheese
Fruit, Juice and Milk
Lunch
Nachos OR Taco Salad (B)
Refried Beans, Celery, Peaches

28
Breakfast
Cereal & Graham Crackers OR
Breakfast Pizza (T)
Fruit, Juice and Milk
Lunch
Hamburger or Cheeseburger (B)
Oven Fries, Lettuce/Tomato/Pickle, Fruit

31
Breakfast
Cereal & Graham Crackers OR French
Toast Sticks & Syrup
Fruit, Juice and Milk
Lunch
Chicken (C) & Waffles
Sweet Potato Fries, Cucumber &
Tomato, Applesauce

(P) – Item contains Pork
(T) – Item contains Turkey
(C) - Item contains Chicken
(B) - Item contains Beef



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