

Red Oak ISD

This institution is an equal opportunity provider
FREE BREAKFAST AND LUNCH FOR STUDENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 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	4 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	5 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	6 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
9 Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Asst Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat	10 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	11 Cinnamon Toast Crunch Graham Crackers Apple Frudel Sliced Peaches Apple Juice Orange Juice Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 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	13 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
16 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	17 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	18 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	19 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	20 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
23 Cocoa Puffs Cereal Graham Crackers Pancake on Stick Applesauce Cups Asst Apple Juice Orange Juice Milk, Choc, Fat Free MILK,1% Lowfat	24 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	25 Cinnamon Toast Crunch Graham Crackers Apple Frudel Sliced Peaches Apple Juice Orange Juice Cherry Apple 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 Cherry Apple Juice Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Jelly	

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS!

**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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Elementary Lunch - MAY

Apr 29, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Fresh Baked Roll Mashed Potatoes Green Beans Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy	3 Spaghetti & Meat Sauce Bread Stick Seasoned Golden Corn Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	4 Cheese Pizza Fresh Cucumbers Carrots Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	5 Crispy Turkey Tacos Lettuce & Tomato Pinto Beans Mixed Berries frozen Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Salsa	6 CF Steak on a Bun Seasoned fries Celery Sticks Applesauce Cups Asst Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Ketchup Mayo
9 Steak Fingers Mashed Potatoes Fresh Baby Carrots Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy	10 Orange Chicken & Rice California Vegetables Broccoli Mixed Berries frozen Cup Milk, Choc, Fat Free MILK,1% Lowfat	11 Pepperoni Pizza Turkey Cheese Pizza Garden Salad Seasoned Golden Corn Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	12 Crispy Chicken Sandwich Lettuce & Tomato Sweet Potato Fries Grapes Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Ketchup	13 Hamburger Cheeseburger French Fries Baked Beans- Vegetarian Lettuce, tomato, pickles Assorted Fresh Fruit Ketchup Milk, Choc, Fat Free MILK,1% Lowfat
16 Quesadilla, Cheese Seasoned Golden Corn Pinto Beans Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	17 Chicken Alfredo Bread Stick Green Beans Garden Salad Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	18 Hot Dog on Bun Fresh Baby Carrots Pork 'n' Beans Garden Salad Strawberry Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	19 Chicken Nuggets Fresh Baked Roll Mashed Potatoes Broccoli Fresh Orange Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy	20 Crispy Chicken Sandwich Lettuce & Tomato FRIES, SEASONED LOOPS Applesauce Cups Asst Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Mayo Ketchup
23 Chicken Nuggets Texas Toast Mashed Potatoes Green Beans Apple Slices IW Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free Country Gravy	24 Beef & Cheese Nachos Refried Beans Celery Sticks Assorted Fresh Fruit Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	25 Corndog Nuggets Baked Beans- Vegetarian Broccoli Mixed Berries frozen Cup Mustard Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	26 Cheese Pizza Corn Carrots Frozen Peach Cup Milk, Choc, Fat Free MILK,1% Lowfat Milk,Straw.,Fat Free	

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