

Red Oak ISD

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	

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

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This institution is an equal opportunity provider.

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

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS!

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Red Oak ISD
6th Grade - 8th Grade Breakfast - May
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