



Don't forget to eat your vegetables.

Red Oak Community School Elementary Breakfast Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

April 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	Blueberry Loaf Cheese Stick	2	Long John	3	Breakfast Banana Split Yogurt Parfait	4	Strawberry Cream Cheese Filled Bagel	5	Mini Eggo Waffles
	Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers
	Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Apple Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Orange Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk
8	Breakfast Pizza	9	Banana Chocolate Loaf Cheese Stick	10	Waffle Sandwich	11	Mini-Cinnis	12	Mini Pancakes
	Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers
	Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Apple Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Orange Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk
15	Cinnamon Cream Cheese Filled Bagel	16	Mini French Toast	17	Yogurt Parfait with Fruit & Granola	18	Breakfast Stacker Sandwich	19	No School
	Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		
	Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Apple Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Orange Juice 1% Milk		
22	No School	23	Breakfast Pizza	24	French Toast Loaf Cheese Stick	25	Ham & Cheese on a Bagel	26	Mini Eggo Waffles
			Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers
			Vegetable Selection Apple Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Orange Juice 1% Milk		Vegetable Selection Fresh Fruit 1% Milk
29	Mini Pancakes	30	Sausage Breakfast Biscuit	1					
	Choice of Cereal Graham Crackers		Choice of Cereal Graham Crackers						
	Vegetable Selection Fresh Fruit 1% Milk		Vegetable Selection Apple Juice 1% Milk						

PRICES

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
 Entree Salads are served with Dinner Roll
 For questions or comments, contact Mindy Riibe at 712-621-0042 or email riibem@roschools.org

