



Don't forget to eat your vegetables.

# Red Oak Community School Fresh Fruit & Veggie Menu

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

April  
2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1  
Vegetable Choice  
Baby Carrots  
Celery Sticks  
Fruit

2  
Vegetable Choice  
Broccoli Florets  
Radish  
Fruit

3  
Vegetable Choice  
Tomato Slices  
Cucumber Slices  
Fruit

4  
Vegetable Choice  
Red Peppers  
Romaine Lettuce  
Fruit

5  
Vegetable Choice  
Pinto Beans  
Cauliflower Floret  
Fruit

8  
Vegetable Choice  
Broccoli Florets  
Mushrooms  
Fruit

9  
Vegetable Choice  
Baby Carrots  
Olives  
Fruit

10  
Vegetable Choice  
Great Northern Beans  
Kale Salad  
Fruit

11  
Vegetable Choice  
Tomato Slices  
Celery Sticks  
Fruit

HOM: Banana  
12  
Vegetable Choice  
Red Peppers  
Radish  
Fruit

15  
Noon Release  
Vegetable Choice  
Baby Carrots  
Radish  
Fruit

HOM: Chives  
16  
Vegetable Choice  
Black Beans  
Cucumber Slices  
Fruit

17  
Vegetable Choice  
Broccoli Florets  
Cauliflower Floret  
Fruit

HOM: Celery  
18  
Vegetable Choice  
Baby Carrots  
Celery Sticks  
Fruit

19  
No School

22  
No School

23  
Vegetable Choice  
Baby Spinach  
Olives  
Fruit

24  
Vegetable Choice  
Red Peppers  
Celery Sticks  
Fruit

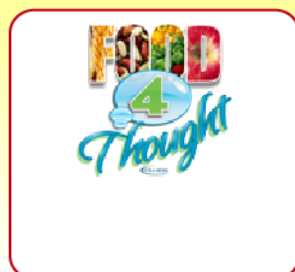
25  
Vegetable Choice  
Kidney Beans  
Radish  
Fruit

26  
Vegetable Choice  
Baby Carrots  
Cucumber Slices  
Fruit

29  
Vegetable Choice  
Broccoli Florets  
Cauliflower Floret  
Fruit

30  
Vegetable Choice  
Baby Carrots  
Celery Sticks  
Fruit

1



**PRICES**

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



**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 riiem@roschools.org

