



Don't forget to eat your vegetables.

Red Oak Community School High School Breakfast Menu

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

April 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Turkey Breakfast Biscuit

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

2
Waffle Sandwich

Blueberry Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

3
Cheesy Ham Melt

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

4
Breakfast Stacker Sandwich

Mini Donut
Cheese Stick

Vegetable Selection
Orange Juice
1% Milk

5
Ham & Cheese on a Bagel

Chocolate Chip Muffin
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

8
Mini Eggo Waffles

Blueberry Muffin
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

9
Breakfast Pizza

French Toast Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

10
Strawberry Cream Cheese Filled Bagel

Blueberry Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

11
Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Orange Juice
1% Milk

12
Mini-Cinnis

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

15
Mini Pancakes

Chocolate Chip Muffin
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

16
Cinnamon Cream Cheese Filled Bagel

Blueberry Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

17
Mini French Toast

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

18
Breakfast Stacker Sandwich

Blueberry Loaf
Cheese Stick

Vegetable Selection
Orange Juice
1% Milk

19
No School

22
No School

23
Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

24
Breakfast Pizza

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

25
Waffle Sandwich

French Toast Loaf
Cheese Stick

Vegetable Selection
Orange Juice
1% Milk

26
Ham & Cheese on a Bagel

Blueberry Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

29
Mini Eggo Waffles

Chocolate Chip Muffin
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

30
Mini Pancakes

Blueberry Muffin
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

1



PRICES

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
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

