



Don't forget to eat your vegetables.

Red Oak Community School District High School Menu

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

April 2018

2 MONDAY

- Classic Cafe** Pancakes, Sausage Patty, Hashbrown Potatoes
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Diner Station** Maxx Sticks, Golden French Fries
- Grab and Go** Double Decker PB & J Sandwich

3 TUESDAY

- Classic Cafe** Wing Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Diner Station** Hamburger on a Bun, Golden French Fries
- Grab and Go** Turkey Deli Sandwich

4 WEDNESDAY

- Classic Cafe** Soft Beef Tacos, Lettuce, Tomato, Cheese, Mexican Brown Rice
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Cheeseburger Pizza
- Diner Station** Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll
- Grab and Go** Ham Deli Sandwich

5 THURSDAY

- Classic Cafe** BBQ Chicken on Ciabatta, Baked Beans
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Diner Station** Roasted Hot Dog on a Bun, Golden French Fries
- Grab and Go** Crispy Chicken Wrap

6 FRIDAY

- Classic Cafe** Popcorn Chicken Bowl, Broccoli Salad
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Italian Chicken Pizza
- Diner Station** Chicken Patty on Whole Grain Bun, Golden French Fries
- Grab and Go** Double Decker PB & J Sandwich

EXTRA INFO

Harvest of the Month



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

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9 MONDAY

- Classic Cafe** Chicken Philly Sandwich, Snow Peas, Bread Stick
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Jalapeno Chicken Calzone
- Diner Station** Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll
- Grab and Go** Chicken Caesar Wrap

10 TUESDAY

- Classic Cafe** Taco Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Beef
- Diner Station** Mini Corn Dogs, Golden French Fries
- Grab and Go** Turkey Deli Sub Sandwich

11 WEDNESDAY

- Classic Cafe** Italian Meatball Sub, Roasted Broccoli
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Veggie Pizza
- Diner Station** Spicy Chicken Patty on Bun, Golden French Fries
- Grab and Go** Turkey & Cheese Pinwheel

12 THURSDAY

- Classic Cafe** Chicken Bacon Ranch Melt on Ciabatta, Homemade Chicken Noodle Soup, Chocolate Chip Cookies
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
- Diner Station** Corn Dog, Golden French Fries
- Grab and Go** Double Decker PB & J Sandwich

13 FRIDAY

- Classic Cafe** Popcorn Chicken Bowl
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Diner Station** BBQ Rib Sandwich, Golden French Fries
- Grab and Go** Turkey BLT Wrap

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16

MONDAY

Classic Cafe Chicken Crispito, Homemade Nacho Cheese Sauce, Corn

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Cheeseburger Calzone

Diner Station Popcorn Chicken, Golden French Fries, Whole Grain Dinner Roll

Grab and Go Turkey Deli Sandwich

19

THURSDAY

Classic Cafe Hot Turkey & Cheese Panini, Scalloped Potatoes

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

Grab and Go Double Decker PB & J Sandwich

17

TUESDAY

Classic Cafe Wing Bar, Garden Salad

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station Cheeseburger on Bun, Golden French Fries

Grab and Go Crispy Chicken Wrap

20

FRIDAY

Classic Cafe Popcorn Chicken Bowl

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Beef

Diner Station Corn Dog, Golden French Fries

Grab and Go Crispy Chicken Wrap

18

WEDNESDAY

Classic Cafe Pasta with Meat Sauce, Garlic Breadstick, Green Beans, Rice Krispie Treat

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Cheeseburger Pizza

Diner Station Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll

Grab and Go Chicken Caesar Wrap

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For questions or comments, contact

Mindy Riibe at 712-621-0042

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23

MONDAY

- Classic Cafe** Chicken Tender Basket, Kettle Potato Chips, Bread Stick, Sugar Cookie
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone
- Diner Station** Chicken Crispito, Golden French Fries
- Grab and Go** Turkey Deli Sub Sandwich

24

TUESDAY

- Classic Cafe** Taco Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Diner Station** Maxx Sticks, Golden French Fries
- Grab and Go** Double Decker PB & J Sandwich

25

WEDNESDAY

- Classic Cafe** Pulled Pork on Pretzel Bun, Lemon Garbanzo Bean Salad
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Diner Station** Hamburger on a Bun, Golden French Fries
- Grab and Go** Turkey BLT Wrap

26

THURSDAY

- Classic Cafe** Ham & Tator Tot Breakfast Bake, Cinnamon Roll
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Cheeseburger Pizza
- Diner Station** Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll
- Grab and Go** Turkey Deli Sandwich

27

FRIDAY

- Classic Cafe** Popcorn Chicken Bowl
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Diner Station** Roasted Hot Dog on a Bun, Golden French Fries
- Grab and Go** Turkey & Cheese Pinwheel

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30

MONDAY

- Classic Cafe** Pancakes, Strawberry Topping, Scrambled Egg, Breakfast Potato Casserole
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
- Diner Station** Chicken Crispito, Homemade Nacho Cheese Sauce, Golden French Fries
- Grab and Go** Double Decker PB & J Sandwich

3

THURSDAY

1

TUESDAY

4

FRIDAY

2

WEDNESDAY

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