



Don't forget to eat your vegetables.

Red Oak Community School Middle School Breakfast

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

December
2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Ham & Cheese on a Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

4

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

5

Pancake on a Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

6

Sausage Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

7

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

10

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

11

Breakfast Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

12

French Toast Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

13

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

14

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

17

Breakfast Flatbread

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

18

Apple Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

19

Biscuits & Gravy

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

20

Egg & Cheese Breakfast Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

21

Mini Eggo Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

24

No School-Winter Break

25

No School-Winter Break

26

No School-Winter Break

27

No School-Winter Break

28

No School-Winter Break

31

No School-Winter Break

1

2

Choose **MyPlate.gov**

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. Entrée Salads are served with Dinner Roll. For questions or comments, contact Mindy Riibe at 1-712-621-0042