



Don't forget to eat your vegetables.

# Red Oak Community School Middle School Lunch Menu

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

## December 2018

### 3 MONDAY

- Classic Cafe** BBQ Chicken Sandwich, Kettle Potato Chips
- Diner Station** Cheeseburger on Bun, Kettle Potato Chips
- Grab and Go** Turkey BLT Wrap, Kettle Potato Chips

### 4 TUESDAY

- Classic Cafe** Chicken Fajitas, Firenze Corn Salad
- Diner Station** Crispy Chicken Sandwich, Firenze Corn Salad
- Grab and Go** Egg & Chicken Salad Slider Combo, Firenze Corn Salad

### 5 WEDNESDAY

- Classic Cafe** Popcorn Chicken Bowl, Green Beans
- Diner Station** Corn Dog, Green Beans
- Grab and Go** Chef Salad, Green Beans

### 6 THURSDAY

- Classic Cafe** Cheese & Pepperoni Flatbread, Greek Oven Roasted Potatoes
- Diner Station** Crispy Chicken Tenders, Greek Oven Roasted Potatoes, Whole Grain Dinner Roll
- Grab and Go** Ham Deli Sandwich, Greek Oven Roasted Potatoes

### 7 FRIDAY

- Pizza Parlor Pizza** Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Garlic & Herb Broccoli
- Diner Station** BBQ Rib Sandwich, Garlic & Herb Broccoli
- Grab and Go** Chicken Caesar Salad, Garlic & Herb Broccoli

### 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.

Menus are subject to change without notice. This institution is an equal opportunity provider.





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10

MONDAY

- Classic Cafe** Cheese Bread, Marinara Sauce, Green Peas
- Diner Station** Chicken Crispito, Homemade Nacho Cheese Sauce, Green Peas
- Grab and Go** Chicken Caesar Wrap, Green Peas

13

THURSDAY

- Classic Cafe** Sweet & Sour Chicken, Unbreaded, Sage Parmesan Pasta
- Diner Station** Mini Corn Dogs, Sage Parmesan Pasta
- Grab and Go** Ham Deli Sub Sandwich, Sage Parmesan Pasta

11

TUESDAY

- Classic Cafe** Italian Meatball Sub, Roasted Broccoli
- Diner Station** Hamburger on a Bun, Roasted Broccoli
- Grab and Go** Double Decker PB & J Sandwich, Roasted Broccoli

14

FRIDAY

- Pizza Parlor Pizza** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza, Caesar Salad, Chocolate Chip Cookie
- Diner Station** Crispy Chicken Nuggets, Caesar Salad, Whole Grain Dinner Roll, Chocolate Chip Cookie
- Grab and Go** Turkey BLT Wrap, Caesar Salad, Chocolate Chip Cookie

12

WEDNESDAY

- Classic Cafe** Chicken Tacos, Spicy Pinto Beans, Lettuce, Tomato, Cheese, Tortilla Chips, Salsa
- Diner Station** Spicy Chicken Patty on Bun, Tortilla Chips, Salsa
- Grab and Go** Crispy Chicken Wrap, Tortilla Chips, Salsa

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17

MONDAY

- Classic Cafe** Dutch Waffle, Syrup, Scrambled Egg, Breakfast Potatoes
- Diner Station** Maxx Sticks, Breakfast Potatoes
- Grab and Go** Chicken Caesar Salad, Breakfast Potatoes

20

THURSDAY

- Classic Cafe** Ham and Cheese Calzone, Coleslaw
- Diner Station** Crispy Chicken Sandwich, Coleslaw
- Grab and Go** Beef Taco Salad, Coleslaw

18

TUESDAY

- Classic Cafe** Chicken and Cheese Quesadilla, Cilantro Lime Rice
- Diner Station** Roasted Hot Dog on a Bun, Cilantro Lime Rice
- Grab and Go** Ham Deli Sub Sandwich, Cilantro Lime Rice

21

FRIDAY

- Pizza Parlor Pizza** Cheese Pizza, Pepperoni Pizza, Hawaiian Pizza, Broccoli Salad
- Diner Station** Corn Dog, Broccoli Salad
- Grab and Go** Crispy Chicken Wrap, Broccoli Salad

19

WEDNESDAY

- Classic Cafe** Pizza Bake, Garlic Breadstick, Mini Rice Krispie Treat, Leafy Green Salad
- Diner Station** Cheeseburger on Bun, Leafy Green Salad, Mini Rice Krispie Treat
- Grab and Go** Honey Mustard Ham Wrap, Leafy Green Salad, Mini Rice Krispie Treat

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## December 2018

24

MONDAY

No School Winter Break

27

THURSDAY

No School Winter Break

25

TUESDAY

No School Winter Break

28

FRIDAY

No School Winter Break

26

WEDNESDAY

No School Winter Break

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## December 2018

31

MONDAY

No School Winter Break

3

THURSDAY

1

TUESDAY

4

FRIDAY

2

WEDNESDAY

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