



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

February 2018

MONDAY

TUESDAY

WEDNESDAY

1

THURSDAY

2

FRIDAY

EXTRA INFO

- Classic Cafe** Oven Roasted Chicken, Baked Potato Halves, French Bread, Chocolate Chip Cookie
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Grab and Go** Ham Deli Sandwich

- Classic Cafe** Meatloaf, Mashed Potatoes, Gravy, Whole Grain Dinner Roll
- Diner Station** Cheeseburger on Bun
- Grab and Go** Crispy Chicken Wrap

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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5 MONDAY

- Classic Cafe** Baja Fish Tacos, Cilantro Lime Rice
- Diner Station** Chicken Patty on Whole Grain Bun
- Grab and Go** Ham & Cheese Pinwheel

6 TUESDAY

- Classic Cafe** Breakfast Bake, Cinnamon Roll, Minted Fruit Salad
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Grab and Go** Double Decker PB & J Sandwich

7 WEDNESDAY

- Classic Cafe** Cider Roast Pork, Scalloped Potatoes, Whole Grain Dinner Roll, Rice Krispie Treat
- Diner Station** Crispy Chicken Nuggets, Whole Grain Dinner Roll
- Grab and Go** Chicken Caesar Wrap

8 THURSDAY

- Classic Cafe** Hot Ham & Cheese Panini, Seasoned Ranch Wedges, Mango Salsa, Tortilla Chips
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
- Grab and Go** Turkey Deli Sub Sandwich

9 FRIDAY

- Classic Cafe** Cheesy Italian Flatbread, Mediterranean Soup
- Diner Station** Hamburger on a Bun
- Grab and Go** Double Decker PB & J Sandwich

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12

MONDAY

Classic Cafe Chicken Parmesan w/Pasta, Garlic Toast

Diner Station BBQ Rib Sandwich

Grab and Go Turkey BLT Wrap

15

THURSDAY

Classic Cafe Ham, Egg & Cheese on an English Muffin, Coleslaw, Gumdrop Sugar Cookie

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Ham & Cheese Pinwheel

13

TUESDAY

Classic Cafe Jambalaya, Roasted Okra

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Hawaiian Pizza

Grab and Go Ham Deli Sandwich

16

FRIDAY

No School

14

WEDNESDAY

Classic Cafe Macaroni & Cheese, Roasted Broccoli

Diner Station Crispy Chicken Tenders, Whole Grain Dinner Roll

Grab and Go Crispy Chicken Wrap

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19

MONDAY

No School

22

THURSDAY

Classic Cafe Turkey Nachos Supreme, Spicy Pinto Beans

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Turkey BLT Wrap

20

TUESDAY

Classic Cafe Roast Pork & Gravy, Cinnamon Sweet-Apples, Mashed Potatoes, Cornbread

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Grab and Go Ham Deli Sub Sandwich

23

FRIDAY

Classic Cafe Grilled Cheese Sandwich, Homemade Tomato Soup

Diner Station Maxx Sticks

Grab and Go Ham Deli Sandwich

21

WEDNESDAY

Classic Cafe Chicken Crispito, Homemade Nacho Cheese Sauce, Homemade Brownie

Diner Station Popcorn Chicken, Whole Grain Dinner Roll

Grab and Go Chicken Banh Mi Sandwich

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26

MONDAY

Classic Cafe Popcorn Chicken Bowl, Whole Grain Dinner Roll

Diner Station BBQ Rib Sandwich

Grab and Go Crispy Chicken Wrap

1

THURSDAY

27

TUESDAY

Classic Cafe Roasted Hot Dog on a Bun, Beef Chili, Potato Wedges

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Hawaiian Pizza

Grab and Go Ham & Cheese Pinwheel

2

FRIDAY

28

WEDNESDAY

Classic Cafe Italian Stromboli, Garden Salad, Sugar Cookie

Diner Station Spicy Chicken Patty on Bun

Grab and Go Chicken Caesar Wrap

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