



Don't forget to eat your vegetables.

Red Oak Community School Elementary Breakfast Menu

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

February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

31

1

Pancake on a Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

2

Apple Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

5

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

6

Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

7

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

8

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

9

Breakfast Banana Split Yogurt Parfait

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

12

Apple Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

13

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

14

Biscuits & Gravy

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

15

Cheesy Ham Melt

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

16

No School

19

No School

20

Banana Chocolate Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

21

Waffle Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

22

Mini-Cinnis

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

23

Pancake on a Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

26

Plain Bagel
Cream Cheese
OR Mini Bagels

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

27

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

28

Yogurt Parfait with Fruit & Granola

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Choose **MyPlate.gov**

Regular PK-3	\$1.70
Regular 4-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.45

HARVEST OF THE MONTH

MANGO

OKRA

CAYENNE

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