



Don't forget to eat your vegetables.

Red Oak Community School Elementary Lunch 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

Roasted Hot Dog on a Bun

Oven Roasted Chicken
French Bread

Beef Taco Salad

Baked Potato Halves

2

National Kiwi Day

Cheese Pizza

Cowboy BBQ Burger

Yogurt Pak with Pretzel Bites

Roasted Broccoli

5

Chicken Tender Basket
French Bread

Fish Nugget Basket
French Bread

Turkey BLT Wrap
Kettle Potato Chips
Rice Krispie Treat

6

Easy Egg Bake

Build Your own Cereal Bowl
Ba-Ba-Ba Banana Smoothie
Cheese Stick
Egg & Chicken Salad Slider
Combo
Cinnamon Roll
Minted Fruit Salad

7

BBQ Pulled Pork Sandwich

Italian Meatball Sub

Pretzel Bites w/Cheese Cubes

Tator Tots

8

HOM: Mango

Carnita Nachos

Hot Ham & Cheese Panini

Turkey Deli Sandwich
Black Beans
Tortilla Chips
Mango Salsa

9

Cheesy Italian Flatbread

Chicken Parmesan Sandwich

Yogurt Pak with Bagel

Mediterranean Soup

12

Popcorn Chicken Bowl

Salisbury Steak

Chicken Caesar Wrap
Mashed Potatoes & Gravy
Whole Grain Dinner Roll
Corn

13

HOM: Okra and Cayenne

Corn Dog

Jambalaya
Garlic Toast

Chicken Banh Mi Sandwich
Roasted Okra

14

Cupid's Macaroni and Cheese

Heartfull Sloppy Joe

Valentine's Munchable

Loveable Roasted Broccoli

15

National Gum Drop Day

Ham, Egg & Cheese on an English Muffin

Pulled Pork on Ciabatta

Turkey Deli Sub Sandwich

Coleslaw
Gumdrop Sugar Cookie

16

No School

19

National Pancake Day

No School

20

Roast Pork & Gravy

Crispy Chicken Tenders

Turkey BLT Salad
Cinnamon Sweet-Apples
Mashed Potatoes
Whole Grain Dinner Roll

21

BBQ Chicken on Ciabatta

Philly Flatbread

Chef Salad

Calico Bean Bake
Brownie

22

French Bread Pizza

Cheeseburger on Bun

Chicken Taco Salad

Roasted Cauliflower

23

Grilled Cheese Sandwich

Tuna Panini

Yogurt Pak with Pretzel Bites

Homemade Tomato Soup

26

Chicken Tender Basket
Whole Grain Dinner Roll

All American Burger Basket

Turkey BLT Wrap
Kettle Potato Chips

27

Chili in a Bread Bowl

Roasted Hot Dog on a Bun
Beef Chili

Chicken & Tuna Salad Slider
Combo
Potato Wedges

28

Pizza Slider

Italian Stromboli

Chef Salad

Garden Salad
Cookie

Choose **MyPlate.gov**

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
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