



Don't forget to eat your vegetables.

Red Oak Community School Fresh Fruit & Veggie Menu

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

February
2019

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

Vegetable Choice
Broccoli Florets
Radish
Fresh Fruit Bar

29

Vegetable Choice
Cherry Tomato
Cucumber Slices
Canned Fruit Bar

Noon Release

30

Vegetable Choice
Baby Spinach
Cauliflower Floret
Fresh Fruit Bar

31

Vegetable Choice
Red Peppers
Celery Sticks
Canned Fruit Bar

Noon Release

1

Vegetable Choice
Baby Carrots
Celery Sticks
Canned Fruit Bar

11

No School

12

Vegetable Choice
Baby Carrots
Cauliflower Floret
Canned Fruit Bar

13

Vegetable Choice
Black Beans
Cucumber Slices
Fresh Fruit Bar

14

Vegetable Choice
Romaine Lettuce
Black Olives
Canned Fruit Bar

15

Vegetable Choice
Mushrooms
Red/Orange
Fresh Fruit Bar

18

Vegetable Choice
Cherry Tomato
Celery Sticks
Fresh Fruit Bar

19

Vegetable Choice
Baby Spinach
Cauliflower Floret
Canned Fruit Bar

20

Vegetable Choice
Baby Carrots
Cucumber Slices
Fresh Fruit Bar

21

Vegetable Choice
Red Peppers
Broccoli Florets
Canned Fruit Bar

22

Vegetable Choice
Garbanzo Beans
Pepper Medley
Fresh Fruit Bar

25

Vegetable Choice
Romaine Lettuce
Cauliflower Floret
Fresh Fruit Bar

Noon Release

26

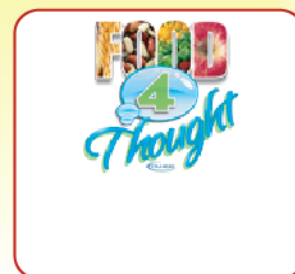
Vegetable Choice
Baby Carrots
Cucumber Slices
Canned Fruit Bar

27

Vegetable Choice
Pinto Beans
Broccoli Florets
Fresh Fruit Bar

28

Vegetable Choice
Red Peppers
Celery Sticks
Canned Fruit Bar



Prices

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45

HARVEST OF THE MONTH



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 riiem@roschools.org

