



Don't forget to eat your vegetables.

Red Oak Community School High School Breakfast Menu

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

February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



29

30

31

1
Ham, Egg & Cheese on English Muffin
Cinnamon Roll
Vegetable Selection
Fresh Fruit
1% Milk

4
Sausage Breakfast Biscuit
French Toast Loaf
Cheese Stick
Vegetable Selection
Canned Fruit
1% Milk

5
Breakfast Stacker Sandwich
Banana Chocolate Loaf
Cheese Stick
Vegetable Selection
Apple Juice
1% Milk

6
Breakfast Pizza
Long John
Vegetable Selection
Fresh Fruit
1% Milk

7
Pancake on a Stick
Blueberry Loaf
Cheese Stick
Vegetable Selection
Orange Juice
1% Milk

8
No School

11
No School

12
Bacon, Egg & Cheese on Biscuit
Banana Chocolate Loaf
Cheese Stick
Vegetable Selection
Apple Juice
1% Milk

13
Mini Pancakes
Long John
Vegetable Selection
Fresh Fruit
1% Milk

14
Ham, Egg & Cheese on English Muffin
Blueberry Loaf
Cheese Stick
Vegetable Selection
Orange Juice
1% Milk

15
Mini Eggo Waffles
Cinnamon Roll
Vegetable Selection
Fresh Fruit
1% Milk

18
Pancake on a Stick
French Toast Loaf
Cheese Stick
Vegetable Selection
Canned Fruit
1% Milk

19
Breakfast Pizza
Banana Chocolate Loaf
Cheese Stick
Vegetable Selection
Apple Juice
1% Milk

20
Sausage Breakfast Biscuit
Long John
Vegetable Selection
Fresh Fruit
1% Milk

21
Waffle Sandwich
Blueberry Loaf
Cheese Stick
Vegetable Selection
Orange Juice
1% Milk

22
Hot Ham & Cheese Bagel
Cinnamon Roll
Cheese Stick
Vegetable Selection
Fresh Fruit
1% Milk

25
Mini Pancakes
French Toast Loaf
Cheese Stick
Vegetable Selection
Canned Fruit
1% Milk

26
Bacon, Egg & Cheese on Biscuit
Banana Chocolate Loaf
Cheese Stick
Vegetable Selection
Apple Juice
1% Milk

27
Mini Eggo Waffles
Long John
Vegetable Selection
Fresh Fruit
1% Milk

28
Ham, Egg & Cheese on English Muffin
Blueberry Loaf
Cheese Stick
Vegetable Selection
Orange Juice
1% Milk



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



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

