



Don't forget to eat your vegetables.

Red Oak Community School High School Lunch Menu

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

February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

Classic Cafe Cook's Choice

Diner Station Cook's Choice

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 or email riibem@roschools.org

Menus are subject to change without notice. This institution is an equal opportunity provider.





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4
MONDAY

Classic Cafe Chicken Fried Rice, Roasted Broccoli, Rip Stick Breadstick

Diner Station Cheeseburger on Bun, Golden French Fries

7
THURSDAY

Diner Station Mini Corn Dogs, Golden French Fries, Chocolate Chip Cookie

5
TUESDAY

Diner Station Crispy Chicken Sandwich, Golden French Fries

8
FRIDAY

No School No School

6
WEDNESDAY

Classic Cafe Soft Beef Tacos, Cilantro Lime Rice

Diner Station Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll

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11

MONDAY

No School No School

14

THURSDAY

Classic Cafe Sweet Heart Salisbury Steak, Be Mine Mashed Potatoes, Gravy, Whole Grain Dinner Roll, Valentine's Day
Diner Station Cupid Chicken Patty on a Bun, Be Mine French Fries, Valentine's Day Treat

12

TUESDAY

Classic Cafe Roasted Hot Dog on a Bun, Macaroni & Cheese
Diner Station Maxx Sticks, Golden French Fries

15

FRIDAY

Classic Cafe Cook's Choice
Diner Station Cook's Choice

13

WEDNESDAY

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Taco Pizza, Coleslaw
Diner Station Hamburger on a Bun, Golden French Fries

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18

MONDAY

Classic Cafe Bacon, Egg & Cheese on English Muffin, Hard Boiled Egg, Breakfast Potato Casserole

Diner Station Corn Dog, Golden French Fries

21

THURSDAY

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Cheeseburger Pizza, Calico Bean Bake

Diner Station Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll

19

TUESDAY

Classic Cafe Roast Pork & Gravy, Warm Cinnamon Apples, Mashed Potatoes, Whole Grain Dinner Roll

Diner Station Cheeseburger on Bun, Golden French Fries

22

FRIDAY

Classic Cafe Cook's Choice

Diner Station Cook's Choice

20

WEDNESDAY

Classic Cafe Philly Flatbread, Roasted Cauliflower, Blueberry Muffin

Diner Station Mini Corn Dogs, Golden French Fries

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25

MONDAY

Classic Cafe Maxx Sticks, Golden French Fries

28

THURSDAY

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Garden Salad

Diner Station Corn Dog, Golden French Fries

26

TUESDAY

Classic Cafe Chicken Philly Sandwich, Kettle Potato Chips

Diner Station Hamburger on a Bun, Golden French Fries

1

FRIDAY

27

WEDNESDAY

Classic Cafe Beefy Nachos & Homemade Cheese Sauce, Refried Beans

Diner Station Crispy Chicken Sandwich, Golden French Fries

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