



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 2018

MONDAY

TUESDAY

WEDNESDAY

1

THURSDAY

2

FRIDAY

EXTRA INFO

- Classic Cafe** Meatloaf, Baked Potato Halves, French Bread, Chocolate Chip Cookie
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Diner Station** Maxx Sticks, Golden French Fries
- Grab and Go** Ham Deli Sandwich

- Classic Cafe** Popcorn Chicken Bowl, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Diner Station** Cheeseburger on Bun, Golden French Fries
- Grab and Go** Crispy Chicken Wrap

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

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5 MONDAY

- Classic Cafe** Breakfast Bake, Cinnamon Roll, Minted Fruit Salad
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza
- Diner Station** Chicken Patty on Whole Grain Bun, Golden French Fries
- Grab and Go** Ham & Cheese Pinwheel

6 TUESDAY

- Classic Cafe** Taco Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Diner Station** BBQ Rib Sandwich, Golden French Fries
- Grab and Go** Chicken Banh Mi Sandwich

7 WEDNESDAY

- Classic Cafe** Cider Roast Pork, Scalloped Potatoes, Whole Grain Dinner Roll, Rice Krispie Treat
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone
- Diner Station** Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll
- Grab and Go** Chicken Caesar Wrap

8 THURSDAY

- Classic Cafe** Hot Ham & Cheese Panini, Seasoned Ranch Wedges, Mango Salsa, Tortilla Chips
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Beef Pizza
- Diner Station** Hamburger on a Bun, Golden French Fries
- Grab and Go** Turkey Deli Sandwich

9 FRIDAY

- Classic Cafe** Popcorn Chicken Bowl
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
- Diner Station** Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll
- Grab and Go** Double Decker PB & J Sandwich

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12

MONDAY

Classic Cafe Chicken Parmesan w/Pasta, Garlic Toast

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station BBQ Rib Sandwich, Golden French Fries

Grab and Go Turkey BLT Wrap

15

THURSDAY

Classic Cafe Ham, Egg & Cheese on an English Muffin, Coleslaw, Gumdrop Sugar Cookie

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Diner Station Hamburger on a Bun, Golden French Fries

Grab and Go Ham & Cheese Pinwheel

13

TUESDAY

Classic Cafe Wing Bar, Roasted Okra

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Diner Station Cheeseburger on Bun, Golden French Fries

Grab and Go Ham Deli Sandwich

16

FRIDAY

No School

14

WEDNESDAY

Classic Cafe Macaroni & Cheese, Roasted Broccoli

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Jalepeno Calzone

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

Grab and Go Crispy Chicken Wrap

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Mindy Riibe at 712-621-0042

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19

MONDAY

No School

22

THURSDAY

Classic Cafe Grilled Cheese Sandwich, Homemade Tomato Soup

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Diner Station Cheeseburger on Bun, Golden French Fries

Grab and Go Turkey BLT Wrap

20

TUESDAY

Classic Cafe Taco Bar, Cinnamon Sweet-Apples, Cornbread

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station Mini Corn Dogs, Golden French Fries

Grab and Go Turkey Deli Sub Sandwich

23

FRIDAY

Classic Cafe Chicken Crispito, Homemade Nacho Cheese Sauce, Corn

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Beef Pizza

Diner Station Maxx Sticks, Golden French Fries

Grab and Go Ham Deli Sandwich

21

WEDNESDAY

Classic Cafe Philly Flatbread, Calico Bean Bake, Homemade Brownie

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone

Diner Station Popcorn Chicken, Golden French Fries, Whole Grain Dinner Roll

Grab and Go Chicken Banh Mi Sandwich

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MONDAY

- Classic Cafe** Roasted Hot Dog on a Bun, Beef Chili, Potato Wedges
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Diner Station** BBQ Rib Sandwich, Golden French Fries
- Grab and Go** Crispy Chicken Wrap

1

THURSDAY

27

TUESDAY

- Classic Cafe** Wing Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
- Diner Station** Hamburger on a Bun, Golden French Fries
- Grab and Go** Ham & Cheese Pinwheel

2

FRIDAY

28

WEDNESDAY

- Classic Cafe** Italian Stromboli, Garden Salad, Sugar Cookie
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone
- Diner Station** Spicy Chicken Patty on Bun, Golden French Fries
- Grab and Go** Chicken Caesar Wrap

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