



Don't forget to eat your vegetables.

Red Oak Community School Middle School Breakfast Menu

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

February
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

5

Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

6

Donut Bar; Build your own Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

7

Breakfast Stacker Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

1

Hot Ham & Cheese Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

8

No School

11

No School

12

Pancakes
Syrup

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

13

Mini Eggo Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

14

Cupid Cinnamon Roll

Hugs Full of Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

15

Cook's Choice

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

18

French Toast Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

19

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

20

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

21

Pancake on a Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

22

Cook's Choice

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

25

Banana Chocolate Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

26

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

27

Sausage Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

28

Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk



Prices

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 riibem@roschools.org

