



Red Oak High School Lunch Menu

OCTOBER 2016

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MONDAY

Classic Cafe	Baja Fish Tacos Lime Cilantro Rice
Pizza Parlor	Cheeseburger Cheese Pizza Choice
Diner Station	Hot Dog with French Fries
Fresh Choices	Chef Salad and Dinner Roll Turkey BLT Wrap
Creation Station	Pasta Bar

25

TUESDAY

Classic Cafe	Italian Pizza Bake Leafy Green Salad Garlic Breadstick
Pizza Parlor	Pepperoni Cheese Pizza Choice
Diner Station	All American Burger with French Fries
Fresh Choices	Taco Salad and Dinner Roll Deli Sandwich
Creation Station	Taco Bar

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WEDNESDAY

Classic Cafe	Tasty Chicken Tenders Mashed Potatoes & Gravy Soft Pan Roll
Pizza Parlor	Taco Cheese Pizza Choice
Diner Station	Spicy Chicken with French Fries
Fresh Choices	Turkey BLT Wrap Chef Salad and Dinner Roll
Creation Station	Made-to-Order Sub

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THURSDAY

Classic Cafe	"Throw Back" Crispitos with Cheese Sauce
Pizza Parlor	Pepperoni Cheese Pizza Choice
Diner Station	Chicken Nuggets with French Fries
Fresh Choices	Buffalo Chicken Pasta Salad and Dinner Roll Deli Sandwich
Creation Station	Popcorn Chicken Bowl

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FRIDAY

Classic Cafe	Hot Ham and Cheese Sweet Green Peas
Pizza Parlor	Ham & Pineapple Cheese Pizza Choice
Diner Station	Corn Dog with French Fries
Fresh Choices	Chicken Salad Sandwich with Turmeric OR Crispy Chicken Salad and Dinner Roll
Creation Station	Pasta Bar

EXTRA INFO

Harvest of the Month



Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the Food Service Director at: riibem@roschools.org or call 1-712-623-8351

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

