



Don't forget to eat your vegetables.

Red Oak Community School Elementary Snack Menu

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

January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
No School-Winter Break

2
HOM: Grapefruit
No School-Winter Break

3
Fresh Apple

4
Fresh Strawberries

7
Noon Release

8
Cauliflower Floret

9
Fresh Pear

10
Baby Carrots

11
Cantaloupe

14
HOM: Basil and Onion
Fresh Pear

15
Celery Sticks

16
Clementine Orange

17
Radish

18
Banana

21
Noon Release

22
Cucumber Slices

23
Honeydew

24
Red Peppers

25
Fresh Strawberries

28
No School

29
Baby Carrots

30
Fresh Grapes

31
Cherry Tomato



Prices

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45

HARVEST OF THE MONTH



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

