



Don't forget to eat your vegetables.

Red Oak Elementary Lunch Menu

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

January 2018

MONDAY

New Year's Day

1

No School-Winter Break

TUESDAY

2

No School-Winter Break

WEDNESDAY

National Bean Day

3

Corn Dog
Chicken Crispito
Homemade Nacho Cheese Sauce
Chef Salad
Spicy Pinto Beans

THURSDAY

4

Ham, Egg & Cheese on an English Muffin
Pulled Pork on Pretzel Bun
Ham Deli Sandwich
Coleslaw

FRIDAY

5

Sloppy Joe on a Bun
Macaroni & Cheese
Yogurt Pak with Bagel
Mexican Street Corn
Churro

National Apricot Day

8

Pancakes
Blueberry Topping
Cheese Stick
Biscuits & Gravy
Chicken Caesar Wrap
Ba-Ba-Ba Banana Smoothie
Breakfast Potato Casserole

Crispy Chicken Tenders

9

Roast Pork & Gravy
Chicken Banh Mi Sandwich
Cornbread
Mashed Potatoes
Cinnamon Sweet-Apples

Philly Flatbread

10

BBQ Chicken on Ciabatta
Turkey Munchable
Calico Bean Bake
Birthday Cake

French Bread Pizza

11

Tuna Panini
Turkey Deli Sub Sandwich
Roasted Cauliflower

Cheeseburger on Bun

12

Chicken Alfredo w/Pasta
Garlic Toast
Crispy Chicken Salad
Green Beans

Crispy Chicken Tenders
Whole Grain Dinner Roll

15

Hamburger on a Bun
WG Chips, Salsa & Cheese Cubes
Kettle Potato Chips

Roasted Hot Dog on a Bun

16

Chili in a Bread Bowl
Turkey BLT Salad
Potato Wedges

HOM Arugula

17

Pizza Slider
Italian Stromboli
Chef Salad
Arugula with Apples & Pomegranate Salad

Beefy Nachos with Cheese

18

Chicken Bacon Ranch Melt
Beef Taco Salad
Refried Beans

National Popcorn Day

19

Cheese Bread
Marinara Sauce
Southern Chicken Biscuit
Yogurt Pak with Bagel
Broccoli Salad

French Toast Sticks
Berry Banana Smoothie

22

Hot Ham & Cheese Flatbread
Turkey BLT Wrap
Breakfast Potatoes

HOM Lemon

23

Chicken Crispito
Homemade Nacho Cheese Sauce
Corn Dog
Crispy Chicken Salad
Garlic & Herb Broccoli
Lemon Bar

Cheeseburger on Bun

24

Chicken Fajitas
Pretzel Bites w/Cheese Cubes
Black Beans

Chicken Nugget Basket
Whole Grain Dinner Roll

25

Fish Sandwich Basket
Whole Grain Dinner Roll
Turkey Deli Sandwich
Golden French Fries

Pasta with Meat Sauce
Garlic French Bread

26

Italian Turkey Panini
Southwest Chicken Salad
Green Beans

HOM Ginger

29

Sweet & Sour Chicken
Brown Rice
Beef & Broccoli Stir Fry
Brown Rice
Chicken Caesar Salad
Green Peas
Whole Grain Dinner Roll
Ginger Cookie

Italian Meatball Sub

30

Lasagna
Garlic Toast
Chicken Banh Mi Sandwich
Caesar Salad

Soft Beef Tacos
Lettuce, Tomato, Cheese

31

Tex Mex Bowl
Turkey Munchable
Spicy Pinto Beans



Choose **MyPlate.gov**



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

