



Don't forget to eat your vegetables.

Red Oak High School January Breakfast 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

No School-Winter Break

WEDNESDAY

Breakfast Pizza

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

THURSDAY

Cinnamon Roll

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

FRIDAY

Breakfast Flatbread

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Blueberry Muffin

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Breakfast Burrito

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Mini Eggo Waffles

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Cheesy Ham Melt

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

Breakfast Biscuit

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Breakfast Pizza

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Banana Chocolate Loaf

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Breakfast Biscuit

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Mini-Cinnis

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

Ham, Egg & Cheese on an English Muffin

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

Plain Bagel
Cream Cheese

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit

Mini French Toast

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Breakfast Flatbread

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Breakfast Stacker Sandwich

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

Blueberry Loaf

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Hot Ham & Cheese Bagel

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Breakfast Pizza

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Ham, Egg & Cheese on an English Muffin

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit



Choose **MyPlate.gov**



PRICES

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.45

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the Mindy Riibe at: riibem@roschools.org or call 712-621-0042

