



Don't forget to eat your vegetables.

Red Oak High School Lunch Menu

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

January 2018

1 MONDAY

2 TUESDAY

3 WEDNESDAY

- Classic** Chicken Crispito, Homemade Nacho Cheese Sauce, Coleslaw, Spicy Pinto Beans
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone
- Diner Station** Spicy Chicken Patty on Bun, Golden French Fries
- Grab and Go** Turkey Ranch Wrap

4 THURSDAY

5 FRIDAY

EXTRA INFO

- Classic** Ham, Egg & Cheese on an English Muffin, Tator Tots
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Grab and Go** Ham Deli Sandwich
- Diner Station** Max Stix, Golden French Fries

- Classic** Popcorn Chicken Bowl, Churro
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza
- Diner Station** Cheeseburger on Bun, Golden French Fries
- Grab and Go** Crispy Chicken Wrap

Harvest of the Month



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

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8 MONDAY

Classic Salad Bar

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Diner Station Chicken Patty on Whole Grain Bun, Golden French Fries

Grab and Go Ham & Cheese Pinwheel

11 THURSDAY

Classic French Bread Pizza, Roasted Cauliflower

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza

Diner Station Crispy Chicken Tenders, Whole Grain Dinner Roll, Golden French Fries

Grab and Go Turkey Deli Sandwich

9 TUESDAY

Classic Taco Bar

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station BBQ Rib Sandwich, Golden French Fries

Grab and Go Turkey Cranberry Wrap

12 FRIDAY

Classic Popcorn Chicken Bowl

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Beef

Diner Station Hamburger on a Bun, Golden French Fries

Grab and Go Double Decker PB & J Sandwich

10 WEDNESDAY

Classic Chili in a Bread Bowl, Potato Wedges, Birthday Cake

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Jalepeno Calzone

Diner Station Crispy Chicken Nuggets, Whole Grain Dinner Roll, Golden French Fries

Grab and Go Chicken Caesar Wrap

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15

MONDAY

Classic Breakfast Bar

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station BBQ Rib Sandwich, Golden French Fries

Grab and Go Turkey BLT Wrap

18

THURSDAY

Classic Beefy Nachos with Cheese, Refried Beans

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Diner Station Hamburger on a Bun, Golden French Fries

Grab and Go Ham & Cheese Pinwheel

16

TUESDAY

Classic Wing Bar

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Diner Station Cheeseburger on Bun, Golden French Fries

Grab and Go Ham Deli Sandwich

19

FRIDAY

Classic Popcorn Chicken Bowl

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Taco Pizza

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

Grab and Go Turkey Ranch Wrap

17

WEDNESDAY

Classic Italian Stromboli, Arugula Salad w/Apples and Pomegranate, Chocolate Chip Cookie

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone

Diner Station Crispy Chicken Tenders, Whole Grain Dinner Roll, Golden French Fries

Grab and Go Crispy Chicken Wrap

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22

MONDAY

Classic Salad Bar

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Diner Station Chicken Patty on Whole Grain Bun, Golden French Fries

Grab and Go Chicken Caesar Wrap

25

THURSDAY

Classic Pasta with Meat Sauce, French Bread

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Diner Station Cheeseburger on Bun, Golden French Fries

Grab and Go Turkey BLT Wrap

23

TUESDAY

Classic Chicken Crispito, Homemade Nacho Cheese Sauce, Lemon Squares

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station Mini Corn Dogs, Golden French Fries

Grab and Go Turkey Deli Sub Sandwich

26

FRIDAY

Classic Popcorn Chicken Bowl

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Beef

Diner Station Max Stix, Golden French Fries

Grab and Go Ham Deli Sandwich

24

WEDNESDAY

Classic Beef & Broccoli Stir Fry, Brown Rice

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Jalapeno Calzoe

Diner Station Popcorn Chicken, Whole Grain Dinner Roll, Golden French Fries

Grab and Go Chicken Banh Mi Sandwich

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29

MONDAY

Classic Breakfast Bar, Ginger Cookie

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Diner Station BBQ Rib Sandwich, Golden French Fries

Grab and Go Crispy Chicken Wrap

1

THURSDAY

30

TUESDAY

Classic Wing Bar

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Diner Station Hamburger on a Bun, Golden French Fries

Grab and Go Ham & Cheese Pinwheel

2

FRIDAY

31

WEDNESDAY

Classic Chicken Alfredo w/Pasta, Green Beans, Cheesy Garlic Toast

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Calzone

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

Grab and Go Chicken Caesar Wrap

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