



Don't forget to eat your vegetables.

Red Oak Elementary 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

2

No School-Winter Break

WEDNESDAY

3

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

THURSDAY

4

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

FRIDAY

5

Breakfast Banana Split Yogurt Parfait

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Apple Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Mini Eggo Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Cheesy Ham Melt

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Banana Chocolate Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Mini-Cinnis

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

Ham, Egg & Cheese on an English Muffin

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Plain Bagel
Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Yogurt Parfait with Fruit & Granola

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Breakfast Stacker Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

Blueberry Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Hot Ham & Cheese Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

Mini Donut

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk



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

