



Don't forget to eat your vegetables.

Red Oak Middle School January 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
- Diner Station** Spicy Chicken Patty on Bun
- 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

- Classic** Creamy Chicken Enchilada, Mexican Street Corn, Churro
- Diner Station** Cheeseburger on Bun
- 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

Menus are subject to change without notice. This institution is an equal opportunity provider.





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8 MONDAY

- Classic** Biscuits & Gravy, Berry Banana Smoothie, Breakfast Potato Casserole
- Diner Station** Chicken Patty on Whole Grain Bun
- Grab and Go** Ham & Cheese Pinwheel

11 THURSDAY

- Classic** French Bread Pizza, Roasted Cauliflower
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
- Grab and Go** Turkey Deli Sub Sandwich

9 TUESDAY

- Classic** Roast Pork & Gravy, Cinnamon Sweet-Apples, Mashed Potatoes, Cornbread
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Grab and Go** Double Decker PB & J Sandwich

12 FRIDAY

- Classic** Chicken Alfredo w/Pasta, Green Beans, Garlic Toast
- Diner Station** Hamburger on a Bun
- Grab and Go** Double Decker PB & J Sandwich

10 WEDNESDAY

- Classic** Philly Flatbread, Calico Bean Bake, Birthday Cake
- Diner Station** Crispy Chicken Nuggets, Whole Grain Dinner Roll
- Grab and Go** Chicken Caesar Wrap

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15

MONDAY

Classic Popcorn Chicken Bowl, Whole Grain Dinner Roll

Diner Station BBQ Rib Sandwich

Grab and Go Turkey BLT Wrap

18

THURSDAY

Classic Beefy Nachos with Cheese, Refried Beans

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Ham & Cheese Pinwheel

16

TUESDAY

Classic Chili in a Bread Bowl, Potato Wedges

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Hawaiian Pizza

Grab and Go Ham Deli Sandwich

19

FRIDAY

Classic Chicken Philly Sandwich, Kettle Potato Chips

Diner Station Spicy Chicken Patty on Bun

Grab and Go Turkey Ranch Wrap

17

WEDNESDAY

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

Diner Station Crispy Chicken Tenders, Whole Grain Dinner Roll

Grab and GoQ Crispy Chicken Wrap

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22

MONDAY

Classic Chicken Crispito, Homemade Nacho Cheese Sauce

Diner Station Chicken Patty on Whole Grain Bun

Grab and Go Chicken Caesar Wrap

25

THURSDAY

Classic Pasta with Meat Sauce, French Bread

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Turkey BLT Wrap

23

TUESDAY

Classic Moroccan Lemon Chicken Leg, Garlic & Herb Broccoli, Lemon Squares

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Grab and Go Ham Deli Sub Sandwich

26

FRIDAY

Classic Italian Turkey Panini, Green Beans

Diner Station Max Stix

Grab and Go Ham Deli Sandwich

24

WEDNESDAY

Classic Chicken Fajitas, Black Beans

Diner Station Popcorn Chicken, Whole Grain Dinner Roll

Grab and Go Chicken Banh Mi Sandwich

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29

MONDAY

- Classic** Beef & Broccoli Stir Fry, Brown Rice, Whole Grain Dinner Roll, Ginger Cookie
- Diner Station** BBQ Rib Sandwich
- Grab and Go** Crispy Chicken Wrap

1

THURSDAY

30

TUESDAY

- Classic** Lasagna, Caesar Salad, Garlic Toast
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Hawaiian Pizza
- Grab and Go** Ham & Cheese Pinwheel

2

FRIDAY

31

WEDNESDAY

- Classic** Tex Mex Bowl, Spicy Pinto Beans
- Diner Station** Spicy Chicken Patty on Bun
- Grab and Go** Chicken Caesar Wrap

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