



Don't forget to eat your vegetables.

Red Oak Community School Elementary Lunch Menu

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

March 2019

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

School Breakfast Week 4

French Toast Sticks
Sausage Patty

Philly Sandwich

PB&J Sandwich

Potato Wedges

National Nutrition Month 5

Crispy Chicken Sandwich

Italian Meatball Sub

PB&J Sandwich

Garlic & Herb Broccoli

National Noodle Month 6

Corn Dog

Ham and Cheese Calzone

Yogurt Pak with Pretzel Bites

Green Beans
Lemon Garbanzo Bean Salad

Chicken Crispito 7

Homemade Nacho Cheese Sauce

Ham, Egg & Cheese on Biscuit

Pretzel Bites w/Cheese Cubes

Black Beans
Homemade Brownie

Dr. Seuss' Birthday 1

Crispy Chicken Nuggets

Roast Turkey & Gravy

Crispy Chicken Wrap

Mashed Potatoes
Rip Stick Breadstick
Sugar Cookie

HOM Spinach 8

Chicken Tender Basket
Whole Grain Dinner Roll

Fish Sandwich with Cheese

Chef Salad

Golden French Fries
Pickle Slice

Noon Release 11

Sloppy Joe on a Bun

Green Peas
Mini Rice Krispie Treat

Crispy Chicken Nuggets 12

Whole Grain Dinner Roll

BBQ Rib Sandwich

Turkey Deli Sub Sandwich

Caesar Salad

Chicken Soup Day 13

Grilled Ham & Cheese Sandwich
Chicken Noodle Soup

Chicken Fajitas

Beef Taco Salad

Spicy Pinto Beans

Pi Day 14

3.14 Personal Pizza

Chicken Fried Rice
Rip Stick Breadstick

Honey Mustard Ham Wrap

Roasted Broccoli

National Irish Food Day 15

Hamburger on a Bun

Fish Fry Basket
French Bread

Southwest Chicken Salad

Coleslaw
Potato Pancake
Applesauce

Soft Beef Tacos 18

Lettuce, Tomato, Cheese

Chicken Philly Flatbread

Turkey BLT Salad
Kale Salad
Chocolate Chip Cookie

HOM Mint & Strawberry 19

Ham, Egg & Cheese on English Muffin

Bacon, Egg & Cheese on Bagel

WG Chips, Salsa & Cheese Cubes

Fresh Strawberries
Cinnamon Roll

Chicken Nugget Basket 20

Fish Nugget Basket

Yogurt Pak with Bagel

Tator Tots
French Bread

No School 21

No School 22

Noon Release 25

Ham, Egg & Cheese on Bagel

Breakfast Potatoes

Macaroni & Cheese 26

Sloppy Joe on a Bun

Chef Salad

Roasted Broccoli

Popcorn Chicken Bowl 27

Homemade Salisbury Steak

Chicken Caesar Salad

Mashed Potatoes
Roasted Corn
Whole Grain Dinner Roll

Corn Dog 28

Pulled Pork Sandwich

Pizza Munchable

Coleslaw

Cheese Pizza 29

Beefy Nachos & Homemade Cheese Sauce

Egg & Tuna Salad Slider Combo

Mexican Street Corn
Churro

Prices

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45



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 riiem@roschools.org

