



Don't forget to eat your vegetables.

Red Oak Community School Fresh Fruit & Veggie Menu

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

March
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



27
Veg Choice
Pinto Beans
Broccoli Florets
Fresh Fruit Bar

28
Veg Choice
Red Peppers
Celery Sticks
Canned Fruit Bar

1
Veg Choice
Baby Carrots
Cucumber Slices
Fruit

4
No School

5
Veg Choice
Garbanzo Beans
Radish
Fruit

6
Veg Choice
Broccoli Florets
Cauliflower Floret
Fruit

7
Veg Choice
Red Peppers
Celery Sticks
Fruit

8
Veg Choice
Cherry Tomato
LCR Lettuce
Fruit

11
Veg Choice
Baby Carrots
Celery Sticks
Fruit

12
Veg Choice
Baby Spinach
Cauliflower Floret
Fruit

13
Veg Choice
Cherry Tomato
Cucumber Slices
Fruit

14
Veg Choice
Black Beans
Radish
Fruit

15
Veg Choice
Red Peppers
Black Olives
Fruit

18
Veg Choice
Broccoli Florets
Mushrooms
Fruit

19
Veg Choice
Red Peppers
Celery Sticks
Fruit

20
Veg Choice
Dark Green
Cauliflower Floret
Fruit

21
No School

22
No School

25
Veg Choice
Broccoli Florets
Cherry Tomato
Fruit

26
Veg Choice
Baby Carrots
Cucumber Slices
Fruit

27
Veg Choice
Refried Beans
Celery Sticks
Fruit

28
Veg Choice
Romaine Lettuce
Radish
Fruit

29
Veg Choice
Red Peppers
Cauliflower Floret
Fruit

Prices

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

HARVEST OF THE MONTH



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

