



Don't forget to eat your vegetables.

Red Oak Community School High School Breakfast Menu

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

March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



27
Mini Eggo Waffles

Long John
Vegetable Selection
Fresh Fruit
1% Milk

28
Ham, Egg & Cheese on English Muffin

Blueberry Loaf
Cheese Stick

Vegetable Selection
Orange Juice
1% Milk

1
Ham & Cheese on a Bagel

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

4
School Breakfast Week
Cook's Choice

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

5
Breakfast Pizza

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Apple Juice
Milk

6
Pancake on a Stick

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

7
Bacon, Egg & Cheese on Bagel

Blueberry Loaf
Cheese Stick

Vegetable Selection
Orange Juice
Milk

8
Strawberry Cream Cheese Filled Bagel

Cinnamon Roll
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

11
Mini French Toast

Mini Donut
Cheese Stick

Vegetable Selection
Canned Fruit
Milk

12
Breakfast Stacker Sandwich

French Toast Loaf
Cheese Stick

Vegetable Selection
Apple Juice
Milk

13
Ham, Egg & Cheese on English Muffin

Blueberry Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

14
Mini Pancakes

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Orange Juice
Milk

15
Waffle Sandwich

Long John
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

18
Pancake on a Stick

Cinnamon Roll
Vegetable Selection
Canned Fruit
Milk

19
Bacon, Egg & Cheese on Biscuit

Long John
Vegetable Selection
Apple Juice
Milk

20
Breakfast Pizza

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

21
No School

22
No School

25
Mini French Toast

Blueberry Loaf
Cheese Stick

Vegetable Selection
Canned Fruit
Milk

26
Bacon, Egg & Cheese on Bagel

Cinnamon Roll
Vegetable Selection
Apple Juice
Milk

27
Mini-Cinnis

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

28
Mini Eggo Waffles

French Toast Loaf
Cheese Stick

Vegetable Selection
Orange Juice
Milk

29
Sausage Breakfast Biscuit

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
Milk

Prices

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.45



EXTRA INFO
ilk 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 riibem@roschools.org

