



Don't forget to eat your vegetables.

# Red Oak Community School High School Lunch Menu

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

## March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

**Classic Cafe** Cook's Choice, Sugar Cookie

**Diner Station** Cook's Choice, Sugar Cookie

### 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 or email riibem@roschools.org

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





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## March 2019

4  
MONDAY

**Classic Cafe** Maxx Sticks, Golden French Fries

**Diner Station** Corn Dog, Hamburger on a Bun, Golden French Fries

5  
TUESDAY

**Classic Cafe** Crispy Chicken Nuggets, Whole Grain Dinner Roll, Garlic & Herb Broccoli

**Diner Station** Spicy Chicken Patty on Bun, Golden French Fries, Garlic & Herb Broccoli

6  
WEDNESDAY

**Classic Cafe** Cheeseburger on Bun, Cajun Chips, Mini Rice Krispie Treat

**Diner Station** Mini Corn Dogs, Golden French Fries, Mini Rice Krispie Treat

7  
THURSDAY

**Classic Cafe** Pasta with Meat Sauce, French Bread

**Diner Station** Maxx Sticks, Golden French Fries

8  
FRIDAY

**Classic Cafe** Cook's Choice, Lemon Garbanzo Bean Salad

**Diner Station** Cook's Choice, Lemon Garbanzo Bean Salad

**Classic** Fish Sandwich with Cheese, Lemon Garbanzo Bean Salad

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11

MONDAY

**Noon Release** Noon Release

**Classic Cafe** Crispy Chicken Sandwich, Golden French Fries

14

THURSDAY

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza, Homemade Brownie

**Diner Station** BBQ Rib Sandwich, Golden French Fries, Homemade Brownie

12

TUESDAY

**Classic Cafe** Hamburger on a Bun, Golden French Fries, Caesar Salad

**Diner Station** Corn Dog, Golden French Fries, Caesar Salad

15

FRIDAY

**Classic Cafe** Cook's Choice, Applesauce

**Diner Station** Cook's Choice, Applesauce

**Classic** Fish Nuggets, Rip Stick Breadstick, Applesauce

13

WEDNESDAY

**Classic Cafe** Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll, Spicy Pinto Beans

**Diner Station** Spicy Chicken Patty on Bun, Golden French Fries, Spicy Pinto Beans

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18

MONDAY

**Classic Cafe** Mini Corn Dogs, Golden French Fries, Kale Salad

**Diner Station** Maxx Sticks, Golden French Fries, Kale Salad

21

THURSDAY

**No School** No School

19

TUESDAY

**Classic Cafe** Ham & Tator Tot Breakfast Bake, Cinnamon Roll, Fruit Salad

**Diner Station** Hamburger on a Bun, Golden French Fries, Fruit Salad

22

FRIDAY

**No School** No School

20

WEDNESDAY

**Classic Cafe** Beefy Nachos & Homemade Cheese Sauce, Mexican Street Corn

**Diner Station** BBQ Rib Sandwich, Golden French Fries, Mexican Street Corn

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25

MONDAY

**Noon Release** Noon Release

**Classic Cafe** Ham, Egg & Cheese on Bagel, Tator Tots

28

THURSDAY

**Classic Cafe** Pulled Pork Sandwich, Golden French Fries, Coleslaw

**Diner Station** Spicy Chicken Patty on Bun, Golden French Fries, Coleslaw

26

TUESDAY

**Classic Cafe** Chicken Bacon Ranch Melt, Golden French Fries

**Diner Station** Crispy Chicken Sandwich, Golden French Fries

29

FRIDAY

**Classic Cafe** Cook's Choice, Churro

**Diner Station** Cook's Choice, Churro

**Classic** Fish Sandwich with Cheese, Churro

27

WEDNESDAY

**Classic Cafe** Popcorn Chicken, Mashed Potatoes, Gravy, Whole Grain Dinner Roll

**Diner Station** Cheeseburger on Bun, Golden French Fries

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