



Don't forget to eat your vegetables.

# Red Oak Community School Middle School Lunch Menu

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

## March 2018

MONDAY

TUESDAY

WEDNESDAY

1  
THURSDAY

2  
FRIDAY

EXTRA INFO

**Classic Cafe** Grilled Cheese Sandwich, Homemade Tomato Soup

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza

**Grab and Go** Double Decker PB & J Sandwich

**Classic Cafe** New Orleans Fish Hoagie, Cajun Chips

**Diner Station** Hamburger on a Bun

**Grab and Go** Turkey BLT 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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### 5 MONDAY

- Classic Cafe** French Toast Sticks, Syrup, Cinnamon Roll, Sausage Patty, Breakfast Potatoes
- Diner Station** Crispy Chicken Nuggets, Whole Grain Dinner Roll
- Grab and Go** Ham Deli Sandwich

### 8 THURSDAY

- Classic Cafe** Pasta with Meat Sauce, French Bread
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Jalapeno Chicken Calzone
- Grab and Go** Chicken Caesar Wrap

### 6 TUESDAY

- Classic Cafe** Italian Turkey Panini, Green Beans
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Grab and Go** Crispy Chicken Wrap

### 9 FRIDAY

- Classic Cafe** Cheese Personal Pizza, Garden Salad, \*\*Birthday Cake\*\*
- Diner Station** Mini Corn Dogs
- Grab and Go** Turkey Deli Sub Sandwich

### 7 WEDNESDAY

- Classic Cafe** Beefy Nachos with Cheese, Black Beans
- Diner Station** Chicken Patty on Whole Grain Bun
- Grab and Go** Double Decker PB & J Sandwich

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## March 2018

12

MONDAY

**Classic Cafe** Sweet & Sour Chicken, Brown Rice, Whole Grain Dinner Roll

**Diner Station** Spicy Chicken Patty on Bun

**Grab and Go** Ham & Cheese Pinwheel

15

THURSDAY

**Classic Cafe** Oven Roasted Chicken, Baked Potato Halves, French Bread, \*\*Cookie\*\*

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Cheeseburger Calzone

**Grab and Go** Ham Deli Sandwich

13

TUESDAY

**Classic Cafe** Lasagna, Caesar Salad, Garlic Toast

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

**Grab and Go** Double Decker PB & J Sandwich

16

FRIDAY

**Classic Cafe** Popcorn Chicken Bowl

**Diner Station** Cheeseburger on Bun

**Grab and Go** Crispy Chicken Wrap

14

WEDNESDAY

**Classic Cafe** Chicken Crispito, Homemade Nacho Cheese Sauce, Spicy Pinto Beans

**Diner Station** BBQ Rib Sandwich

**Grab and Go** Turkey BLT Wrap

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## March 2018

19

MONDAY

No School Spring Break

22

THURSDAY

No School Spring Break

20

TUESDAY

No School Spring Break

23

FRIDAY

No School Spring Break

21

WEDNESDAY

No School Spring Break

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## March 2018

26

MONDAY

**Classic Cafe** Chicken Parmesan w/Pasta,  
Garlic Toast

**Diner Station** Crispy Chicken Tenders, Whole  
Grain Dinner Roll

**Grab and Go** Chicken Caesar Wrap

29

THURSDAY

**Classic Cafe** BBQ Pulled Pork Sandwich,  
Coleslaw

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza,  
Buffalo Chicken Calzone

**Grab and Go** Turkey Deli Sub Sandwich

27

TUESDAY

**Classic Cafe** Sloppy Joe on a Bun,  
Macaroni & Cheese

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza,  
Chicken Alfredo Pizza

**Grab and Go** Double Decker PB & J  
Sandwich

30

FRIDAY

**No School** Good Friday

28

WEDNESDAY

**Classic Cafe** Ham, Egg & Cheese on an English  
Muffin, Tator Tots

**Diner Station** Corn Dog

**Grab and Go** Ham & Cheese Pinwheel

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