



Red Oak Middle School Lunch Menu

NOVEMBER 2016

31

MONDAY

- Classic Cafe** Orange Chicken
Lo Mein Noodles
- Diner Station** Hot Dog
- Fresh Choices** Chef Salad & Dinner Roll
Turkey BLT Wrap

03

THURSDAY

- Classic Cafe** BBQ Pulled Pork Sandwich
Creamy Coleslaw
Kale Craisin Salad
- Pizza Parlor** Pepperoni
Veggie
Specify Pizza Variety
- Fresh Choices** Buffalo Chicken Salad &
Dinner Rolls
Deli Sandwich

01

TUESDAY

- Classic Cafe** Salisbury Steak
Mashed Potatoes & Gravy
Soft Pan Roll
- Pizza Parlor** Buffalo Chicken
Cheese
Specify Pizza Variety
- Fresh Choices** Taco Salad & Dinner Rolls

04

FRIDAY

No School

02

WEDNESDAY

- Classic Cafe** Homemade Chili in a
Bread Bowl
California Blend Vegetables
- Diner Station** Spicy Chicken Sandwich
- Fresh Choices** Turkey BLT salad and Dinner
Roll
Turkey Ranch Wrap

EXTRA INFO



Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the Food Service Director at: riibem@roschools.org, or call 712.623.8351

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

