



Red Oak Middle School Lunch Menu

OCTOBER 2016

03

MONDAY

No School

04

TUESDAY

Classic Cafe Salsa Chicken Bowl
Made with Rice, Cheese, and
Tortilla Chips

Pizza Parlor Chicken Bacon Ranch
Cheese
Pizza Choice

Fresh Choices Taco Salad & Dinner Roll
Deli Sandwich

05

WEDNESDAY

Classic Cafe Italian Meatballs in
Bread Bowl
Garden Green Beans

Diner Station Spicy Chicken

Fresh Choices Turkey BLT Wrap
Chef Salad and Dinner Roll

06

THURSDAY

Classic Cafe Philly Cheese Burger
Potatoes Ole

Pizza Parlor Cheeseburger
Cheese
Pizza Choice

Fresh Choices Buffalo Chicken Pasta Salad
and Dinner Roll
Deli Sandwich

07

FRIDAY

Classic Cafe Turkey BLT on Flatbread

Diner Station Corn Dog

Fresh Choices Ham and Cheese Pinwheel
Crispy Chicken Salad and
Dinner Roll

EXTRA INFO

Harvest of the Month 



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 1-712-623-8351

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

