



# Red Oak Middle School Lunch Menu

## OCTOBER 2016

24

MONDAY

**Classic Cafe** Baja Fish Tacos  
Lime Cilantro Rice

**Diner Station** Hot Dog

**Fresh Choices** Chef Salad & Dinner Roll  
Turkey BLT Wrap

25

TUESDAY

**Classic Cafe** Italian Pizza Bake  
Leafy Green Salad  
Garlic Breadstick

**Pizza Parlor** Pepperoni  
Cheese  
Pizza Choice

**Fresh Choices** Taco Salad & Dinner Roll  
Deli Sandwich

26

WEDNESDAY

**Classic Cafe** Hot Ham and Cheese  
Sweet Green Peas

**Diner Station** Spicy Chicken

**Fresh Choices** Turkey BLT Salad and Dinner Roll  
Turkey Ranch Wrap

27

THURSDAY

**Classic Cafe** "Throw Back"  
Crispitos with Cheese Sauce

**Pizza Parlor** Pepperoni  
Cheese  
Pizza Choice

**Fresh Choices** Buffalo Chicken Pasta Salad  
and Dinner Roll  
Deli Sandwich

28

FRIDAY

**Classic Cafe** Tasty Chicken Tenders  
Mashed Potatoes & Gravy  
Soft Pan Roll

**Diner Station** Corn Dog

**Fresh Choices** Chicken Salad Sandwich with  
Turmeric OR Crispy Chicken  
Salad with 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.

