



Remember to eat
your fruits
& vegetables

Middle School

30

MONDAY

2

THURSDAY

Classic Cafe Meatballs and Gravy, Mashed Potatoes, French Bread, M&M Cookie

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza

Grab and Go Ham & Cheese Pinwheel

31

TUESDAY

3

FRIDAY

Classic Cafe Sloppy Joe Sliders, Potato Oles

Diner Station Spicy Chicken Patty on Bun

Grab and Go Chicken Caesar Wrap

1

WEDNESDAY

Classic Cafe General Tso's Chicken, Brown Rice, Fortune Cookie

Diner Station Hamburger on a Bun

Grab and Go Ham Deli Sub Sandwich

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 712.621.0042

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



Red Oak Community School

November
2017



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6

MONDAY

Classic Cafe Baja Fish Tacos, Cilantro Lime Rice, Rice Krispie Treat

Diner Station Crispy Chicken Tenders

Grab and Go Turkey Deli Sub Sandwich

9

THURSDAY

Classic Cafe Cider Roast Pork, Scalloped Potatoes, Soft Pan Roll

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Grab and Go Crispy Chicken Salad

7

TUESDAY

Classic Cafe Sloppy Joe on a Bun, Macaroni & Cheese, Plum Cobbler

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza

Grab and Go Double Decker PB & J Sandwich

10

FRIDAY

Classic Cafe Chicken Fried Rice, Stir Fry Vegetable, Breadstick

Diner Station BBQ Rib Sandwich

Grab and Go Honey Mustard Ham Wrap

8

WEDNESDAY

Classic Cafe Pizza Bake, Garlic Breadstick, Leafy Green Salad

Diner Station Mini Corn Dogs

Grab and Go Chef Salad

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MONDAY

Classic Cafe Chicken Parmesan w/Pasta,
Garlic Toast

Diner Station Hot Dog on a Bun

Grab and Go Crispy Chicken Wrap

16

THURSDAY

Classic Cafe Lunch Brunch Sandwich,
Tator Tots

Pizza Parlor Cheese Pizza, Pepperoni Pizza,
Cheeseburger Pizza

Grab and Go Crispy Chicken Salad

14

TUESDAY

Classic Cafe Turkey Nachos Supreme,
Corn on the Cob

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ
Chicken Pizza

Grab and Go Turkey Ranch Wrap

17

FRIDAY

Classic Cafe Thanksgiving Turkey and Gravy,
Mashed Potatoes, Cranberries,
Bread Stuffing, Soft Pan Roll, Harves

Diner Station Corn Dog

Grab and Go Chicken Caesar Wrap

15

WEDNESDAY

Classic Cafe BBQ Pulled Pork Sandwich,
Coleslaw

Diner Station Hamburger on a Bun

Grab and Go Ham Deli Sub Sandwich

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20

MONDAY

Classic Cafe Pancakes, Peach Topping,
Scrambled Egg, Breakfast Potato
Casserole

Diner Station Crispy Chicken Tenders

Grab and Go Turkey Deli Sandwich

23

THURSDAY

No School Happy Thanksgiving

21

TUESDAY

Classic Cafe Roast Pork & Gravy, Cinnamon
Sweet-Apples, Honey Mint
Rutabaga, Cornbread

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ
Chicken Pizza

Grab and Go Chef Salad

24

FRIDAY

No School Happy Thanksgiving

22

WEDNESDAY

Classic Cafe Philly Flatbread, Calico Bean Bake,
Birthday Cake

Diner Station Mini Corn Dogs

Grab and Go Ham Deli Sandwich

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MONDAY

Classic Cafe Chili in a Bread Bowl, Potato Wedges

Diner Station Chili Dog

Grab and Go Turkey Deli Sub Sandwich

30

THURSDAY

Classic Cafe Beefy Nachos with Cheese, Refried Beans

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza

Grab and Go Ham & Cheese Pinwheel

28

TUESDAY

Classic Cafe Popcorn Chicken, Mashed Potatoes, Gravy, Soft Pan Roll

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Grab and Go Turkey Ranch Wrap

1

FRIDAY

Classic Cafe Pulled Pork Sliders, Baked Beans, Coleslaw, Homemade Brownie

Diner Station Hamburger on a Bun

Grab and Go Ham Deli Sandwich

29

WEDNESDAY

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