



Don't forget to eat your vegetables.

Red Oak Community School Elementary Lunch Menu

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

November 2018

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

5 **HOM Sweet Potato**

Sloppy Joe on a Bun

Turkey BLT Flatbread
WG Chips, Salsa & Cheese Cubes

Spicy Sweet Potato Wedges

6

Macaroni & Cheese

Chicken and Cheese Quesadilla
Turkey BLT Salad

Pinto Beans
Chocolate Chip Cookie

7

Crispy Chicken Tender Basket

Fish Nugget Basket

Chef Salad

French Bread
Dill Seasoned Potato Wedges

8 **HOM Rosemary**

Italian Meatball Sub

Crispy Chicken Nuggets
French Bread

Ham Deli Sub Sandwich

Rosemary Garlic Potatoes

9 **National Sandwich Day**

Cheese Pizza

Buffalo Chicken Fajita Wrap

Honey Mustard Ham Wrap

Roasted Broccoli

12

Cheeseburger on Bun
Golden French Fries

Noon Release

13

Turkey Nachos Supreme

Corn Dog

Egg & Chicken Salad Slider
Combo

Spicy Pinto Beans
Birthday Cake

14 **National Pickle Day**

Crispy Chicken Sub

Pulled Pork Sandwich

Pretzel Bites w/Cheese Cubes

Creamy Potato Salad
Homemade Pickles

15

Sausage Pizza

Ham, Egg & Cheese on English Muffin
Turkey Deli Sandwich

Caesar Salad

16

Homemade Salisbury Steak
French Bread

Hot Turkey Sandwich

Chicken Caesar Salad

Mashed Potatoes
Gravy

19

Pancakes
Strawberry Topping

Biscuits & Gravy

Chicken Caesar Wrap

Hard Boiled Egg
Breakfast Potato Casserole

20 **HOM Apple**

Roast Turkey & Gravy

Maple Roasted Apples & Carrots

Mashed Potatoes
Whole Grain Dinner Roll
Mini Rice Krispie Treat

21

BBQ Chicken Sandwich
Golden French Fries

Noon Release

22 **Thanksgiving Day**

Happy Thanksgiving

23

Happy Thanksgiving

26

Roasted Hot Dog on a Bun
Seasoned Ranch Wedges

Noon Release

27

Crispy Chicken Tenders

Hamburger Gravy

Ham Deli Sub Sandwich

Mashed Potatoes
Whole Grain Dinner Roll

28

Salisbury Steak Sandwich

Italian Stromboli

Chef Salad

Italian Tomato Salad
Sugar Cookie

29

Beefy Nachos with Cheese

Chicken Bacon Ranch Melt

Beef Taco Salad

Refried Beans

30

Cheese Bread

Southern Chicken Biscuit

Yogurt Pak with Pretzel Bites

Garden Salad

Prices

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45



EXTRA INFO

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 or email riiem@roschools.org

