



Don't forget to eat your vegetables.

Red Oak Community School Breakfast Menu

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

October 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

2

Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

3

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

4

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

5

No School

8

No School

9

Biscuits & Gravy

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

10

Long John
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

11

Cheesy Ham Melt

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

12

Mini Eggo Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

15

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

16

Banana Chocolate Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

17

Waffle Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

18

Mini-Cinnis

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

19

French Toast Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

22

Plain Bagel
Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

23

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

24

Yogurt Parfait with Fruit & Granola

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

25

Breakfast Stacker Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

26

Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

29

Hot Ham & Cheese Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

30

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

31

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Choose **MyPlate.gov**

Prices

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

HARVEST OF THE MONTH

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 riibem@roschools.org