



Don't forget
to eat your
vegetables

Red Oak Community School Middle School Menu

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

October 2018

1 MONDAY

Classic Cafe Chicken Parmesan w/Pasta,
Garlic Toast

Diner Station Roasted Hot Dog on a Bun

Grab and Go Crispy Chicken Wrap

2 TUESDAY

Classic Cafe Turkey Nachos Supreme,
Corn on the Cob

Diner Station Spicy Chicken Patty on Bun

Grab and Go Turkey Deli Sandwich

3 WEDNESDAY

Classic Cafe Ham, Egg & Cheese on English
Muffin, Tator Tots

Diner Station Roasted Hot Dog on a Bun

Grab and Go Honey Mustard Ham Wrap

4 THURSDAY

Classic Cafe Soft Beef Tacos, Lettuce, Tomato,
Cheese, Mexican Street Corn

Diner Station Cheeseburger on Bun

Grab and Go Chicken Caesar Wrap

5 FRIDAY

No School Conferences

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

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





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8

MONDAY

No School Conferences

11

THURSDAY

Classic Cafe French Bread Pizza, Roasted Cauliflower

Diner Station Spicy Chicken Patty on Bun

Grab and Go Chicken Caesar Wrap

9

TUESDAY

Classic Cafe Roast Pork & Gravy, Cranberry Pear Salad, Mashed Potatoes, Cornbread

Diner Station Hamburger on a Bun

Grab and Go Turkey Deli Sandwich

12

FRIDAY

Classic Cafe Popcorn Chicken Bowl, Bread Stick

Pizza Parlor Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Grab and Go Turkey BLT Wrap

10

WEDNESDAY

Classic Cafe Philly Flatbread, Firenze Corn Salad, Birthday Cake

Diner Station Chicken Crispito, Homemade Nacho Cheese Sauce

Grab and Go Honey Mustard Ham Wrap

EXTRA INFO

Harvest of the Month



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15

MONDAY

Classic Cafe Beef Chili, Cornbread, Seasoned Ranch Wedges

Diner Station Roasted Hot Dog on a Bun

Grab and Go Crispy Chicken Wrap

18

THURSDAY

Classic Cafe Beefy Nachos with Cheese

Diner Station Crispy Chicken Nuggets, Whole Grain Dinner Roll

Grab and Go Chicken Caesar Wrap

16

TUESDAY

Classic Cafe Hamburger Gravy, Mashed Potatoes, Whole Grain Dinner Roll

Diner Station Crispy Chicken Sandwich

Grab and Go Turkey Deli Sandwich

19

FRIDAY

Classic Cafe Crispy Chicken Sandwich, Garden Salad

Pizza Parlor Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Turkey BLT Wrap

17

WEDNESDAY

Classic Cafe Salisbury Steak Sandwich, Italian Tomato Salad, Mini Rice Krispie Treat

Diner Station Cheeseburger on Bun

Grab and Go Honey Mustard Ham Wrap

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22

MONDAY

Classic Cafe New Orleans Fish Hoagie,
Cajun Chips

Diner Station Cheeseburger on Bun

Grab and Go Crispy Chicken Wrap

25

THURSDAY

Classic Cafe Crispy Chicken Tenders, Greek Oven
Roasted Potatoes, Whole Grain
Dinner Roll

Diner Station Hamburger on a Bun

Grab and Go Chicken Caesar Wrap

23

TUESDAY

Classic Cafe Chicken Fajitas, Firenze Corn
Salad

Diner Station Chicken Crispito, Homemade Nacho
Cheese Sauce

Grab and Go Turkey Deli Sandwich

26

FRIDAY

Classic Cafe Chicken ala King, Biscuit, Garlic &
Herb Broccoli, Chocolate Covered
Pretzel

Pizza Parlor Cheese Pizza, Pepperoni
Pizza, Taco Pizza

Grab and Go Turkey BLT Wrap

24

WEDNESDAY

Classic Cafe Ravioli with Meat Sauce, Green
Beans, French Bread

Diner Station Crispy Chicken Tenders, Whole
Grain Dinner Roll

Grab and Go Honey Mustard Ham Wrap

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29

MONDAY

Classic Cafe Tex Mex Bowl, Green Peas

Diner Station Crispy Chicken Tenders, Whole Grain Dinner Roll

Grab and Go Crispy Chicken Wrap

1

THURSDAY

30

TUESDAY

Classic Cafe Pizza Bagel, Roasted Broccoli, Chocolate Ice Cream

Diner Station Hamburger on a Bun

Grab and Go Turkey Deli Sandwich

2

FRIDAY

31

WEDNESDAY

Classic Cafe Soft Beef Tacos, Spicy Pinto Beans, Lettuce, Tomato, Cheese, Chocolate Beet Cake

Diner Station Chicken Crispito, Homemade Nacho Cheese Sauce

Grab and Go Honey Mustard Ham Wrap

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