



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

October 2018

## MONDAY

### Child Health Day 1

BBQ Pulled Pork Sandwich  
Build Your Own Baked Potato  
Turkey BLT Wrap  
California Blend Vegetable

## TUESDAY

### Bully Prevention Month 2

Corn Dog  
Spicy Pinto Beans  
Noon Release

## WEDNESDAY

### National Pizza Month 3

Pepperoni Pizza  
Ham, Egg & Cheese on English Muffin  
Chef Salad  
Caesar Salad

## THURSDAY

### National Taco Day 4

Soft Beef Tacos  
Lettuce, Tomato, Cheese  
Mexican Street Corn  
Noon Release

## FRIDAY

### No School 5

No School

8

No School

### HOM: Pear 9

Crispy Chicken Nuggets  
Roast Pork & Gravy  
PB&J Sandwich  
Cranberry Pear Salad  
Mashed Potatoes  
Cornbread

10

BBQ Chicken Sandwich  
Philly Flatbread  
Ham Munchable  
Firenze Corn Salad  
Birthday Cake

11

French Bread Pizza  
Tuna & Cheese Melt  
Ham Deli Sub Sandwich  
Roasted Cauliflower

12

HOM: Lemon Grass  
Cheeseburger on Bun  
Turkey Nachos Supreme  
Homemade Nacho Cheese Sauce  
Honey Mustard Ham Wrap  
Green Beans

15

### School Lunch Week

Roasted Hot Dog on a Bun  
Seasoned Ranch Wedges  
Noon Release

16

Crispy Chicken Tenders  
Meatballs and Gravy  
Turkey BLT Salad  
Mashed Potatoes  
Whole Grain Dinner Roll

17

Homemade Salisbury Steak  
Italian Stromboli  
Chef Salad  
Italian Tomato Salad  
Mini Rice Krispie Treat

18

Beefy Nachos with Cheese  
Chicken Bacon Ranch Melt  
Chicken Taco Salad  
Refried Beans

19

Cheese Bread  
Southern Chicken Biscuit  
Yogurt Pak with Pretzel Bites  
Garden Salad

22

French Toast Sticks  
Cheese Stick  
Buffalo Chicken Calzone  
Turkey BLT Wrap  
Breakfast Potatoes

23

BBQ Rib Sandwich  
Chicken Fajitas  
Chicken & Tuna Salad Slider Combo  
Black Beans

24

Pasta with Meat Sauce  
French Bread  
Italian Turkey Panini  
Chef Salad  
Green Beans

25

All American Burger Basket  
Chicken Nugget Basket  
Whole Grain Dinner Roll  
Ham Deli Sandwich  
Golden French Fries

26

National Pretzel Month  
Cheese Pizza  
Italian Meatball Sub  
Chicken Caesar Salad  
Garlic & Herb Broccoli  
Chocolate Covered Pretzel

29

Homemade Salisbury Steak  
French Bread  
Green Peas  
Noon Release

30

Crispy Chicken Sandwich  
Lasagna Rollup with Sauce  
Garlic Toast  
PB&J Sandwich  
Caesar Salad

31

### HOM: Beet

Roasted Hot Dog on a Bun  
Creamy Chicken Enchilada  
Ham Munchable  
Spicy Pinto Beans  
Chocolate Beet Cake



## 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 riiem@roschools.org

