



Don't forget to eat your vegetables.

Red Oak Community School Elementary Snack Menu

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

October
2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Cantaloupe

2
Noon Release- No Snack

3
Cherry Tomato

4
Noon Release- No Snack

5
No School

8
No School

9
Orange Halves

10
Broccoli Florets

11
Fresh Grapes

12
Baby Carrots

15
Noon Release- No Snack

16
Fresh Apple

17
Cherry Tomato

18
Cucumber Slices

19
Banana

22
Pepper Medley

23
Fresh Pear

24
Fresh Strawberries

25
Celery Sticks

26
Orange Halves

29
Noon Release- No Snack

30
Baby Carrots

31
Fresh Apple

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 riiem@roschools.org

