



Don't forget to eat your vegetables.

Red Oak Community School High 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

Turkey Breakfast Biscuit

Blueberry Loaf
Cheese Stick

Vegetable Selection
Orange Juice
1% Milk

2

Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

3

Cheesy Ham Melt

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

4

Breakfast Stacker Sandwich

Pancake on a Stick

Vegetable Selection
Orange Juice
1% Milk

5

No School

8

No School

9

Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

10

Cheesy Ham Melt

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

11

Breakfast Stacker Sandwich

Pancake on a Stick

Vegetable Selection
Orange Juice
1% Milk

12

Hot Ham & Cheese Bagel

French Toast Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

15

Turkey Breakfast Biscuit

Blueberry Loaf
Cheese Stick

Vegetable Selection
Canned Fruit
1% Milk

16

Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

17

Cheesy Ham Melt

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

18

Breakfast Stacker Sandwich

Pancake on a Stick

Vegetable Selection
Orange Juice
1% Milk

19

Hot Ham & Cheese Bagel

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

22

Turkey Breakfast Biscuit

Blueberry Loaf
Cheese Stick

Vegetable Selection
Canned Fruit
1% Milk

23

Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

24

Cheesy Ham Melt

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

25

Breakfast Stacker Sandwich

Pancake on a Stick

Vegetable Selection
Orange Juice
1% Milk

26

Hot Ham & Cheese Bagel

French Toast Loaf
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

29

Turkey Breakfast Biscuit

Blueberry Loaf
Cheese Stick

Vegetable Selection
Canned Fruit
1% Milk

30

Waffle Sandwich

Banana Chocolate Loaf
Cheese Stick

Vegetable Selection
Apple Juice
1% Milk

31

Cheesy Ham Melt

Mini Donut
Cheese Stick

Vegetable Selection
Fresh Fruit
1% Milk

Choose **MyPlate.gov**

Prices

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
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