



Eat different foods each day for a wide variety of nutrients.

Red Oak Elementary Schools Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
Offered Daily

SEPTEMBER 2016

MONDAY

French Toast Sticks and Ham Slice
OR
Hot Ham & Cheese on a WG Bun
OR
Chef Salad
Breakfast Potato

TUESDAY

Popcorn Chicken Bites with Soft Pan Roll
OR
Pizza Burger
OR
Buffalo Chicken Wrap
Mashed Potatoes & Gravy

WEDNESDAY

HOM Feature ~ Tomato
Pizza Dippers & Marinara Sauce
OR
BBQ Meatball Sub
Creamy Tomato &
OR South West Chicken Salad
Cucumber Salad

THURSDAY

Beefy Nachos with Homemade Cheese Sauce
OR Chicken Patty Sandwich
OR Chef Salad

Calico Bean Bake

FRIDAY

Spaghetti with Italian Meat Sauce & Garlic Toast
OR BBQ Rib Sandwich
OR Turkey Sandwich

Garden Green Beans

No School

LABOR DAY

County Fair Corn Dog
OR
Chicken Cacciatore and Garlic Breadstick
OR Turkey Wrap

Rotini Pasta
Garden Carrots

Walking Taco
OR
Pizza Stuffed Baked Potato & Cheesy Garlic Bread
OR Garden Salad

Refried Beans

HOM Feature ~ Zucchini

Toasted Cheese Sandwich
OR
Chicken Patty Sandwich
OR Deli Sandwich

Tomato Soup
*Mock Apple Crisp with Zucchini**

Pizza Parlor Pizza
OR
Cowboy BBQ Burger
OR
Chef Salad

Roasted Caluiflower

Back to School Picnic

All American Burger
OR
BBQ Chicken Sandwich
OR Turkey BLT Wrap

Sweet Potato Fries

Cheese Pizza Slice
OR
Fish Nuggets with Breadstick
OR
Southwest Chicken Salad
Garden Green Beans
Fruited Gelatin

Chicken Taco with Lettuce & Cheese
OR
Roasted Hot dog
OR Deli Sandwich

Cilantro Rice
Spiced Pinto Beans

Homestyle Meatballs in Gravy, Fresh Bread Slice
OR
Pulled Pork Flatbread
OR
Garden Salad

Mashed Potatoes & Gravy

Crispy Chicken Nuggets with Garlic Bread stick
OR
Cheeseburger Calzini
OR
Ham Pinwheel

Garden Corn

Crispy Chicken Sub
OR
Sloppy Joe Sliders
OR
Deli Sandwich

Savory Baked Beans

Macaroni & Cheese
OR
Hamburger on Bun
OR
Crisp Chicken Salad

Leafy Green Salad

Breaded Chicken Patty Sandwich
OR
Mexican Pasta
OR Turkey BLT Wrap

Broccoli Salad

HOM ~ Cantaloupe

Cheese & Pepperoni Flatbread
OR
BBQ Pork Sandwich
OR
Chef Salad
Sweet Green Peas
Fresh Cantaloupe

Turkey & Gravy and Soft Pan Roll
OR Salisbury Steak Sandwich
OR
Deli Sandwich

Mashed Potatoes & Gravy

National Pancake Day

Pancakes/Syrup~Sausage
OR
Italian Meatball Sandwich
OR
Turkey BLT Wrap
Golden French Fries
Cinnamon Roll

Stromboli with Marinara Sauce
OR
Cheeseburger on Bun
OR
Crispy Chicken Salad

Mixed Vegetables

Crispy Chicken Nuggets with Soft Pan Roll
OR
BBQ Rib Sandwich
OR
Deli Sandwich

Golden French Fries

Penne with Meat Sauce and Garlic Toast
OR
Chicken & Cheese Quesadilla
OR
Chef Salad
Garden Green Beans

Chicken Buffalo Pizza
OR
Hot Ham & Cheese Flatbread
OR
Turkey Sandwich

Roasted Broccoli

PRICES

Regular K-3	\$2.45
Regular 4-12	\$2.60
Reduced	\$0.40
Adult	\$3.60
Milk	\$0.45

(HOM) 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 the Food Service Department.

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.