



Don't forget to eat your vegetables.

Red Oak Community School Breakfast Menu

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

September
2018

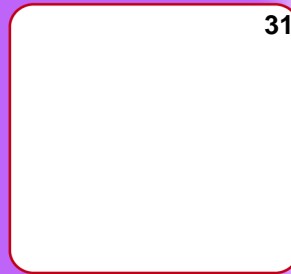
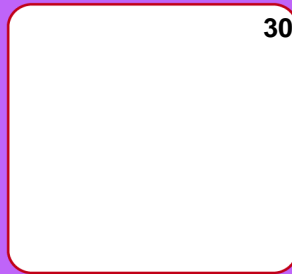
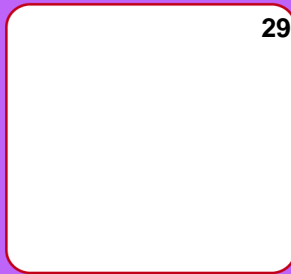
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3

NO SCHOOL

LABOR DAY

4

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

5

Biscuits & Gravy

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

6

Long John
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

7

Cheesy Ham Melt

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

10

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Skim Milk

11

Mini Eggo Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

12

Banana Chocolate Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

13

Waffle Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

14

Mini-Cinnis

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

17

Plain Bagel
Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Skim Milk

18

Pancake on a Stick
Syrup

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

19

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

20

Yogurt Parfait with Fruit &
Granola

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

21

Breakfast Stacker Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

24

Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Skim Milk

25

Hot Ham & Cheese Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

26

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

27

Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

28

Apple Bosco Stick
OR Cheese Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45



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 riibem@roschools.org

