



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

September 2018

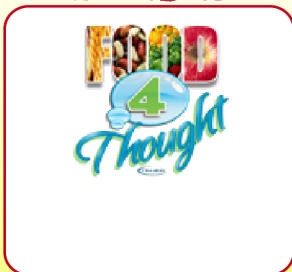
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



29

30

31

Labor Day 3
No School

4
Cucumber Slices

5
Fresh Grapes

6
Cauliflower Floret

7
Banana

10
Apple Frudel

11
Celery Sticks

HOM: Parsley 12
Fresh Pineapple

13
Pepper Medley

14
Fresh Pear

17
Fresh Strawberries

18
Jicama Sticks

19
Honeydew

20
Baby Carrots

HOM: Cucumber 21
Watermelon

24
Orange Halves

25
Radish

26
Cantaloupe

HOM: Peach 27
Cauliflower Floret

28
Banana

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

