



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

September 2018

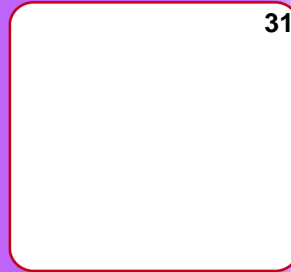
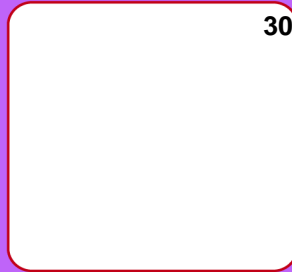
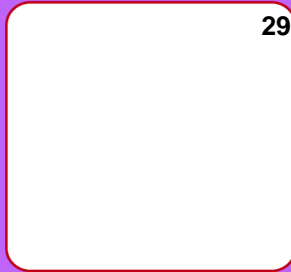
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
NO SCHOOL

LABOR DAY

4
French Toast Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

5
Blueberry Muffin
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

6
Mini Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

7
Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

10
Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Skim Milk

11
Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

12
Grape and Cheese Cup
Graham Crackers

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

13
Brekkie

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

14
Yogurt Parfait with Fruit & Granola

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

17
Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Skim Milk

18
Plain Bagel
Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

19
French Toast Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

20
Blueberry Muffin
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

21
Mini Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

24
Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Skim Milk

25
Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Skim Milk

26
Banana Chocolate Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

27
Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Skim Milk

28
Grape and Cheese Cup
OR Cheese Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

| | |
|---------------|--------|
| Regular PK-12 | \$1.70 |
| Reduced | \$0.30 |
| Adult | \$2.00 |
| 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 riiem@roschools.org

