



Don't forget to eat your vegetables.

Red Oak Community School Middle School Breakfast Menu

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

April
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Oatmeal Bar

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

2

Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

3

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

4

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

5

Yogurt Parfait with Fruit & Granola

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

8

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

9

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

10

Plain Bagel
Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

11

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

12

Cinnamon Cream Cheese Filled Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

15

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

16

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

17

Blueberry Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

18

Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

19

No School

22

No School

23

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

24

Plain Bagel
Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

25

French Toast Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

26

Blueberry Muffin

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

29

Strawberry Cream Cheese Filled Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

30

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

1



PRICES

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.

