



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

April 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Fresh Apple

2
Cauliflower Floret

3
Orange Halves

4
Cherry Tomato

5
Honeydew

8
Fresh Grapes

9
Baby Carrots

10
Fresh Blueberries

11
Radish

12
HOM: Banana
Banana

15
Noon Release

16
HOM: Chives
Cucumber Slices

17
Ugli Fruit

18
HOM: Celery
Celery Sticks

19
No School

22
No School

23
Baby Carrots

24
Tangelo

25
Pepper Medley

26
Fresh Pear

29
Green Grapes

30
Celery Sticks

1

Choose **MyPlate.gov**

PRICES

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

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 Mindy Riibe at 712-621-0042 or email riiem@roschools.org

