



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

February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

31

1

Pancake on a Stick

Mini Donut
Fruited Yogurt

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice

2

Cinnamon Roll

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

5

Mini Pancakes

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

6

Breakfast Biscuit

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

7

Breakfast Pizza

Mini Donut
Fruited Yogurt

Choice of Cereal
Graham Crackers

Fresh Fruit
Vegetable Selection

8

Cinnamon Roll

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

9

Breakfast Flatbread

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

12

Pancake on a Stick

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

13

Biscuits & Gravy

Mini Donut
Fruited Yogurt

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice

14

Mini Donut
Cheese Stick

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

15

Cheesy Ham Melt

Mini Donut
Fruited Yogurt

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice

16

No School

19

No School

20

Banana Chocolate Loaf
Cheese Stick
Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

21

Waffle Sandwich

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

22

Mini-Cinnis

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

23

Breakfast Burrito

Mini Donut
Fruited Yogurt

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

26

Plain Bagel
Cream Cheese

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

27

Mini French Toast

Mini Donut
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice

28

Ham, Egg & Cheese on an English Muffin

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit

Choose **MyPlate.gov**

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.45

HARVEST OF THE MONTH

MANGO

OKRA

CAYENNE

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