

Red Oak Community School JR/SR High School Lunch Menu

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

January
2021

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

7
THURSDAY

Classic Cafe Chicken Bowl, Whole Grain Dinner Roll, Steamed Corn

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Southwest Chicken Salad

5
TUESDAY

COOKS CHOICE

8
FRIDAY

Diner Station BBQ Rib Sandwich, Golden French Fries

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Ham Deli Sandwich

Side Broccoli Florets, Cauliflower Floret

6
WEDNESDAY

COOKS CHOICE

EXTRA INFO

Harvest of the Month 



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

Dana at 1-712-623-5381 or email

Menus are subject to change without notice. This institution is an equal opportunity provider.



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11

MONDAY

Diner Station Mini Corn Dogs, Kettle Potato Chips

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Turkey Ranch Wrap

Green Beans

12

TUESDAY

Classic Cafe Crispy Chicken Sandwich, Golden French Fries

Pizza Parlor Pepperoni Pizza, Cheese Pizza, BBQ Chicken Pizza

Grab & Go Turkey Deli Sandwich

13

WEDNESDAY

Ham Deli Sandwich, Vegetable Selection, Fresh Fruit

14

THURSDAY

Classic Cafe Beefy Nachos w/Homemade Cheese Sauce, LCR Lettuce, Tomato Slices, Mexican Corn, Green Pepper

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Chef Salad

15

FRIDAY

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Diner Station Cheeseburger on Bun, Golden French Fries

Grab & Go Honey Mustard Ham Wrap

Side Roasted Cauliflower, Baby Carrots

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Classic Cafe Max Stix, Garden Salad

Grab & Go Chicken Caesar Salad

19

TUESDAY

Classic Cafe Corn Dog, Steamed Peas,
Baby Carrots

Pizza Parlor Pepperoni Pizza, Cheese
Pizza, Sausage Pizza

Grab & Go Ham Deli Sandwich

20

WEDNESDAY

Double Decker PB & J Sandwich,
Vegetable Selection, Fresh Fruit

21

THURSDAY

Classic Cafe Soft Beef Tacos, Lettuce, Tomato
and Cheese, Red Peppers, Spicy
Pinto Beans

Pizza Parlor Pepperoni Pizza, Cheese Pizza,
Buffalo Chicken Pizza

22

FRIDAY

Classic Cafe Crispy Chicken Nuggets, Rip Stick
Breadstick, Golden French Fries,
Glazed Carrots

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Turkey Deli Sub Sandwich

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MONDAY

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

Pizza Parlor Pepperoni Pizza, Cheese Pizza, BBQ Chicken Pizza

Grab & Go Turkey BLT Wrap

Side Baby Carrots

28

THURSDAY

Classic Cafe Corn Dog, Golden French Fries

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Turkey Ranch Wrap

26

TUESDAY

Classic Cafe Lasagna Rollup with Sauce, Cheesy Garlic Toast, Broccoli Florets, Red Peppers

Pizza Parlor Pepperoni Pizza, Cheese Pizza, Sausage Pizza

Grab & Go Ham Deli Sandwich

29

FRIDAY

Classic Cafe Crispy Chicken Tenders, Whole Grain Dinner Roll, Golden French Fries

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab & Go Turkey Deli Sandwich

27

WEDNESDAY

Double Decker PB & J Sandwich,
Vegetable Selection, Fresh Fruit

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