



Don't forget to eat your vegetables.

Red Oak Community School Elementary Lunch Menu

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

January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



National Soup Month 1
No School-Winter Break

No School-Winter Break 2

HOM: Grapefruit 3
Corn Dog
Crispy Chicken Nuggets
Whole Grain Dinner Roll
Ham Deli Sub Sandwich
Grapefruit Orange Coleslaw

4
Cheese Pizza
Chicken Crispito
Homemade Nacho Cheese Sauce
Honey Mustard Ham Wrap
Mexican Street Corn
Churro

7
Noon Release
Pancakes
Strawberry Topping
Hard Boiled Egg
Breakfast Potato Casserole

8
Crispy Chicken Tenders
Whole Grain Dinner Roll
Cowboy BBQ Burger
Turkey BLT Salad
Warm Cinnamon Apples
Mashed Potatoes

9
BBQ Chicken Sandwich
Philly Flatbread
Southwest Chicken Salad
Calico Bean Bake
Birthday Cake

10
French Bread Pizza
Tuna Panini
Beef Taco Salad
Roasted Cauliflower

11
National Milk Day
Crispy Chicken Nuggets
Whole Grain Dinner Roll
Cheeseburger on Bun
Yogurt Pak with Bagel
Green Beans

14
HOM: Basil and Onion
Cheesy Italian Flatbread
Grilled Cheese Sandwich
Turkey BLT Wrap
Golden French Fries

15
Crispy Chicken Sandwich Basket
All American Burger Basket
Egg & Tuna Salad Slider Combo
Kettle Potato Chips
Pickle Slice

16
Chicken Bacon Ranch Melt
Italian Stromboli
Chef Salad
Garden Salad

17
Beefy Nachos with Cheese
Roasted Hot Dog on a Bun
Turkey Deli Sandwich
Refried Beans

18
Popcorn Chicken
Meatloaf
Yogurt Pak with Pretzel Bites
Mashed Potatoes
Rip Stick Breadstick
Chocolate Chip Cookie

21
Noon Release
French Toast Sticks
Cheese Stick
Sausage Patty
Breakfast Potatoes

22
Southern Food Day
Southern Chicken Biscuit
Ham & Cheese Flatbread
WG Chips, Salsa & Cheese Cubes
Black Eyed Pea Salad

23
Salisbury Steak Sandwich
BBQ Meatball Sub
Pizza Munchable
Garlic & Herb Broccoli
Mini Rice Krispie Treat

24
Fish Sandwich Basket
Chicken Nugget Basket
Whole Grain Dinner Roll
Turkey Deli Sub Sandwich
Golden French Fries
Pickle Slice

25
Beef Chili
Cinnamon Roll
Chili Dog
Crispy Chicken Salad
Seasoned Ranch Wedges

28
No School

29
Lasagna Rollup with Sauce
Garlic Toast
BBQ Rib Sandwich
Ham Deli Sub Sandwich
Caesar Salad

30
Walking Taco
Lettuce, Tomato, Cheese
Buffalo Chicken Fajita Wrap
Chef Salad
Spicy Pinto Beans

31
BBQ Chicken Sandwich
Roasted Hot Dog on a Bun
Beef Taco Salad
Baked Potato Halves
Homemade Brownie



Prices

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

