



Don't forget to eat your vegetables.

Red Oak Community School High School Lunch Menu

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

January 2019

31

MONDAY

No School Winter Break

3

THURSDAY

Classic Cafe Popcorn Chicken Bowl, Grapefruit Orange Coleslaw, Churro

Diner Station Chicken and Cheese Quesadilla, Golden French Fries, Grapefruit Orange Coleslaw, Churro

1

TUESDAY

No School Winter Break

4

FRIDAY

Classic Cafe Cook's Choice

Diner Station Cook's Choice

2

WEDNESDAY

No School Winter Break

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

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





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7

MONDAY

Classic Cafe Soft Beef Tacos, Lettuce, Tomato, Cheese, Corn

Diner Station Crispy Chicken Sandwich, Golden French Fries

10

THURSDAY

Classic Cafe French Bread Pizza, Roasted Cauliflower

Diner Station Hamburger on a Bun, Golden French Fries

8

TUESDAY

Classic Cafe Sloppy Joe on a Bun, Macaroni & Cheese

Diner Station Mini Corn Dogs, Golden French Fries

11

FRIDAY

Classic Cafe Cook's Choice

Diner Station Cook's Choice

9

WEDNESDAY

Classic Cafe Philly Flatbread, Calico Bean Bake

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

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14

MONDAY

Classic Cafe Beef Chili, Cinnamon Roll, Seasoned Ranch Wedges

Diner Station Chicken Crispito, Homemade Nacho Cheese Sauce, Golden French Fries

17

THURSDAY

Classic Cafe Beefy Nachos with Cheese, Black Beans

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

15

TUESDAY

Classic Cafe Chicken Philly Sandwich, Kettle Potato Chips

Diner Station Maxx Sticks, Golden French Fries

18

FRIDAY

Classic Cafe Cook's Choice

Diner Station Cook's Choice

16

WEDNESDAY

Classic Cafe Italian Stromboli, Garden Salad

Diner Station Corn Dog, Golden French Fries

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21

MONDAY

Classic Cafe Popcorn Chicken Bowl, Whole Grain Dinner Roll

Diner Station Chicken Crispito, Homemade Nacho Cheese Sauce

24

THURSDAY

Classic Cafe Pasta with Meat Sauce, French Bread

Diner Station Chicken Bacon Ranch Melt, Golden French Fries

22

TUESDAY

Classic Cafe Meatloaf, Whole Grain Dinner Roll, Garlic & Herb Broccoli

Diner Station Cheeseburger on Bun, Golden French Fries

25

FRIDAY

Classic Cafe Cook's Choice

Diner Station Cook's Choice

23

WEDNESDAY

Classic Cafe Chicken Fajitas, Black Beans, Mini Rice Krispie Treat

Diner Station Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll, Mini Rice Krispie Treat

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28

MONDAY

Classic Cafe Sweet n Sour Chicken Bites, Brown Rice, Whole Grain Dinner Roll

Diner Station Hamburger on a Bun, Golden French Fries

31

THURSDAY

Classic Cafe Chicken Soft Tacos, Spicy Pinto Beans, Homemade Brownie

Diner Station Crispy Chicken Sandwich, Golden French Fries, Homemade Brownie

29

TUESDAY

Classic Cafe Bacon, Egg & Cheese on English Muffin, Breakfast Potatoes

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

1

FRIDAY

Classic Cafe Cook's Choice

Diner Station Cook's Choice

30

WEDNESDAY

Classic Cafe BBQ Chicken Sandwich, Spicy Pinto Beans

Diner Station Corn Dog, Golden French Fries

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