



Don't forget to eat your vegetables.

# Red Oak Community School Middle School Breakfast

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

January 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



1  
No School-Winter Break

2  
No School-Winter Break

3  
Mini Donut  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
1% Milk

4  
Blueberry Loaf  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

7  
Ham & Cheese on a Bagel  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Canned Fruit  
1% Milk

8  
Breakfast Pizza  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
1% Milk

9  
French Toast Loaf  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

10  
Pancake on a Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
1% Milk

11  
Apple Bosco Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

14  
Mini Pancakes  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Canned Fruit  
1% Milk

15  
Sausage Breakfast Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
1% Milk

16  
Breakfast Pizza  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

17  
Cinnamon Roll  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
1% Milk

18  
Bacon, Egg & Cheese on Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

21  
Sausage Breakfast Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Canned Fruit  
1% Milk

22  
Biscuits & Gravy  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
1% Milk

23  
Long John  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

24  
Ham, Egg & Cheese on Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
1% Milk

25  
Mini Eggo Waffles  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

28  
No School

29  
Banana Chocolate Loaf  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
1% Milk

30  
Waffle Sandwich  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

31  
Mini-Cinnis  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
1% Milk



Prices	
Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
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 riibem@roschools.org

