



Don't forget to eat your vegetables.

Red Oak Community School Middle School Lunch Menu

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

January 2019

MONDAY

3
THURSDAY

Classic Cafe Pulled Pork Sandwich, Grapefruit Orange Coleslaw

Diner Station Spicy Chicken Patty on Bun, Grapefruit Orange Coleslaw

Grab and Go Turkey Deli Sub Sandwich, Grapefruit Orange Coleslaw

1

No School Winter Break

4

Classic Cafe Homemade Salisbury Steak, Mashed Potatoes, Gravy, Whole Grain Dinner Roll

Diner Station Crispy Chicken Nuggets, Mashed Potatoes, Gravy, Whole Grain Dinner Roll

Grab and Go Honey Mustard Ham Wrap, Mashed Potatoes, Gravy

TUESDAY

FRIDAY

2

No School Winter Break

EXTRA INFO

WEDNESDAY

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** Biscuits & Gravy, Hard Boiled Egg, Breakfast Potato Casserole
- Diner Station** Cheeseburger on Bun, Hard Boiled Egg, Breakfast Potato Casserole
- Grab and Go** Chicken Caesar Salad, Hard Boiled Egg, Breakfast Potato Casserole

8 TUESDAY

- Classic Cafe** Sloppy Joe on a Bun, Macaroni & Cheese
- Diner Station** Crispy Chicken Sandwich, Macaroni & Cheese
- Grab and Go** Ham Deli Sub Sandwich, Macaroni & Cheese

9 WEDNESDAY

- Classic Cafe** Philly Flatbread, Calico Bean Bake, Tomato Soup
- Diner Station** Chicken Crispito, Homemade Nacho Cheese Sauce, Calico Bean Bake, Tomato Soup
- Grab and Go** Chef Salad, Calico Bean Bake, Tomato Soup

10 THURSDAY

- Classic Cafe** French Bread Pizza, Roasted Cauliflower
- Diner Station** Hamburger on a Bun, Roasted Cauliflower
- Grab and Go** Beef Taco Salad, Roasted Cauliflower

11 FRIDAY

- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Taco Pizza, Green Beans
- Diner Station** BBQ Rib Sandwich, Green Beans
- Grab and Go** Yogurt Pak with Bagel, Green Beans

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14

MONDAY

- Classic Cafe** Beef Chili, Cinnamon Roll, Seasoned Ranch Wedges
- Diner Station** Spicy Chicken Patty on Bun, Seasoned Ranch Wedges
- Grab and Go** Turkey BLT Wrap, Seasoned Ranch Wedges

17

THURSDAY

- Classic Cafe** Beefy Nachos with Cheese, Black Beans
- Diner Station** Chicken Crispito, Homemade Nacho Cheese Sauce, Black Beans
- Grab and Go** Turkey Deli Sandwich, Black Beans

15

TUESDAY

- Classic Cafe** Chicken Philly Sandwich, Kettle Potato Chips
- Diner Station** Corn Dog, Kettle Potato Chips
- Grab and Go** Buffalo Chicken Salad, Kettle Potato Chips

18

FRIDAY

- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza, M&M Cookie
- Diner Station** Crispy Chicken Nuggets, Mashed Potatoes, Gravy, Rip Stick Breadstick, M&M Cookie
- Grab and Go** Chicken Caesar Salad, Mashed Potatoes, Gravy, Rip Stick Breadstick, M&M Cookie

16

WEDNESDAY

- Classic Cafe** Italian Stromboli, Garden Salad
- Diner Station** Crispy Chicken Tenders, Garden Salad, Whole Grain Dinner Roll
- Grab and Go** Pretzel Bites w/Cheese Cubes, Garden Salad

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21

MONDAY

- Classic Cafe** Chicken Crispito, Homemade Nacho Cheese Sauce, Black Beans
- Diner Station** Cheeseburger on Bun, Black Beans
- Grab and Go** Chicken Caesar Wrap, Black Beans

24

THURSDAY

- Classic Cafe** Pasta with Meat Sauce, Garden Salad, French Bread
- Diner Station** Hamburger on a Bun, Garden Salad
- Grab and Go** Turkey Deli Sub Sandwich, Garden Salad

22

TUESDAY

- Classic Cafe** Hard Shell Beef Tacos, Lettuce, Tomato, Cheese, Mexican Street Corn
- Diner Station** Crispy Chicken Sandwich, Mexican Street Corn
- Grab and Go** Double Decker PB & J Sandwich, Mexican Street Corn

25

FRIDAY

- Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Diner Station** Roasted Hot Dog on a Bun, Chicken Noodle Soup
- Grab and Go** Crispy Chicken Salad, Chicken Noodle Soup

23

WEDNESDAY

- Classic Cafe** Chicken Fajitas, Black Beans, Mini Rice Krispie Treat
- Diner Station** Mini Corn Dogs, Black Beans, Mini Rice Krispie Treat
- Grab and Go** Crispy Chicken Wrap, Black Beans, Mini Rice Krispie Treat

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28

MONDAY

No School Happy Monday!!

31

THURSDAY

Classic Cafe BBQ Rib Sandwich, Baked Potato Halves, French Bread, Homemade Brownie

Diner Station Spicy Chicken Patty on Bun, Baked Potato Halves, Homemade Brownie

Grab and Go Beef Taco Salad, Baked Potato Halves, Homemade Brownie

29

TUESDAY

Classic Cafe Lasagna Rollup with Sauce, Caesar Salad, Garlic Toast

Diner Station Popcorn Chicken, Caesar Salad, Garlic Toast

Grab and Go Ham Deli Sub Sandwich, Caesar Salad

1

FRIDAY

Classic Cafe Sweet & Sour Chicken, Unbreaded, Brown Rice, Whole Grain Dinner Roll

Diner Station Mini Corn Dogs, Brown Rice

Grab and Go Chef Salad, Brown Rice

30

WEDNESDAY

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