



Don't forget to eat your vegetables.

Red Oak Community School Elementary Breakfast Menu

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

March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



27
Long John
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
1% Milk

28
Ham, Egg & Cheese on Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice
1% Milk

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

4
School Breakfast Week
Cook's Choice
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
1% Milk

5
Banana Chocolate Loaf
Cheese Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

6
Waffle Sandwich
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

7
Mini-Cinnis
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

8
Breakfast Pizza
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

11
Strawberry Cream Cheese Filled Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

12
Mini French Toast
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

13
Yogurt Parfait with Fruit & Granola
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

14
Breakfast Stacker Sandwich
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

15
Blueberry Loaf
Cheese Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

18
Hot Ham & Cheese Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

19
Breakfast Pizza
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

20
Pancake on a Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

21
No School

22
No School

25
Mini Pancakes
Choice of Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

26
French Toast Loaf
Cheese Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

27
Breakfast Pizza
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

28
Cinnamon Roll
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

29
Breakfast Banana Split Yogurt Parfait
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

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 riibem@roschools.org

