



Don't forget to eat your vegetables.

# Red Oak Community School Middle School Breakfast Menu

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

March  
2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**27**  
Sausage Breakfast Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
1% Milk

**28**  
Blueberry Loaf  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
1% Milk

**1**  
Hot Ham & Cheese Bagel  
  
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**  
Waffle Sandwich  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
Milk

**6**  
Pancake on a Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
Milk

**7**  
Breakfast Stacker Sandwich  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
Milk

**8**  
Biscuits & Gravy  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
Milk

**11**  
Breakfast Pizza  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Canned Fruit  
Milk

**12**  
Bacon, Egg & Cheese on Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
Milk

**13**  
Donut Bar  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
Milk

**14**  
Mini Pancakes  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
Milk

**15**  
French Toast Loaf  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
Milk

**18**  
Turkey Breakfast Biscuit  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Canned Fruit  
Milk

**19**  
Waffle Sandwich  
  
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-Cinnis  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Canned Fruit  
Milk

**26**  
Mini Donut  
Cheese Stick  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Apple Juice  
Milk

**27**  
Mini Eggo Waffles  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
Milk

**28**  
Breakfast Stacker Sandwich  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Orange Juice  
Milk

**29**  
Hot Ham & Cheese Bagel  
  
Choice of Cereal  
Graham Crackers  
  
Vegetable Selection  
Fresh Fruit  
Milk

### Prices

|         |        |
|---------|--------|
| PK-12   | \$1.70 |
| Reduced | \$0.30 |
| Adult   | \$2.00 |
| Milk    | \$0.45 |

### HARVEST OF THE MONTH



### 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

