



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

## March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

**Classic Cafe** Wing Bar, Sugar Cookie

**Diner Station** Cheeseburger on Bun, Sugar Cookie

**Grab and Go** Turkey Ranch Wrap, Sugar Cookie

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.





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

## March 2019

4

MONDAY

**Classic Cafe** Cereal Bar

**Diner Station** Cook's Choice

7

THURSDAY

**Classic Cafe** Chicken & Gravy, Mashed Potatoes, French Bread

**Diner Station** Corn Dog, Mashed Potatoes

**Grab and Go** Ham & Cheese Pinwheel, Mashed Potatoes

5

TUESDAY

**Classic Cafe** Beefy Nachos & Homemade Cheese Sauce, Corn

**Diner Station** Crispy Chicken Sandwich, Corn

**Grab and Go** Egg & Chicken Salad Slider Combo, Corn

8

FRIDAY

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Cheeseburger Pizza, Lemon Garbanzo Bean Salad

**Diner Station** Fish Nuggets, Whole Grain Dinner Roll, Lemon Garbanzo Bean Salad

**Grab and Go** Double Decker PB & J Sandwich, Lemon Garbanzo Bean Salad

6

WEDNESDAY

**Classic Cafe** Cheeseburger on Bun, Cajun Chips, Mini Rice Krispie Treat

**Diner Station** BBQ Rib Sandwich, Cajun Chips, Mini Rice Krispie Treat

**Grab and Go** Crispy Chicken Wrap, Cajun Chips, Mini Rice Krispie Treat

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

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





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

## March 2019

11

MONDAY

**Noon Release** Noon Release

**Classic Cafe** Chicken Crispito, Homemade Nacho Cheese Sauce, Black Beans

12

TUESDAY

**Classic Cafe** Roasted Hot Dog on a Bun, Caesar Salad

**Diner Station** Crispy Chicken Tenders, Caesar Salad

**Grab and Go** Honey Mustard Ham Wrap, Caesar Salad

13

WEDNESDAY

**Classic Cafe** BBQ Rib Sandwich, Spicy Pinto Beans

**Diner Station** Cheeseburger on Bun, Spicy Pinto Beans

**Grab and Go** Turkey BLT Wrap, Spicy Pinto Beans

14

THURSDAY

**Pizza Parlor** Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza, Baked Potato Halves, Homemade Brownie

**Diner Station** Hamburger on a Bun, Baked Potato Halves, Homemade Brownie

**Grab and Go** Ham Deli Sub Sandwich, Baked Potato Halves, Homemade Brownie

15

FRIDAY

**Classic Cafe** Crispy Chicken Nuggets, Whole Grain Dinner Roll, Coleslaw, Applesauce

**Diner Station** Fish Sandwich with Cheese, Coleslaw, Applesauce

**Grab and Go** Chicken Caesar Wrap, Coleslaw, Applesauce

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.



EXTRA INFO



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

## March 2019

18

MONDAY

- Classic Cafe** Soft Beef Tacos, Lettuce, Tomato, Cheese, Mexican Street Corn
- Diner Station** Cheeseburger on Bun, Mexican Street Corn
- Grab and Go** Turkey Deli Sandwich, Mexican Street Corn

21

THURSDAY

No School No School

19

TUESDAY

- Classic Cafe** Beef Chili, Cinnamon Roll, Minted Fruit Salad
- Diner Station** Chili Dog, Cinnamon Roll, Minted Fruit Salad
- Grab and Go** Egg & Chicken Salad Slider Combo, Cinnamon Roll, Minted Fruit Salad

22

FRIDAY

No School No School

20

WEDNESDAY

- Classic Cafe** Chef Visit, Portuguese Chicken Piri Piri, Tomato Rice, Kale Salad
- Diner Station** Crispy Chicken Sandwich, Kale Salad
- Grab and Go** Crispy Chicken Wrap, Kale Salad

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

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







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

## March 2019

25

MONDAY

**Noon Release** Noon Release

**Classic Cafe** Ham, Egg & Cheese on Bagel, Tator Tots

28

THURSDAY

**Classic Cafe** Pulled Pork Sandwich, Coleslaw

**Diner Station** Hamburger on a Bun, Coleslaw

**Grab and Go** Ham Deli Sub Sandwich, Coleslaw

26

TUESDAY

**Classic Cafe** Sloppy Joe on a Bun, Golden French Fries

**Diner Station** Corn Dog, Golden French Fries

**Grab and Go** Honey Mustard Ham Wrap, Golden French Fries

29

FRIDAY

**Classic Cafe** Chicken Crispito, Homemade Nacho Cheese Sauce, Brown Rice, Churro

**Diner Station** Mini Corn Dogs, Brown Rice, Churro

**Grab and Go** Chicken Caesar Wrap, Brown Rice, Churro

27

WEDNESDAY

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

**Diner Station** Popcorn Chicken, Mashed Potatoes, Gravy, Whole Grain Dinner Roll

**Grab and Go** Turkey BLT Wrap, Mashed Potatoes, Gravy

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*

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





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

## March 2019

1

MONDAY

4

THURSDAY

2

TUESDAY

5

FRIDAY

3

WEDNESDAY

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](mailto:riibem@roschools.org)

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

