



Red Oak Early Childhood Center Breakfast Menu

March
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	3 Banana Chocolate Loaf Cheese Stick Vegetable Selection Apple Juice 1% Milk	4 French Toast Sticks Vegetable Selection Fresh Fruit 1% Milk	5 Mini Eggo Waffles Vegetable Selection Orange Juice 1% Milk	6 Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
9 Plain Bagel Strawberry Cream Cheese Vegetable Selection Canned Fruit 1% Milk	10 Mini French Toast Vegetable Selection Apple Juice 1% Milk	11 Yogurt Parfait with Fruit & Granola Vegetable Selection Fresh Fruit 1% Milk	12 Bacon, Egg & Cheese on Biscuit Vegetable Selection Orange Juice 1% Milk	13 Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
16 Spring Break; No School	17 Spring Break; No School	18 Spring Break; No School	19 Spring Break; No School	20 Spring Break; No School
23 Mini Pancakes Vegetable Selection Canned Fruit 1% Milk	24 Mini French Toast Vegetable Selection Apple Juice 1% Milk	25 Strawberry Cream Cheese Filled Bagel Vegetable Selection Fresh Fruit 1% Milk	26 Pancake on a Stick Vegetable Selection Orange Juice 1% Milk	27 Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
30 Banana Chocolate Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk	31 Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th		 ChooseMyPlate.gov

INFORMATION

Regular PK-12	\$1.80
Reduced	\$0.30
Adult	\$2.80
Milk	\$0.50

EXTRA INFO

Milk Choice of 1% White is
included with lunch.
For questions or comments, contact
Mindy Riibe at 712-621-0042
or email riibem@roschools.org

HARVEST OF



THE MONTH

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Red Oak Early Childhood Center Lunch Menu

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Fresh Vegetable Choices and Seasonal Fruit
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Nat'l Breakfast Week French Toast Sticks Sausage Patty Breakfast Potatoes Fresh Fruit	3 Chicken Waffle Sandwich Cucumber Ranch Salad Fresh Fruit	4 BBQ Pulled Pork Sandwich Tator Tots Fresh Fruit	5 Chicken Crispito Homemade Nacho Cheese Sauce Black Beans Fresh Fruit Churro	6 Fish Sandwich Basket Whole Grain Dinner Roll Potato Wedges Fresh Fruit
9 Crispy Chicken Sub Seasoned Ranch Wedges Fresh Fruit	10 Cheeseburger on Bun Garden Salad Fresh Fruit	11 Walking Taco Lettuce, Tomato and Cheese Spicy Pinto Beans Fresh Fruit	12 Thyme & Pomegranate Corn Dog Vegetable Selection Arugula with Apples & Pomegranate Salad Homemade Brownie	13 Chicken Nugget Basket Potato Oles Whole Grain Dinner Roll Fresh Fruit
16 Spring Break; No School	17 St. Patrick's Day Spring Break; No School	18 Spring Break; No School	19 HOM Avocado Spring Break; No School	20 Spring Break; No School
23 Soft Beef Tacos Lettuce, Tomato and Cheese Spicy Pinto Beans Fresh Fruit	24 Cheese Pizza Mexican Street Corn Fresh Fruit Churro	25 Popcorn Chicken Bowl Whole Grain Dinner Roll Fresh Fruit	26 Sloppy Joe on a Bun Baked Beans Fresh Fruit	27 Macaroni & Cheese Roasted Broccoli Fresh Fruit
30 Pancakes Blueberry Topping Hard Boiled Egg Breakfast Potato Casserole	31 Hamburger on Whole Grain Bun Golden French Fries Vegetable Selection Warm Cinnamon Apples	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th		 ChooseMyPlate.gov

INFORMATION

Regular PK-3	\$2.65
Regular 4-12	\$2.80
Reduced	\$0.40
Adult	\$3.80
Milk	\$0.50

EXTRA INFO

Milk choice of 1% White
is included with lunch.
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Red Oak Community School District Elementary Breakfast Menu

March
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Donut Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	3 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	4 French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	5 Mini Eggo Waffles Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	6 Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
9 Plain Bagel Strawberry Cream Cheese Choice of Cereal Graham Crackers Vegetable Selection Canned Fruit 1% Milk	10 Mini French Toast Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	11 Yogurt Parfait with Fruit & Granola Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	12 Bacon, Egg & Cheese on Biscuit Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	13 Blueberry Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
16 Spring Break; No School	17 Spring Break; No School	18 Spring Break; No School	19 Bring Break; No School	20 Bring Break; No School
23 Mini Pancakes Choice of Cereal Graham Crackers Vegetable Selection Canned Fruit 1% Milk	24 Mini French Toast Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	25 Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	26 Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	27 Blueberry Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
30 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	31 Long John Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th		 Choose MyPlate.gov

INFORMATION

Regular PK-12	\$1.80
Reduced	\$0.40
Adult	\$2.80
Milk	\$0.50

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim
is included with lunch.
Entree Salads are served with Dinner Roll
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Red Oak Community School District Elementary Fresh Fruit & Vegetable Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Veg Choice Baby Carrots Cauliflower Floret Fresh Fruit Bar	3 Veg Choice Black Beans Cucumber Slices Fresh Fruit Bar	4 Veg Choice Broccoli Florets Celery Sticks Fresh Fruit Bar	5 Veg Choice Cherry Tomato Mushrooms Fresh Fruit Bar	6 Veg Choice Romaine Lettuce Red Peppers Fresh Fruit Bar
9 Veg Choice Baby Carrots Cauliflower Floret Fresh Fruit Bar	10 Veg Choice Cucumber Slices Celery Sticks Fresh Fruit Bar	11 Veg Choice Cherry Tomato Black Olives Fresh Fruit Bar	12 Veg Choice Calico Bean Bake Radish Fresh Fruit Bar	13 Veg Choice Pepper Medley Romaine Lettuce Fresh Fruit Bar
16 Spring Break; No School	17 Spring Break; No School	18 Spring Break; No School	19 Spring Break; No School	20 Spring Break; No School
23 Veg Choice Baby Spinach Cauliflower Floret Fresh Fruit Bar	24 Veg Choice Tomato Slices Celery Sticks Fresh Fruit Bar	25 Veg Choice Lemon Garbanzo Bean Salad Cucumber Slices Fresh Fruit Bar	26 Veg Choice Baby Carrots Radish Fresh Fruit Bar	27 Veg Choice Red Peppers Mushrooms Fresh Fruit Bar
30 Veg Choice Baby Carrots Celery Sticks Fresh Fruit Bar	31 Veg Choice Kale Salad Cauliflower Floret Fresh Fruit Bar	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th Must take 1/2 cup fruit or vegetable		 ChooseMyPlate.gov

INFORMATION

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Milk	\$0.50

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim
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Red Oak Community School District Elementary Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Nat'l Breakfast Week French Toast Sticks Sausage Patty Breakfast Potatoes Hot Ham & Cheese Flatbread Breakfast Potatoes Chef Salad	3 Chicken Waffle Sandwich Cucumber Ranch Salad Beef Hot Dog on a Bun Cucumber Ranch Salad Beef Taco Salad	4 BBQ Pulled Pork Sandwich Tator Tots Crispy Chicken Nuggets Whole Grain Dinner Roll Yogurt Pak with Bagel	5 Chicken Crispito Homemade Nacho Cheese Sauce Black Beans Carnita Nachos Ham Deli Sandwich Churro	6 Fish Sandwich Basket Whole Grain Dinner Roll Ham, Egg & Cheese on Bagel Potato Wedges Turkey BLT Wrap
9 Crispy Chicken Sub Seasoned Ranch Wedges Cowboy BBQ Burger Seasoned Ranch Wedges Egg & Chicken Salad Slider Combo	10 Cheeseburger on Bun Garden Salad BBQ Rib Sandwich with onions and pickle slice Pretzel Bites w/Cheese Cubes	11 Walking Taco Lettuce, Tomato and Cheese Spicy Pinto Beans Chicken Fajitas Spicy Pinto Beans Ham Deli Sandwich	12 Thyme & Pomegranate Corn Dog Arugula with Apples & Pomegranate Salad Italian Meatball Sub Arugula with Apples & Pomegranate Salad Crispy Chicken Salad Homemade Brownie	13 Chicken Nugget Basket Potato Oles Whole Grain Dinner Roll Fish Nugget Basket Potato Oles Whole Grain Dinner Roll Chicken Caesar Wrap
16 Spring Break; No School	17 St. Patrick's Day Spring Break; No School	18 Spring Break; No School	19 HOM Avocado Spring Break; No School	20 Spring Break; No School
23 Soft Beef Tacos Lettuce, Tomato and Cheese Spicy Pinto Beans Chicken Crispito Homemade Nacho Cheese Sauce Spicy Pinto Beans Turkey BLT Salad	24 Cheese Pizza Mexican Street Corn Hotdog on Whole Grain Bun Mexican Street Corn Chef Salad Churro	25 Popcorn Chicken Bowl Whole Grain Dinner Roll Homemade Salisbury Steak Mashed Potatoes Gravy Whole Grain Dinner Roll PB & J Sandwich	26 Sloppy Joe on a Bun Baked Beans All American Burger Baked Beans Yogurt Pak with Pretzel Bites	27 Macaroni & Cheese Roasted Broccoli Corn Dog Roasted Broccoli Turkey BLT Wrap
30 Pancakes Blueberry Topping Hard Boiled Egg Breakfast Potato Casserole Biscuits & Gravy Hard Boiled Egg Breakfast Potato Casserole Egg & Chicken Salad Slider	31 Hamburger on Whole Grain Bun Golden French Fries Crispy Chicken Tenders Golden French Fries Whole Grain Dinner Roll Pretzel Bites w/Cheese Cubes	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th		 ChooseMyPlate.gov

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Milk	\$0.50

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim
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Red Oak Community School JR/SR High School Breakfast Menu

March
2020

Fresh Vegetable Choices and Seasonal Fruit
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Donut Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	3 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	4 French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	5 Sausage Breakfast Biscuit Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	6 Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
9 Plain Bagel Strawberry Cream Cheese Choice of Cereal Graham Crackers Vegetable Selection Canned Fruit 1% Milk	10 Mini-Cinnis Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	11 Yogurt Parfait with Fruit & Granola Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	12 Bacon, Egg & Cheese on Biscuit Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	13 Blueberry Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
16 Spring Break; No School	17 Spring Break; No School	18 Spring Break; No School	19 Bring Break; No School	20 Bring Break; No School
23 Egg & Cheese Breakfast Sandwich Choice of Cereal Graham Crackers Vegetable Selection Canned Fruit 1% Milk	24 Cinnamon Roll Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	25 Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	26 Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	27 French Toast Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
30 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	31 Long John Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th		 ChooseMyPlate.gov

INFORMATION

Regular PK-12	\$1.80
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Adult	\$2.80
Milk	\$0.50

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim
is included with lunch.
Entree Salads are served with Dinner Roll
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Red Oak Community School JR/SR High School Fresh Fruit & Vegetable

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are Offered Daily on the Fruit & Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Broccoli Florets Red Peppers Cauliflower Floret Fresh Fruit Bar	3 Veg Choice Spring Corn Salad Garbanzo Beans Fresh Fruit Bar	4 Corn Kale Salad Cucumber Slices Fresh Fruit Bar	5 Veg Choice Bean-a-Licious Salad Baby Carrots Fresh Fruit Bar	6 Veg Choice Cherry Tomato Celery Sticks Fresh Fruit Bar
9 Italian Herbed Bean Salad Mushrooms Baby Spinach Fresh Fruit Bar	10 Veg Choice Tomato Slices Black Olives Fresh Fruit Bar	11 Garden Peas Romaine Lettuce Baby Carrots Fresh Fruit Bar	12 Veg Choice Calico Bean Bake Cauliflower Floret Fresh Fruit Bar	13 Veg Choice Firenze Corn Salad Pepper Medley Fresh Fruit Bar
16 Spring Break; No School	17 Spring Break; No School	18 Spring Break; No School	19 Spring Break; No School	20 Spring Break; No School
23 Mexican Corn Cherry Tomato Broccoli Florets Fresh Fruit Bar	24 Veg Choice Baby Carrots Cucumber Slices Fresh Fruit Bar	25 Veg Choice Lemon Garbanzo Bean Salad Celery Sticks Fresh Fruit Bar	26 Veg Choice Kale Salad Tomato Slices Fresh Fruit Bar	27 Corn Italian Herbed Bean Salad Cauliflower Floret Fresh Fruit Bar
30 Veg Choice Baby Carrots Black Olives Fresh Fruit Bar	31 Spring Corn Salad Black Beans Broccoli Florets Fresh Fruit Bar	Early Releases; 4th, 11th and 25th Happy Spring Break; Week of 16th-20th Must take 1/2 cup of fruit or vegetable		 ChooseMyPlate.gov

INFORMATION

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Adult	\$3.80
Milk	\$0.50

EXTRA INFO

ilk choice of 1% White, Skim or Chocolate Skim is included with lunch.
 Entree Salads are served with Dinner Roll
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 Mindy Riibe at 712-621-0042
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2

MONDAY

Classic Cafe Breakfast Bar

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Honey Mustard Ham Wrap

5

THURSDAY

Classic Cafe Breakfast Burrito, Black Beans

Diner Station Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll

Pizza Parlor 9-12 Grades Only, Cheese Pizza, Pepperoni Pizza, Supreme Pizza

Grab and Go Chicken Caesar Salad

3

TUESDAY

Classic Cafe Chicken Waffle Sandwich, Cucumber Ranch Salad

Diner Station Hamburger on Whole Grain Bun, Golden French Fries

Pizza Parlor 9-12 Grades Only, Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Ham Deli Sub Sandwich

6

FRIDAY

Classic Cafe Ham, Egg & Cheese on Bagel, Potato Wedges

Diner Station Corn Dog, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey BLT Salad

4

WEDNESDAY

Classic Cafe Mac & Cheese Bar

Diner Station Max Stix, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Crispy Chicken Salad

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
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MONDAY

Classic Cafe Soup Bar

Diner Station Chicken Crispito, Homemade Nacho Cheese Sauce, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Chef Salad

12

THURSDAY

Classic Cafe Beef Chili, Cinnamon Roll, Arugula with Apples & Pomegranate Salad

Diner Station Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll

Pizza Parlor 9-12 Grades Only, Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza

Grab and Go Turkey BLT Wrap

10

TUESDAY

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

Diner Station Crispy Chicken Sandwich, Golden French Fries

Pizza Parlor Cheese Pizza, 9-12 Grades Only, Pepperoni Pizza, Taco Pizza

Grab and Go Beef Taco Salad

13

FRIDAY

Classic Cafe Sloppy Taco Sandwich, Broccoli Salad

Diner Station BBQ Rib Sandwich, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Buffalo Chicken Salad

11

WEDNESDAY

Classic Cafe Build Your Own Sub

Diner Station Cheeseburger on Bun, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Southwest Chicken Salad

EXTRA INFO



Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.

Entree Salads are served with Dinner Roll

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16

MONDAY

Spring Break No School

19

THURSDAY

Spring Break No School

17

TUESDAY

Spring Break No School

20

FRIDAY

Spring Break No School

18

WEDNESDAY

Spring Break No School

EXTRA INFO



Milk choice of 1% White, Skim or Chocolate Skim
is included with lunch.

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MONDAY

Classic Cafe Popcorn Chicken Bowl

Diner Station Fish Sandwich with Cheese, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Double Decker PB & J Sandwich

26

THURSDAY

Classic Cafe Pasta with Meat Sauce, Caesar Salad

Diner Station Crispy Chicken Sandwich, Golden French Fries

Pizza Parlor 9-12 Grades Only, Cheese Pizza, Pepperoni Pizza, Sausage & Pepperoni Pizza

Grab and Go Crispy Chicken Salad

24

TUESDAY

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

Diner Station Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll

Pizza Parlor 9-12 Grades Only, Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab and Go Honey Mustard Ham Wrap

27

FRIDAY

Classic Cafe Macaroni & Cheese, Roasted Broccoli

Diner Station Chicken Crispito, Homemade Nacho Cheese Sauce, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Chicken Caesar Salad

25

WEDNESDAY

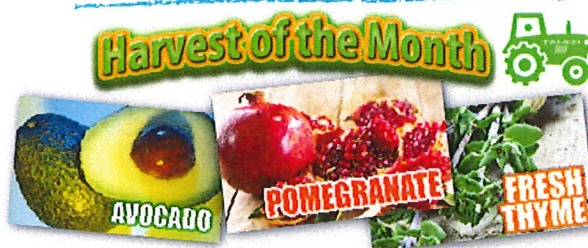
Classic Cafe Nacho Bar, Churro

Diner Station BBQ Rib Sandwich, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey Deli Sub Sandwich

EXTRA INFO



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MONDAY

Classic Cafe Breakfast Bar

Diner Station Spicy Chicken Patty on Bun, Golden French Fries

Pizza Parlor 9-12 Grades Only, Cheese Pizza, Pepperoni Pizza, Supreme Pizza

Grab and Go Turkey BLT Wrap

THURSDAY

31

TUESDAY

Classic Cafe Roast Pork & Gravy, Warm Cinnamon Apples, Mashed Potatoes, Whole Grain Dinner Roll

Diner Station Cheeseburger on Bun, Golden French Fries

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Crispy Chicken Salad

FRIDAY

WEDNESDAY

EXTRA INFO

Harvest of the Month



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