



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

May 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

2

French Toast Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

3

Turkey Apple Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

4

Apple Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

7

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

8

Breakfast Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

9

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

10

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

11

Breakfast Banana Split Yogurt Parfait

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

14

Sausage On a Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

15

Biscuits & Gravy

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

HOM: Cherry 16

Chewy Cherry Breakfast Bar
Fruited Yogurt

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

17

Cheesy Ham Melt

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

18

Mini Eggo Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

21

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

22

Banana Chocolate Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

23

Waffle Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

24

Mini-Cinnis

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

25

Breakfast Burrito

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

28

No School-Memeroiral Day

29

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

30

French Toast Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

31

Turkey Apple Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% 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 riiem@roschools.org

