



Don't forget to eat your vegetables.

# Red Oak Community School MS/HS 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- Memorial Day

**29**

Mini French Toast

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk

**30**

Blueberry Loaf

Choice of Cereal  
Graham Crackers

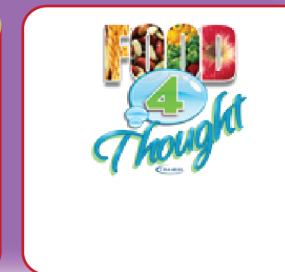
Vegetable Selection  
Fresh Fruit  
1% Milk

**31**

Turkey Apple Biscuit

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk



**Prices**

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
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

