




Red Oak Early Childhood Center Breakfast Menu

September
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Mini-Cinnis Vegetable Selection Apple Juice 1% Milk	3 Pancake on a Stick Vegetable Selection Fresh Fruit 1% Milk	4 French Toast Loaf Cheese Stick Vegetable Selection Orange Juice 1% Milk
7 No School; Labor Day	8 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	9 Blueberry Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk	10 Mini-Cinnis Vegetable Selection Orange Juice 1% Milk	11 Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk
14 Banana Chocolate Loaf Cheese Stick Vegetable Selection Canned Fruit 1% Milk	15 Strawberry Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	16 Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk	17 Blueberry Muffin Cheese Stick Vegetable Selection Orange Juice 1% Milk	18 French Toast Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
21 Pancake on a Stick Vegetable Selection Canned Fruit 1% Milk	22 French Toast Loaf Cheese Stick Vegetable Selection Apple Juice 1% Milk	23 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Fresh Fruit 1% Milk	24 Mini Pancakes Vegetable Selection Orange Juice 1% Milk	25 Blueberry Muffin Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
28 Strawberry Cream Cheese Filled Bagel Vegetable Selection Canned Fruit 1% Milk	29 Mini French Toast Vegetable Selection Apple Juice 1% Milk	30 Mini-Cinnis Vegetable Selection Fresh Fruit 1% Milk	  <p>ChooseMyPlate.gov</p>	

INFORMATION

Regular PK-12	\$1.80
Reduced	\$0.30
Adult	\$2.10
Milk	\$0.50

EXTRA INFO

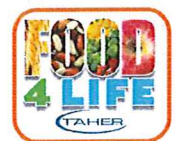
1% White Milk is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact
Taher at 1-712-623-8351

HARVEST OF



THE MONTH

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Red Oak Early Childhood Center Lunch Menu

September
2020

Fresh Vegetable Choices and Seasonal Fruit
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 PB & J Sandwich Green Beans Red Peppers Fresh Apple	3 Sloppy Joe on a Bun Red Peppers Romaine Lettuce	4 BBQ Rib Sandwich Corn Celery Sticks
7 No School; Labor Day	8 Hamburger on a Bun Roasted Broccoli Red Peppers	9 PB & J Sandwich Baked Beans Cherry Tomato Orange Halves	10 Crispy Chicken Tenders Whole Grain Dinner Roll Corn Baby Carrots	11 Cheese Personal Pizza Roasted Cauliflower Celery Sticks
14 Corn Dog Green Beans Celery Sticks	15 BBQ Pulled Pork Sandwich Refried Beans Romaine Lettuce	16 PB & J Sandwich Fresh Apple Corn	17 Popcorn Chicken Whole Grain Dinner Roll Steamed Carrots Cucumber Slices	18 Cheesy Italian Flatbread Broccoli Florets Red Peppers
21 Crispy Chicken Sandwich Roasted Cauliflower Romaine Lettuce	22 Pasta with Meat Sauce Rip Stick Breadstick Green Beans Romaine Lettuce	23 PB & J Sandwich Cucumber Slices Orange Halves	24 Beefy Nachos w/Homemade Cheese Sauce Spicy Pinto Beans Salsa	25 Hamburger on a Bun Mashed Potatoes Glazed Carrots
28 French Toast Sticks Breakfast Potatoes Baby Carrots	29 Beef Hotdog on a Bun Baked Beans Celery Sticks	30 PB & J Sandwich Golden French Fries Broccoli Florets Fresh Apple	  <p>ChooseMyPlate.gov</p>	

INFORMATION

Regular PK-3	\$2.75
Regular 4-12	\$2.90
Reduced	\$0.40
Adult	\$3.85
Milk	\$0.50

EXTRA INFO

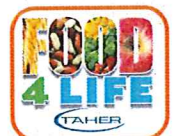
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Red Oak Community School District Elementary Breakfast Menu

September
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Pancakes Vegetable Selection Canned Fruit 1% Milk	2 Tiger Brekkie Vegetable Selection Apple Juice 1% Milk	3 Pancake on a Stick Vegetable Selection Fresh Fruit 1% Milk	4 French Toast Loaf Cheese Stick Vegetable Selection Orange Juice 1% Milk
7 No School; Labor Day	8 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	9 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	10 Mini-Cinnis Vegetable Selection Orange Juice 1% Milk	11 Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk
14 Banana Chocolate Loaf Cheese Stick Vegetable Selection Canned Fruit 1% Milk	15 Strawberry Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	16 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	17 Blueberry Muffin Cheese Stick Vegetable Selection Orange Juice 1% Milk	18 French Toast Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
21 Pancake on a Stick Vegetable Selection Canned Fruit 1% Milk	22 French Toast Loaf Cheese Stick Vegetable Selection Apple Juice 1% Milk	23 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	24 Mini Pancakes Vegetable Selection Orange Juice 1% Milk	25 Blueberry Muffin Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
28 Strawberry Cream Cheese Filled Bagel Vegetable Selection Canned Fruit 1% Milk	29 Mini French Toast Vegetable Selection Apple Juice 1% Milk	30 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	 ChooseMyPlate.gov	

INFORMATION

Regular PK-12	\$1.80
Reduced	\$0.30
Adult	\$2.10
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 Lunch Menu

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Fresh Vegetable Choices and Seasonal Fruit
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Italian Pasta Bake Roasted Cauliflower Romaine Lettuce Cherry Tomato	2 PB & J Sandwich Green Beans Red Peppers Fresh Apple	3 Sloppy Joe on a Bun Red Peppers Romaine Lettuce	4 BBQ Rib Sandwich Corn Celery Sticks
7 No School; Labor Day	8 Hamburger on a Bun Roasted Broccoli Red Peppers	9 PB & J Sandwich Baked Beans Cherry Tomato Orange Halves	10 Crispy Chicken Tenders Whole Grain Dinner Roll Corn Baby Carrots	11 Cheese Personal Pizza Roasted Cauliflower Celery Sticks
14 Corn Dog Green Beans Celery Sticks	15 BBQ Pulled Pork Sandwich Refried Beans Romaine Lettuce	16 PB & J Sandwich Fresh Apple Corn	17 Popcorn Chicken Whole Grain Dinner Roll Steamed Carrots Cucumber Slices	18 Cheesy Italian Flatbread Broccoli Florets Red Peppers
21 Crispy Chicken Sandwich Roasted Cauliflower Romaine Lettuce	22 Pasta with Meat Sauce Rip Stick Breadstick Green Beans Romaine Lettuce	23 PB & J Sandwich Cucumber Slices Orange Halves	24 Beefy Nachos w/Homemade Cheese Sauce Spicy Pinto Beans Salsa	25 Hamburger on a Bun Mashed Potatoes Glazed Carrots
28 French Toast Sticks Breakfast Potatoes Baby Carrots	29 Beef Hotdog on a Bun Baked Beans Celery Sticks	30 PB & J Sandwich Golden French Fries Broccoli Florets Fresh Apple	  <p>ChooseMyPlate.gov</p>	

INFORMATION

Regular PK-3	\$2.75
Regular 4-12	\$2.90
Reduced	\$0.40
Adult	\$3.85
Milk	\$0.50

EXTRA INFO

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

September
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Pancakes Vegetable Selection Canned Fruit 1% Milk	2 Tiger Brekkie Vegetable Selection Apple Juice 1% Milk	3 Pancake on a Stick Vegetable Selection Fresh Fruit 1% Milk	4 French Toast Loaf Cheese Stick Vegetable Selection Orange Juice 1% Milk
7 No School; Labor Day	8 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	9 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	10 Mini-Cinnis Vegetable Selection Orange Juice 1% Milk	11 Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk
14 Banana Chocolate Loaf Cheese Stick Vegetable Selection Canned Fruit 1% Milk	15 Strawberry Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	16 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	17 Blueberry Muffin Cheese Stick Vegetable Selection Orange Juice 1% Milk	18 French Toast Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
21 Pancake on a Stick Vegetable Selection Canned Fruit 1% Milk	22 French Toast Loaf Cheese Stick Vegetable Selection Apple Juice 1% Milk	23 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	24 Mini Pancakes Vegetable Selection Orange Juice 1% Milk	25 Blueberry Muffin Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
28 Strawberry Cream Cheese Filled Bagel Vegetable Selection Canned Fruit 1% Milk	29 Mini French Toast Vegetable Selection Apple Juice 1% Milk	30 Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk		
				 <p>ChooseMyPlate.gov</p>

INFORMATION

Regular PK-12	\$1.80
Reduced	\$0.30
Adult	\$2.10
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 Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
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September
2020

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31

MONDAY

- Classic Cafe** Beef Hotdog on a Bun,
Golden French Fries
- Diner Station** Crispy Chicken Sandwich,
Golden French Fries
- Grab and Go** Chef Salad

3

THURSDAY

- Classic Cafe** Sloppy Joe on a Bun, Red Peppers,
Romaine Lettuce
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Grab and Go** Chef Salad

1

TUESDAY

- Classic Cafe** Italian Pasta Bake, Cherry Tomato,
Roasted Cauliflower, Romaine
Lettuce
- Pizza Parlor** Pepperoni Pizza, Cheese Pizza
- Grab and Go** Ham Deli Sub Sandwich

4

FRIDAY

- Classic Cafe** BBQ Rib Sandwich, Corn,
Celery Sticks
- Diner Station** Crispy Chicken Nuggets, Whole
Grain Dinner Roll, Golden French
Fries
- Grab and Go** Turkey Deli Sub Sandwich

2

WEDNESDAY

- Grab and Go** Virtual Learning Day Menu, Double
Decker PB & J Sandwich, Green
Beans, Red Peppers, Fresh Apple

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 Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
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September
2020

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7
MONDAY

No School Labor Day

10
THURSDAY

Classic Cafe Crispy Chicken Tenders, Whole
Grain Dinner Roll, Corn, Baby
Carrots

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey Deli Sandwich

8
TUESDAY

Classic Cafe Hamburger on a Bun, Roasted
Broccoli, Red Peppers

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Southwest Chicken Salad

11
FRIDAY

Classic Cafe Cheese Pizza, Roasted Cauliflower,
Celery Sticks

Diner Station Crispy Chicken Sandwich,
Golden French Fries

Grab and Go Crispy Chicken Wrap

9
WEDNESDAY

Grab and Go Virtual Learning Day Menu, Double
Decker PB & J Sandwich, Baked
Beans, Cherry Tomato, Orange Halv

EXTRA INFO

Harvest of the Month

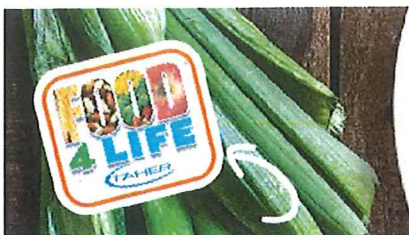


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is included with lunch.

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MONDAY

Classic Cafe Corn Dog, Green Beans,
Celery Sticks

Diner Station Hamburger on a Bun, Golden
French Fries

Grab and Go Ham Deli Sub Sandwich

17

THURSDAY

Classic Cafe Popcorn Chicken, Whole Grain
Dinner Roll, Steamed Carrots,
Cucumber Slices

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Caesar Salad

15

TUESDAY

Classic Cafe BBQ Pulled Pork Sandwich, Refried
Beans, Romaine Lettuce

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey Ranch Wrap

18

FRIDAY

Classic Cafe Cheesy Italian Flatbread, Broccoli
Florets, Red Peppers

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

Grab and Go Honey Mustard Ham Wrap

16

WEDNESDAY

Grab and Go Virtual Learning Day Menu, Double
Decker PB & J Sandwich, Corn, Baby
Carrots, Fresh Apple

EXTRA INFO

Harvest of the Month



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21

MONDAY

Classic Cafe Crispy Chicken Sandwich, Roasted Cauliflower, Romaine Lettuce

Diner Station BBQ Rib Sandwich, Golden French Fries

Grab and Go Turkey Deli Sub Sandwich

24

THURSDAY

Classic Cafe Beefy Nachos w/Homemade Cheese Sauce, Spicy Pinto Beans, Salsa, Baby Carrots

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Beef Taco Salad

22

TUESDAY

Classic Cafe Pasta with Meat Sauce, Rip Stick Breadstick, Green Beans, Romaine Lettuce

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey BLT Salad

25

FRIDAY

Classic Cafe Cheeseburger on Bun, Golden French Fries, Glazed Carrots

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

Grab and Go Ham Deli Sub Sandwich

23

WEDNESDAY

Grab and Go Virtual Learning Day Menu, Double Decker PB & J Sandwich, Cucumber Slices, Orange Halves

EXTRA INFO

Harvest of the Month



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

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28

MONDAY

Classic Cafe French Toast Sticks, Breakfast Potatoes, Baby Carrots

Diner Station Crispy Chicken Sandwich, Golden French Fries

Grab and Go Buffalo Chicken Salad

THURSDAY

29

TUESDAY

Classic Cafe Beef Hotdog on a Bun, Baked Beans, Celery Sticks

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Honey Mustard Ham Wrap

FRIDAY

30

WEDNESDAY

Grab and Go Virtual Learning Day Menu, Double Decker PB & J Sandwich, Golden French Fries, Broccoli Florets, Fresh

EXTRA INFO

Harvest of the Month



Milk choice of 1% White, Skim or Chocolate Skim
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Red Oak Community School District Virtual Learner's Breakfast Menu

September
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Pancakes Vegetable Selection Canned Fruit 1% Milk	2 Mini-Cinnis Vegetable Selection Apple Juice 1% Milk	3 Pancake on a Stick Vegetable Selection Fresh Fruit 1% Milk	4 French Toast Loaf Cheese Stick Vegetable Selection Orange Juice 1% Milk
7 No School; Labor Day	8 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	9 Blueberry Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk	10 Mini-Cinnis Vegetable Selection Orange Juice 1% Milk	11 Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk
14 Banana Chocolate Loaf Cheese Stick Vegetable Selection Canned Fruit 1% Milk	15 Strawberry Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	16 Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk	17 Blueberry Muffin Cheese Stick Vegetable Selection Orange Juice 1% Milk	18 French Toast Loaf Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
21 Pancake on a Stick Vegetable Selection Canned Fruit 1% Milk	22 French Toast Loaf Cheese Stick Vegetable Selection Apple Juice 1% Milk	23 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Fresh Fruit 1% Milk	24 Mini Pancakes Vegetable Selection Orange Juice 1% Milk	25 Blueberry Muffin Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
28 Strawberry Cream Cheese Filled Bagel Vegetable Selection Canned Fruit 1% Milk	29 Mini French Toast Vegetable Selection Apple Juice 1% Milk	30 Mini-Cinnis Vegetable Selection Fresh Fruit 1% Milk		

INFORMATION

Regular PK-12	\$1.80
Reduced	\$0.30
Adult	\$2.10
Milk	\$0.50

EXTRA INFO

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Red Oak Community School District Virtual Learner's Lunch Menu

September
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Deli Sub Sandwich Roasted Cauliflower Romaine Lettuce Cherry Tomato	2 PB & J Sandwich Green Beans Red Peppers Fresh Apple	3 Chicken Caesar Wrap Red Peppers Romaine Lettuce	4 BBQ Rib Sandwich Corn Celery Sticks
7 No School; Labor Day	8 Hamburger on a Bun Roasted Broccoli Red Peppers	9 PB & J Sandwich Baked Beans Cherry Tomato Orange Halves	10 Crispy Chicken Tenders Whole Grain Dinner Roll Corn Baby Carrots	11 Cheese Personal Pizza Roasted Cauliflower Celery Sticks
14 Corn Dog Green Beans Celery Sticks	15 Pretzel Pack Refried Beans Romaine Lettuce	16 PB & J Sandwich Fresh Apple Corn	17 Turkey Deli Sub Sandwich Steamed Carrots Cucumber Slices	18 Cheesy Italian Flatbread Broccoli Florets Red Peppers
21 Crispy Chicken Sandwich Roasted Cauliflower Romaine Lettuce	22 Ham Deli Sandwich Green Beans Romaine Lettuce	23 PB & J Sandwich Cucumber Slices Orange Halves	24 Yogurt Pak with Bagel Spicy Pinto Beans Salsa	25 Hamburger on a Bun Golden French Fries Glazed Carrots
28 Turkey BLT Wrap Breakfast Potatoes Baby Carrots	29 Beef Hotdog on a Bun Baked Beans Celery Sticks	30 PB & J Sandwich Golden French Fries Broccoli Florets Fresh Apple		
				 <p>ChooseMyPlate.gov</p>

INFORMATION

Regular K-3
Regular 4-12
Reduced
Adult
Milk

\$2.75
\$2.90
\$0.40
\$3.85
\$0.50

EXTRA INFO

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