Red Oak Early Childhood Center Breakfast Menu

September 2020

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

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

INFORMATION

 Regular PK-12
 \$1.80

 Reduced
 \$0.30

 Adult
 \$2.10

 Milk
 \$0.50

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



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Red Oak Early Childhood Center Lunch Menu Fresh Vegetable Choices and Seasonal Fruit

September 2020



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

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



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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)	(2)	3	4
	Mini Pancakes	Tiger Brekkie	Pancake on a Stick	French Toast Loaf Cheese Stick
	Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk
7	8	9	(10)	(11)
No School; Labor Day	Cinnamon Cream Cheese	Tiger Brekkie	Mini-Cinnis	Mini Eggo Waffles
	Filled Bagel Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk
14)	(15)	(16)	(17)	(18)
Banana Chocolate Loaf Cheese Stick	Strawberry Cream Cheese Filled Bagel	Tiger Brekkie	Blueberry Muffin Cheese Stick	French Toast Loaf Cheese Stick
Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk
(21)	22)	(23)	24)	(25)
Pancake on a Stick	French Toast Loaf Cheese Stick	Tiger Brekkie	Mini Pancakes	Blueberry Muffin Cheese Stick
Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice . 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk
28	29	30	COO T	
Strawberry Cream Cheese Filled Bagel	Mini French Toast	Tiger Brekkie	4 (4	Going Protein Dorr
Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Though	From Wypetabes

NEDRMATION

Regular PK-12 Reduced Adult Milk RA INFO 05.0\$

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
Taher at 1-712-623-8351



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Red Oak Community School District Elementary Lunch Menu Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(1) Italian Pasta Bake Roasted Cauliflower Romaine Lettuce Cherry Tomato	PB & J Sandwich Green Beans Red Peppers Fresh Apple	Sloppy Joe on a Bun Red Peppers Romaine Lettuce	BBQ Rib Sandwich Corn Celery Sticks
o School; Labor Day	8 Hamburger on a Bun Roasted Broccoli Red Peppers	9 PB & J Sandwich Baked Beans Cherry Tomato Orange Halves	Crispy Chicken Tenders Whole Grain Dinner Roll Corn Baby Carrots	Cheese Personal Pizza Roasted Cauliflower Celery Sticks
d) orn Dog Green Beans Celery Sticks	BBQ Pulled Pork Sandwich Refried Beans Romaine Lettuce	16 PB & J Sandwich Fresh Apple Corn	Popcorn Chicken Whole Grain Dinner Roll Steamed Carrots Cucumber Slices	Cheesy Italian Flatbread Broccoli Florets Red Peppers
1) ispy Chicken Sandwich Roasted Cauliflower Romaine Lettuce	Pasta with Meat Sauce Rip Stick Breadstick Green Beans Romaine Lettuce	PB & J Sandwich Cucumber Slices Orange Halves	Beefy Nachos w/Homemade Cheese Sauce Spicy Pinto Beans Salsa	Hamburger on a Bun Mashed Potatoes Glazed Carrots
ench Toast Sticks Breakfast Potatoes Baby Carrots	Beef Hotdog on a Bun Baked Beans Celery Sticks	PB & J Sandwich Golden French Fries Broccoli Florets Fresh Apple	Franght Thought	Fredsin Cary Truck We petable We petable Truck We petable Truck T

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

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
Taher at 1-712-623-8351



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Red Oak Community School JR/SR High School Breakfast Menu

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

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ואפווטוווו	1 Mini Pancakes	2 Tiger Brekkie	Pancake on a Stick	French Toast Loaf
	Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Cheese Stick Vegetable Selection Orange Juice 1% Milk
7 No School; Labor Day	8 Cinnamon Cream Cheese Filled Bagel	9 Tiger Brekkie	10 Mini-Cinnis	(11) Mini Eggo Waffles
	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk
Banana Chocolate Loaf Cheese Stick Vegetable Selection	Strawberry Cream Cheese Filled Bagel Vegetable Selection	Tiger Brekkie Vegetable Selection	Blueberry Muffin Cheese Stick Vegetable Selection	French Toast Loaf Cheese Stick Vegetable Selection
Canned Fruit 1% Milk	Apple Juice 1% Milk	Fresh Fruit 1% Milk	Orange Juice 1% Milk	Fresh Fruit 1% Milk
21) Pancake on a Stick	French Toast Loaf Cheese Stick	23 Tiger Brekkie	(24) Mini Pancakes	25 Blueberry Muffin Cheese Stick
Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk
28	29 Mil Frank Took	30 Tigor Brokkin		
Strawberry Cream Cheese Filled Bagel Vegetable Selection Canned Fruit 1% Milk	Mini French Toast Vegetable Selection Apple Juice 1% Milk	Tiger Brekkie Vegetable Selection Fresh Fruit 1% Milk	Thought	Vegeteber Vegeteber
				Choose My Plate.gov

NEDRMATION

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

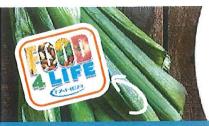
Milk choice of 1% White, Skim or Chocolate Skim

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



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



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31

Classic Cafe Beef Hotdog on a Bun,

Golden French Fries

Diner Station Crispy Chicken Sandwich,

Golden French Fries

Grab and Go Chef Salad

Classic Cafe Sloppy Joe on a Bun, Red Peppers,

Romaine Lettuce

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Chef Salad

Classic Cafe Italian Pasta Bake, Cherry Tomato,

Roasted Cauliflower, Romaine

Lettuce

Pizza Parlor Pepperoni Pizza, Cheese Pizza

Grab and Go Ham Deli Sub Sandwich

Classic Cafe BBQ Rib Sandwich, Corn,

Celery Sticks

Crispy Chicken Nuggets, Whole **Diner Station**

Grain Dinner Roll, Golden French

Fries

Grab and Go Turkey Deli Sub Sandwich

VEDNESDAY

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



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 Taher at 1-712-623-5381





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



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MONDA

No School Labor Day

10

Classic Cafe Crispy Chicken Tenders, Whole

Grain Dinner Roll, Corn, Baby

Carrots

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey Deli Sandwich

WEDNESDAY⁶

Classic Cafe Hamburger on a Bun, Roasted

Broccoli, Red Peppers

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Southwest Chicken Salad

11

Classic Cafe Cheese Pizza, Roasted Cauliflower,

Celery Sticks

Diner Station Crispy Chicken Sandwich,

Golden French Fries

Grab and Go Crispy Chicken Wrap

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



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 Taher at 1-712-623-5381





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



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14

Classic Cafe Corn Dog, Green Beans,

Celery Sticks

Diner Station Hamburger on a Bun, Golden

French Fries

Grab and Go Ham Deli Sub Sandwich

Classic Cafe Popcorn Chicken, Whole Grain

Dinner Roll, Steamed Carrots,

Cucumber Slices

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Caesar Salad

15

Classic Cafe BBQ Pulled Pork Sandwich, Refried

Beans, Romaine Lettuce

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Turkey Ranch Wrap

18

Classic Cafe Cheesy Italian Flatbread, Broccoli

Florets, Red Peppers

Crispy Chicken Tenders, Whole **Diner Station**

Grain Dinner Roll, Golden French

Grab and Go Honey Mustard Ham Wrap

WEDNESDAY!

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

Carrots, Fresh Apple



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 Taher at 1-712-623-5381





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



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21

Classic Cafe Crispy Chicken Sandwich, Roasted

Cauliflower, Romaine Lettuce

Diner Station BBQ Rib Sandwich, Golden

French Fries

Grab and Go Turkey Deli Sub Sandwich

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

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

Classic Cafe Cheeseburger on Bun, Golden

French Fries, Glazed Carrots

Crispy Chicken Nuggets, Whole **Diner Station**

Grain Dinner Roll, Golden French

Grab and Go Ham Deli Sub Sandwich

MEDNESDAY

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

Slices, Orange Halves



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 Taher at 1-712-623-5381





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



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28

Classic Cafe French Toast Sticks, Breakfast

Potatoes, Baby Carrots

Diner Station Crispy Chicken Sandwich,

Golden French Fries

Grab and Go Buffalo Chicken Salad

29

Classic Cafe Beef Hotdog on a Bun, Baked

Beans, Celery Sticks

Pizza Parlor Cheese Pizza, Pepperoni Pizza

Grab and Go Honey Mustard Ham Wrap

WEDNESDAY®

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



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 Taher at 1-712-623-5381



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
	Mini Pancakes	Mini-Cinnis	Pancake on a Stick	French Toast Loaf Cheese Stick Vegetable Selection
	Vegetable Selection Canned Fruit 1% Milk	Vegetable Selection Apple Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk	Orange Juice 1% Milk
7 No School; Labor Day	8 Cinnamon Cream Cheese	9 Blueberry Loaf	10 Mini-Cinnis	11) Mini Eggo Waffles
	Filled Bagel Vegetable Selection Apple Juice 1% Milk	Cheese Stick Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Vegetable Selection Fresh Fruit 1% Milk
14)	15	16	17 Blueberry Muffin	18 French Toast Loaf
Banana Chocolate Loaf Cheese Stick Vegetable Selection Canned Fruit 1% Milk	Strawberry Cream Cheese Filled Bagel Vegetable Selection Apple Juice 1% Milk	Mini Eggo Waffles Vegetable Selection Fresh Fruit 1% Milk	Cheese Stick Vegetable Selection Orange Juice 1% Milk	Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
21 Pancake on a Stick	22) French Toast Loaf	23 Cinnamon Cream Cheese	24) Mini Pancakes	25 Blueberry Muffin
Vegetable Selection Canned Fruit 1% Milk	Cheese Stick Vegetable Selection Apple Juice 1% Milk	Filled Bagel Vegetable Selection Fresh Fruit 1% Milk	Vegetable Selection Orange Juice 1% Milk	Cheese Stick Vegetable Selection Fresh Fruit 1% Milk
28 Complete Company Changes	29 Mini French Toget	30 Mini-Cinnis		Com Francis Surra
Strawberry Cream Cheese Filled Bagel Vegetable Selection Canned Fruit 1% Milk	Mini French Toast Vegetable Selection Apple Juice 1% Milk	Mini-Cinnis Vegetable Selection Fresh Fruit 1% Milk	Thought	Choose MyPlate.gov

NEURMATION

Regular PK-12 Reduced Adult

Adult Milk

\$1.80 \$0.30 \$0.50 \$0.50

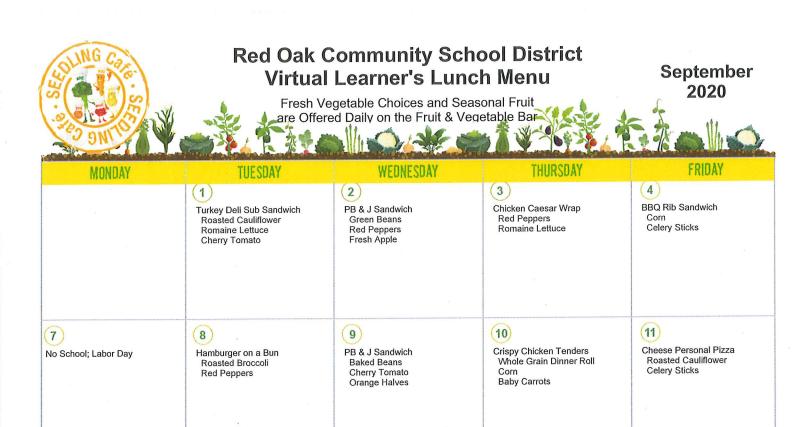
Milk choice of 1% White, Skim or Chocolate Skim

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



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14 Corn Dog Green Beans Celery Sticks

Pretzel Pack Refried Beans Romaine Lettuce

(15)

16 Fresh Apple

PB & J Sandwich Corn

Steamed Carrots

Turkey Deli Sub Sandwich **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

Yogurt Pak with Bagel Spicy Pinto Beans

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





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

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 Taher at 1-712-623-8351



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