Remember to eat your fruits & vegetables

# Red Oak Community School Middle School

## Lunch Menu

April 2017

### 03 MONDAY

| | |
|---|---|
| **Classic Cafe** | Biscuit and Gravy<br>Yogurt Cup<br>Breakfast Potatoes |
| **Diner Station** | Hot Dog |
| **Fresh Choices** | Double Decker PB & J Sandwich |

### 04 TUESDAY

| | |
|---|---|
| **Classic Cafe** | Popcorn Chicken Bites<br>Mashed Potatoes and Gravy<br>Soft Pan Roll |
| **Pizza Parlor** | Pepperoni<br>Cheese |
| **Fresh Choices** | Turkey Sub |

### 05 WEDNESDAY

| | |
|---|---|
| **Classic Cafe** | Southwest Turkey Crunch<br>Mexican Rice |
| **Diner Station** | Chicken Patty Sandwich |
| **Fresh Choices** | Deli Sandwich |

### 06 THURSDAY

| | |
|---|---|
| **Classic Cafe** | Italian Meatball Sub<br>Garden Salad |
| **Pizza Parlor** | Pepperoni<br>Cheese |
| **Fresh Choices** | Honey Mustard Ham Wrap |

### 07 FRIDAY

| | |
|---|---|
| **Classic Cafe** | Cheesy Flatbread<br>Garden Salad |
| **Diner Station** | Chicken Tenders |
| **Fresh Choices** | Yogurt Pack |

### EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the Food Service Director at: riibem@roschools.org, or call 712.621.0042

Menus are subject to change without notice. This institution is an equal opportunity provider.

TAHER
www.taher.com

# Red Oak Community School Middle School

## Lunch Menu

April 2017

### 10 MONDAY

| | |
|---|---|
| **Classic Cafe** | Home-style Meatballs & Gravy over Rice<br>Soft Pan Roll |
| **Diner Station** | Max Stick |
| **Fresh Choices** | Deli Sliders |

### 11 TUESDAY

| | |
|---|---|
| **Classic Cafe** | Carnita Nachos<br>Refried Beans<br>Mexican Corn |
| **Pizza Parlor** | Pepperoni<br>Cheese |
| **Fresh Choices** | Turkey Ranch Wrap |

### 12 WEDNESDAY

| | |
|---|---|
| **Classic Cafe** | Toasted Cheese Sandwich<br>Mediterranean Vegetable Soup |
| **Diner Station** | Cheeseburger |
| **Fresh Choices** | Munchable |

### 13 THURSDAY

| | |
|---|---|
| **Classic Cafe** | Chicken Pot Pie in a Bread Bowl<br>Sweet Green Peas |
| **Pizza Parlor** | Pepperoni<br>Cheese |
| **Fresh Choices** | Pretzel Bites and Cheese Cubes |

### 14 FRIDAY

No School

HOM Feature ~
Fresh Cara Cara

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## Lunch Menu

April 2017

### 17 MONDAY

| | |
|---|---|
| Classic Cafe | Country Chicken in a Bread Bowl<br>Roasted Cauliflower |
| Diner Station | Hot Dog |
| Fresh Choices | Ham Pinwheel |

### 18 TUESDAY

| | |
|---|---|
| Classic Cafe | Lemon Herb Chicken with Baked Potato Halves<br>French Bread Slice |
| Pizza Parlor | Pepperoni<br>Cheese |
| Fresh Choices | Crispy Chicken Wrap |

### 19 WEDNESDAY

| | |
|---|---|
| Classic Cafe | Spaghetti & Meatballs, Garlic Bread Stick, and Green Salad<br>Rice Krispie Bar |
| Diner Station | Chicken Patty Sandwich |
| Fresh Choices | Double Decker PB & J Sandwich |

### 20 THURSDAY

| | |
|---|---|
| Classic Cafe | Hawaiian Ham Sliders<br>Scalloped Potatoes |
| Pizza Parlor | Pepperoni<br>Cheese |
| Fresh Choices | Turkey Sub |

### 21 FRIDAY

| | |
|---|---|
| Classic Cafe | Walking Taco with Lettuce and Tomato<br>Stir-Fried Vegetables |
| Diner Station | Chicken Tenders |
| Fresh Choices | Deli Sandwich |

HOM Feature ~ Fenugreek

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## Lunch Menu

April 2017

### 24 MONDAY

**Classic Cafe**
Salisbury Steak
Mashed Potatoes & Gravy
Soft Pan Roll

**Diner Station**
Max Stick

**Fresh Choice**
Honey Mustard Ham Wrap

### 25 TUESDAY

**Classic Cafe**
Crispy Chicken Parmesan with Pasta
Garlic Toast

**Pizza Parlor**
Pepperoni
Cheese

**Fresh Choices**
Yogurt Pack

### 26 WEDNESDAY

**Classic Cafe**
Pulled Pork Sandwich on a Pretzel Bun
Lemon Garbanzo Bean Salad

**Diner Station**
Chicken Nuggets

**Fresh Choices**
Pretzel Bites with Cheese Cubes

National Pretzel Day

### 27 THURSDAY

**Classic Cafe**
Ham, Turkey & Cheese Egg Bake, Breakfast Potatoes
Rhubarb Muffin Square

**Pizza Parlor**
Pepperoni
Cheese

**Fresh Choices**
Turkey Ranch Wrap

HOM Feature ~
Rhubarb Muffin Square

### 28 FRIDAY

**Classic Cafe**
Orange Chicken
LoMein Noodles
Oatmeal Cookie

**Diner Station**
Spicy Chicken Patty Sandwich

**Fresh Choices**
Munchable

National Oatmeal Cookie Day

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# Red Oak Community School
# Middle School

## Lunch Menu

April 2017

01 MONDAY

01 THURSDAY

01 TUESDAY

01 FRIDAY

01 WEDNESDAY

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