

Don't forget to eat your vegetables.

Red Oak Community School Elementary Lunch Menu

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

31

7

14

(21

28

February

MONDAY

TUESDAY 29

WEDNESDAY

30

6

20

27

THURSDAY

Roasted Hot Dog on a Bun

Oven Roasted Chicken

Baked Potato Halves

French Bread

Beef Taco Salad

FRIDAY National Kiwi Day

2

9

(16

23

Cheese Pizza

1

8

15

(22)

Cowboy BBQ Burger

Yogurt Pak with Pretzel Bites

Roasted Broccoli

Chicken Tender Basket

5

(12

(19)

26

French Bread Fish Nugget Basket

French Bread

Turkey BLT Wrap Kettle Potato Chips *Rice Krispie Treat** Easy Egg Bake

Build Your own Cereal Bowl Ba-Ba-Ba Banana Smoothie Cheese Stick Egg & Chicken Salad Slider Combo Cinnamon Roll

Minted Fruit Salad

BBQ Pulled Pork Sandwich

Italian Meatball Sub

Pretzel Bites w/Cheese Cubes

Tator Tots

HOM: Mango

Carnita Nachos

Hot Ham & Cheese Panini

Turkey Deli Sandwich Black Beans Tortilla Chips Mango Salsa

Cheesy Italian Flatbread

Chicken Parmesan Sandwich

Yogurt Pak with Bagel

Mediterranean Soup

Popcorn Chicken Bowl

Salisbury Steak

Chicken Caesar Wrap Mashed Potatoes & Gravy Whole Grain Dinner Roll

HOM: Okra and Cayenne (13)

Corn Dog

Jambalaya Garlic Toast

Chicken Banh Mi Sandwich

Roasted Okra

Cupid's Macaroni and Cheese

Heartfull Sloppy Joe

Valentine's Munchable

Loveable Roasted Broccoli

National Gum Drop Day

Ham, Egg & Cheese on an **English Muffin**

Pulled Pork on Ciabatta

Turkey Deli Sub Sandwich

Gumdrop Sugar Cookie**

Coleslaw

No School

National Pancake Day

No School

Roast Pork & Gravy

Crispy Chicken Tenders

Turkey BLT Salad Cinnamon Sweet-Apples Mashed Potatoes Whole Grain Dinner Roll

BBQ Chicken on Ciabatta

Philly Flatbread

Chef Salad

Calico Bean Bake *Brownie*

French Bread Pizza

Cheeseburger on Bun

Chicken Taco Salad

Roasted Cauliflower

Grilled Cheese Sandwich

Tuna Panini

Yogurt Pak with Pretzel Bites

Homemade Tomato Soup

Chicken Tender Basket Whole Grain Dinner Roll

All American Burger Basket

Turkey BLT Wrap

Kettle Potato Chips

Chili in a Bread Bowl

Roasted Hot Dog on a Bun Beef Chili

Chicken & Tuna Salad Slider Potato Wedges

Pizza Slider

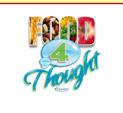
Italian Stromboli

Chef Salad

Garden Salad 'Cookie*

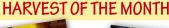


Choose**MyPlate**.gov



Regular PK-3 \$2.55 Regular 4-12 \$2.70 \$0.40 Reduced

Adult \$3.70 \$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 riibem@roschools.org

