Remember to eat your fruits & vegetables

Red Oak Community School High School Lunch Menu

February 2017

30 MONDAY

Classic Cafe	Crispy Chicken Parmesan with Pasta Garlic Toast
Pizza Parlor	Pepperoni Cheese
Diner Station	Cheeseburger and French Fries
Fresh Choices	Chef Salad & Dinner Roll Tuna Salad Sliders
Creation Station	Mac N Cheese Bar

31 TUESDAY

Classic Cafe	Salisbury Steak Mashed Potatoes & Gravy Soft Pan Roll
Pizza Parlor	Pepperoni Cheese
Diner Station	Corn Dog and French Fries
Fresh Choices	Taco Salad & Dinner Roll Deli Sandwich
Creation Station	Mashed Potato Bowl Bar

01 WEDNESDAY

Classic Cafe	Homemade Chili, Cinnamon Roll, Roasted Corn, Rice Krispie Bar
Pizza Parlor	Pepperoni Cheese
Diner Station	Chicken Patty Sandwich and French Fries
Fresh Choices	Southwestern Chicken Salad & Dinner Roll Honey Mustard Ham Wrap
Creation Station	Breakfast Bar

02 THURSDAY

Classic Cafe	Phil's Cheese and Pepperoni Flatbread Breakfast Potatoes
Pizza Parlor	Groundhog Pepperoni Cheese
Diner Station	Punxsutawney BBQ Pork Riblet and French Fries
Fresh Choices	Crispy Chicken Salad & Dinner Roll Turkey Ranch Wrap
Creation Station	Shadow Burrito Bar

03 FRIDAY

Classic Cafe	Crispy Chicken Sub LoMein Noodles
Pizza Parlor	Pepperoni Cheese
Diner Station	Hot Dog and French Fries
Fresh Choices	Garden Vegetable Salad & Dinner Roll Yogurt Pack
Creation Station	Pasta Bar

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 712.623.8351

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February 2017

06 MONDAY

Classic Cafe	Pancakes with Blueberry Topping, Scrambled Egg, Breakfast Potato Casserole
Pizza Parlor	Pepperoni Cheese
Diner Station	Chicken Nuggets and French Fries
Fresh Choices	Turkey BLT Salad & Dinner Roll Double Decker PB & J
Creation Station	Sub Bar

07 TUESDAY

Classic Cafe	Roast Pork and Gravy Cinnamon Sweet Apples Soft Pan Roll
Pizza Parlor	Pepperoni Cheese
Diner Station	Max Stick and French Fries
Fresh Choices	Confetti Ham Pasta Salad & Dinner Roll Crispy Chicken Wrap
Creation Station	Chicken Bowl Bar

08 WEDNESDAY

Classic Cafe	Cheeseburger Fry Bake Calico Beans Breadstick
Pizza Parlor	Pepperoni Cheese
Diner Station	All American Hamburger and French Fries
Fresh Choices	Turkey Sub

09 THURSDAY

Classic Cafe	Chicken Cacciatore Garden Green Beans Garlic Toast
Pizza Parlor	Pepperoni Cheese
Diner Station	Hot N Spicy Chicken Patty Sandwich and French Fries
Fresh Choices	Chicken Caesar Wrap

10 FRIDAY

Classic Cafe	French Bread Pizza Roasted Cauliflower Chocolate Chip Cookie
Pizza Parlor	Pepperoni Cheese
Diner Station	Mini Corn Dog and French Fries
Fresh Choices	Ham Pinwheel

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13 MONDAY

Classic Cafe	BBQ Chicken Sandwich Cajun Kettle Chips
Pizza Parlor	Pepperoni Cheese
Diner Station	Max Stick and French Fries
Fresh Choices	Turkey BLT Wrap

14 TUESDAY

Classic Cafe	Sweetheart Beef Taco Cupid Corn Firenze Salad
Pizza Parlor	Pepperoni Cheese
Diner Station	Love Me Cheeseburger and French Fries
Fresh Choices	Love Tuna Pasta Salad & Dinner Roll

15 WEDNESDAY

Classic Cafe	Chicken Leek & Penne Pasta Bake Garden Green Beans
Pizza Parlor	Pepperoni Cheese
Diner Station	Corn Dog and French Fries
Fresh Choices	Deli Sandwich

16 THURSDAY

Classic Cafe	Philly Flatbread Cheesy Mashed Potatoes
Pizza Parlor	Pepperoni Cheese
Diner Station	Chicken Patty Sandwich and French Fries
Fresh Choices	Popeye Salad & Dinner Roll

17 FRIDAY

Classic Cafe	Jalapeno Chicken Calzini Broccoli Salad
Pizza Parlor	Pepperoni Cheese
Diner Station	BBQ Pork Riblet and French Fries
Fresh Choices	Honey Mustard Ham Wrap

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20 MONDAY

Classic Cafe Biscuit & Gravy
Yogurt Cup
Tri Tator

Pizza Parlor Pepperoni
Cheese

Diner Station Hot Dog and French Fries

Fresh Choices Yogurt Pack

21 TUESDAY

Classic Cafe Pineapple Clove Glazed Ham with Mashed Potatoes & Gravy, Roll and Brownie

Pizza Parlor Pepperoni
Cheese

Diner Station Chicken Nuggets and French Fries

Fresh Choices Buffalo Chicken Salad & Dinner Roll

22 WEDNESDAY

Classic Cafe Chicken Philly Sandwich
Calico Beans

Pizza Parlor Pepperoni
Cheese

Diner Station Max Stick and French Fries

Fresh Choices Double Decker PB & J

23 THURSDAY

Classic Cafe Italian Meatball Sub
Garden Salad

Pizza Parlor Pepperoni
Cheese

Diner Station All American Hamburger and French Fries

Fresh Choices Taco Salad & Dinner Roll

24 FRIDAY

Classic Cafe Chicken Fajitas
Mexican Rice

Pizza Parlor Pepperoni
Cheese

Diner Station Hot N Spicy Chicken Patty Sandwich and French Fries

Fresh Choices Turkey Sub

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30 MONDAY

Classic Cafe	Homemade Meatballs & Gravy over Rice, Breadstick
Pizza Parlor	Pepperoni Cheese
Diner Station	Mini Corn Dog and French Fries
Fresh Choices	Ham Pinwheel

31 TUESDAY

Classic Cafe	Tasty Chicken Tenders Garlic Mashed Potatoes Fresh Bread
Pizza Parlor	Pepperoni Cheese
Diner Station	Cheeseburger and French Fries
Fresh Choices	Confetti Ham Pasta Salad & Dinner Roll

01 WEDNESDAY

Classic Cafe	Cheesy Flatbread Roasted Cauliflower
Pizza Parlor	Pepperoni Cheese
Diner Station	Chicken Tenders and French Fries
Fresh Choices	Turkey BLT Wrap

02 THURSDAY

Classic Cafe	Carnita Nachos Refried Beans Mexican Corn
Pizza Parlor	Pepperoni Cheese
Diner Station	Hot Dog and French Fries
Fresh Choices	Turkey BLT Salad & Dinner Roll

03 FRIDAY

Classic Cafe	Toasted Cheese Sandwich Mediterranean Vegetable Soup & Harvest Bar
Pizza Parlor	Pepperoni Cheese
Diner Station	Chicken Patty Sandwich and French Fries
Fresh Choices	Tuna Salad on Wheat

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