



Don't forget to eat your vegetables.

Red Oak Community School District

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

February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

31

1
Oranges

2
Broccoli

5
Apples

6
Cherry Tomatoes

7
Grapes

8
HOM: Mango
Carrots

9
Bananas

12
Clementines

13
HOM: Okra and Cayenne
Celery

14
Valentine Strawberries

15
Grapes

16
No School

19
No School

20
Cucumbers

21
Grapes

22
Carrots

23
Apples

26
Celery

27
Oranges

28
Grapes

Choose **MyPlate.gov**

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45

HARVEST OF THE MONTH

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