

Meal Prices

August 2016



Irene – Wakonda School District Middle/High School Menu

Breakfast		Lunch	
Grades PK-6	\$1.75	Grades PK-6	\$3.00
Grades 7-12	\$1.80	Grades 7-12	\$3.05
Adult	\$2.05	Adult	\$3.55
Extra Entrée	\$1.00	Extra Entrée	\$1.55
Extra Milk	\$0.45	Extra Milk	\$0.45

Monday

Tuesday

Wednesday

Thursday

Friday



**Eat Your 5 servings
Everyday!**



Breakfast Pizza 17
A. Chicken & Noodles w/Bread
B. Corn Dog
C. Italian Sub
Peas

Cheesy Eggs & Toast 18
A. Beef & Cheese Burrito
B. Popcorn Chicken
C. Roast Beef & Cheese Sub
A&B: Tortilla Chips
Corn

French Toast Sticks 19
A. Tator Tot Casserole w/Bread
B. Cheese Pizza
C. Turkey & Cheese Sub
Green Beans

Cheesy Eggs & Biscuit 22
A. Turkey & Gravy
B. Chicken Nuggets
C. Ham & Cheese Sub
A&B: Bread
Mashed Potatoes w/Gravy

Cinnamon Roll 23
A. Italian Dunker w/Sauce
B. BBQ Meatball Sub
C. Cold Cut Sub
Peas

Pancakes 24
A. Sloppy Joe
B. Hot Dog on Bun
C. Italian Sub
Baked Fries

Breakfast Pizza 25
A. Spaghetti w/Meat Sauce w/Breadstick
B. Chicken Wrap
C. Ham & Cheese Sub
Green Beans

26
No School

Long John Donut 29
A. Chicken Parmesan w/Pasta
B. Cheese Pizza
C. Ham & Cheese Sub
Peas

Sausage Pancake Stick 30
A. BBQ Beef Sandwich
B. Breaded Pork Fritter w/Bread
C. Cold Cut Sub
Mashed Potatoes w/Gravy

Waffles 31
A. Nachos Grande
B. Meatballs w/Gravy
C. Italian Sub
Rice
Corn

Dairy Benefits:

- Brain Development
- Strong Bones/Teeth
- Sports Recovery
- Disease Prevention
- Maintain Strong Muscles & Bones

2-3 servings a day

Milk
Yogurt
Cheese

For more info visit:
www.midwestdairy.com



Breakfast Choices Offered Daily:

- Fruit & 100% Juice
- Breakfast Entrée
- WG Cereal
- Whole Grain Bread/Toast
- Low-Fat, Skim Strawberry & Skim Chocolate Milk

Lunch Choices Offered Daily:

- "A", "B", or "C" Entrees
- Fruit & Vegetable Bar
- Low-Fat, Skim Strawberry & Skim Chocolate Milk