

## Meal Prices

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

# November

## Irene – Wakonda School District Middle/High School Menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Be a Food Label Detective:**  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

**Breakfast Pizza 1**

- A. Italian Dunker
- B. BBQ Meatball Sub
- C. Cold Cut Sub

Carrots

**Cheesy Eggs & Toast 2**

- A. Sloppy Joe
- B. Hot Dog on Bun
- C. Italian Sub

French Fries

**French Toast Sticks 3**

- A. Macaroni & Cheese w/Bread
- B. Taco Quesadillas
- C. Ham & Chees Sub

Green Beans

**4**

No School

**Egg & Cheese Biscuit 7**

- A. Chicken Parmesan w/Pasta
- B. Cheese Pizza
- C. Ham & Cheese Sub

Peas

**Cinnamon Roll 8**

- A. BBQ Beef Sandwich
- B. Breaded Pork Fritter w/Bread
- C. Cold Cut Sub

Mashed Potatoes w/Gravy

**9**

**Pancakes**

- A. Nachos Grande
- B. Meatballs w/Gravy
- C. Italian Sub

A&B: Rice  
Corn

**Breakfast Pizza 10**

- A. Cheesy Chicken Casserole
- B. Cheeseburger
- C. Roast Beef & Cheese Sub

Carrots

**11**

No School

**Long John Donut 14**

- A. Grilled Cheese Sandwich
- B. Crispy Chicken Sandwich
- C. Ham & Cheese Sub

Tomato Soup

**Sausage Pancake Stick 15**

- A. Chili w/Corn Chips
- B. Chicken Nuggets
- C. Cold Cut Sub

Cinnamon Roll  
Peas

**16**

**Waffles**

- A. Super Mexi Tots w/Bread
- B. Pork Rib Sandwich
- C. Italian Sub

Carrots

**Dutch Waffle 17**

- A. Breaded Pork Fritter w/Bread
- B. Roast Beef & Cheese Sub
- Corn
- Mashed Potatoes w/Gravy
- Ice Cream

**18**

No School

**Sausage & Cheese Biscuit 21**

- A. Hot Ham & Cheese
- B. Taco Fiestada Pizza
- C. Ham & Cheese Sub

Peas

**Cheesy Eggs & Toast 22**

- A. Tex-Mex Mac & Cheese w/Bread
- B. Mini Corn Dogs
- C. Cold Cut Sub

Corn

**23**

**Glazed Donut**

- A. Italian Meatball Sub
- B. Hot Dog on Bun
- C. Italian Sub

A&B: Corn Chips  
Carrots

**24**



**25**

No School

**Breakfast Sliders 28**

- A. Italian Pasta Bake w/Breadstick
- B. Cheeseburger
- C. Ham & Cheese Sub

Green Beans

**Breakfast Pizza 29**

- A. Grilled Ham & Cheese
- B. Crispy Chicken Sandwich
- C. Cold Cut Sub

Baked Beans

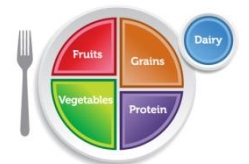
**Cheesy Eggs & Toast 30**

- A. Chicken & Noodles w/Bread
- B. Corn Dog
- C. Italian Sub

Peas

**Are You Hungry...!** All Lunch Meals Include a Nutrient Packed Fruit and Vegetable Bar.

*Eat Your 5 servings*  
**Everyday!**



Choose **MyPlate**.gov

### Breakfast Choices Offered Daily:

- Fruit & 100% Juice
- Breakfast Entrée
- Whole Grain 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



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