

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

October 2016

Irene – Wakonda School District Elementary Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Sliders **3**

- A. Chicken Parmesan w/Pasta
- B. Cheese Pizza

Peas

Breakfast Pizza **4**

- A. BBQ Beef Sandwich
- B. Breaded Pork Fritter w/Bread

Mashed Potatoes w/Gravy

French Toast Sticks **5**

- A. Nachos Grande
- B. Meatballs w/Gravy

Rice
Corn

Egg & Cheese Biscuit **6**

- A. Cheesy Chicken Casserole
- B. Cheeseburger

Carrots

No School

10

No School

Pancakes **11**

- A. Ham & Scalloped Potatoes w/Bread
- B. Pepperoni Pizza

Corn

Breakfast Pizza **12**

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

Carrots

Sausage Pancake Stick **13**

- A. Chili w/Corn Chips
- B. Chicken Nuggets

Cinnamon Roll
Peas

No School

14

Long John Donut **17**

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

Peas

Waffles **18**

- A. Tex-Mex Mac & Cheese w/Bread
- B. Mini Corn Dogs

Corn

Cheesy Eggs & Toast **19**

- A. Doritos Walking Taco
- B. Hot Dog

Carrots

Cinnamon Roll **20**

- A. Spaghetti w/Meat Sauce
- B. Chicken Sticks

Garlic Toast
Green Beans

No School

21

Dutch Waffle **24**

- A. Italian Pasta Bake w/Breadstick
- B. Cheeseburger

Green Beans

Glazed Donut **25**

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

Baked Beans

Sausage & Cheese Biscuit **26**

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

Peas

Breakfast Pizza **27**

- A. Beef & Cheese Burrito
- B. Popcorn Chicken

Tortilla Chips
Corn

No School

28

Breakfast Sliders **31**

- A. Turkey & Gravy
- B. Chicken Nuggets

Boo Jello
Bread
Mashed Potatoes & Gravy

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

*Eat Your 5 servings
Everyday!*



Dairy Benefits:

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

2-3 servings a day



For more info visit:
www.midwestdairy.com

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



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