

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 Middle/High School Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Sliders 3
A. Chicken Parmesan w/Pasta
B. Cheese Pizza
C. Ham & Cheese Sub
Peas

Breakfast Pizza 4
A. BBQ Beef Sandwich
B. Breaded Pork Fritter w/Bread
C. Cold Cut Sub
Mashed Potatoes w/Gravy

French Toast Sticks 5
A. Nachos Grande
B. Meatballs w/Gravy
C. Italian Sub
A&B: Rice
Corn

Egg & Cheese Biscuit 6
A. Cheesy Chicken Casserole
B. Cheeseburger
C. Roast Beef & Cheese Sub
Carrots

No School

No School

Pancakes 11
A. Ham & Scalloped Potatoes w/Bread
B. Pepperoni Pizza
C. Ham & Cheese Sub
Corn

Breakfast Pizza 12
A. Super Mexi Tots w/Bread
B. Pork Rib Sandwich
C. Italian Sub
Carrots

Sausage Pancake Stick 13
A. Chili w/Corn Chips
B. Chicken Nuggets
C. Cold Cut Sub
Cinnamon Roll
Peas

No School

Long John Donut 17
A. Hot Ham & Cheese
B. Taco Fiestada Pizza
C. Ham & Cheese Sub
Peas

Waffles 18
A. Tex-Mex Mac & Cheese w/Bread
B. Mini Corn Dogs
C. Cold Cut Sub
Corn

Cheesy Eggs & Toast 19
A. Doritos Walking Taco w/Rice
B. Hot Dog on Bun
C. Italian Sub
Carrots

Cinnamon Roll 20
A. Spaghetti w/Meat Sauce
B. Chicken Sticks
C. Roast Beef & Cheese Sub
A&B: Garlic Toast
Green Beans

No School

Dutch Waffle 24
A. Italian Pasta Bake w/Breadstick
B. Cheeseburger
C. Ham & Cheese Sub
Green Beans

Glazed Donut 25
A. Grilled Ham & Cheese
B. Crispy Chicken Sandwich
C. Cold Cut Sub
Baked Beans

Sausage & Cheese Biscuit 26
A. Chicken & Noodles w/Bread
B. Corn Dog
C. Italian Sub
Peas

Breakfast Pizza 27
A. Beef & Cheese Burrito
B. Popcorn Chicken
C. Roast Beef & Cheese Sub
A&B: Tortilla Chips
Corn

No School

Breakfast Sliders 31
A. Turkey & Gravy
B. Chicken Nuggets
C. Ham & Cheese Sub
Boo Jello
A&B: 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



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



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