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

September 2016

Irene – Wakonda School District
Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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		**1** Cheesy Sausage & Bisucit A. Cheesy Chicken Casserole B. Cheeseburger Carrots	**2** **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.
5 No School	**6** Cheesy Eggs & Toast A. Chili w/Corn Chips B. Chicken Nuggets Cinnamon Roll Peas	**7** Glazed Donut A. Super Mexi Tots w/Bread B. Pork Rib Sandwich Carrots	**8** Breakfast Sliders A. Ham & Scalloped Potatoes w/Bread B. Pepperoni Pizza Corn	**9** Breakfast Pizza A. Grilled Cheese Sandwich B. Crispy Chicken Sandwich French Fries
12 Cheesy Eggs & Toast A. Hot Ham & Cheese B. Taco Fiestada Pizza Peas	**13** French Toast Sticks A. Tex-Mex Mac & Cheese w/Bread B. Mini Corn Dogs Corn	**14** Cheesy Eggs & Biscuit A. Italian Meatball Sub B. Hot Dog on Bun A&B: Corn Chips Carrots	**15** Cinnamon Roll A. Spaghetti w/Meat Sauce w/Breadstick B. Chicken Wrap Green Beans	**16** Long John Donut A. Beef & Noodles w/Bread B. Cheese Pizza Peas
19 Pancakes A. Italian Pasta Bake w/Breadstick B. Cheeseburger Green Beans	**20** Breakfast Pizza A. Grilled Ham & Cheese B. Crispy Chicken Sandwich Baked Beans	**21** Long John Donut A. Chicken & Noodles w/Bread B. Corn Dog Peas	**22** Sausage Pancake Stick A. Beef & Cheese Burrito B. Popcorn Chicken A&B:Tortilla Chips Corn	**23** No School
26 Waffles A. Turkey & Gravy B. Chicken Nuggets A&B: Bread Mashed Potatoes & Gravy	**27** Cheesy Sausage & Biscuit A. Italian Dunker B. BBQ Meatball Sub Peas	**28** Dutch Waffle A. Sloppy Joe B. Hot Dog on Bun French Fries	**29** Cheesy Eggs & Toast A. Macaroni & Cheese B. Chicken Wrap A: Bread Green Beans	**30** Glazed Donut A. Tater Tot Casserole w/Bread B. Cheese Pizza Carrots

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:

- Fruit & Vegetable Bar
- Low-Fat, Skim Strawberry & Skim Chocolate Milk

Students may select one of the two entrée options

CBM is an equal opportunity provider and employer.