

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 Middle/High School Menu



Monday

Are You Hungry...All Lunch Meals Include a Nutrient Packed Fruit and Vegetable Bar. Eat Your 5 servings Everyday!



Tuesday

Dairy Benefits:

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



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.

5

No School

Cheesy Eggs & Toast 6

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

Cinnamon Roll
Peas

Glazed Donut 7

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

Carrots

Cheesy Sausage & Biscuit 1

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

Carrots

Breakfast Pizza 9

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

French Fries

Cheesy Eggs & Toast 12

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

Peas

French Toast Sticks 13

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

Corn

Cheesy Eggs & Biscuit 14

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

A&B: Corn Chips
Carrots

Cinnamon Roll 15

- A. Spaghetti w/ Meat Sauce w/ Breadstick
- B. Chicken Wrap
- C. Roast Beef & Cheese Sub

Green Beans

Long John Donut 16

Sack Lunch
Homecoming!

Pancakes 19

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

Green Beans

Breakfast Pizza 20

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

Baked Beans

Long John Donut 21

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

Peas

Sausage Pancake Stick 22

- A. Beef & Cheese Burrito
- B. Popcorn Chicken
- C. Ham & Cheese Sub

A&B: Tortilla Chips
Corn

No School 23

No School

Waffles 26

- A. Turkey & Gravy
- B. Chicken Nuggets
- C. Ham & Cheese Sub

A&B: Bread
Mashed Potatoes & Gravy

Cheesy Sausage & Biscuit 27

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

Peas

Dutch Waffle 28

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

French Fries

Cheesy Eggs & Toast 29

- A. Macaroni & Cheese
- B. Chicken Wrap
- C. Roast Beef & Cheese Sub

A: Bread
Green Beans

Glazed Donut 30

- A. Tater Tot Casserole w/ Bread
- B. Cheese Pizza
- C. Turkey & Cheese Sub

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:

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

