

## 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

# April 2017

## Irene – Wakonda School District Elementary School 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

#### Pancakes **10**

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

Corn

#### Glazed Donut **11**

- A. Sliced Turkey

Bread  
Ice Cream  
Mashed Potatoes w/Gravy

#### Breakfast Pizza **12**

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

Carrots

#### Cinnamon Roll **13**

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

Garlic Toast  
Green Beans

No School **14**



**17**

No School

#### Waffles **18**

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

Corn

#### Cheesy Eggs & Toast **19**

- A. Doritos Walking Taco
- B. Chicken Wrap

Carrots

#### Sausage Pancake Stick **20**

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

Cinnamon Roll  
Peas

#### Long John Donut **21**

- A. Cheesy Scrambled Eggs w/French Toast Sticks
- B. Taco Fiestada Pizza

Tater Tots

#### Dutch Waffle **24**

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

Green Beans

#### Glazed Donut **25**

- A. Grilled Turkey & Swiss
- 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

**28**

No School



**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

Milk

Yogurt

Cheese

For more info visit:  
[www.midwestdairy.com](http://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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