

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 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

Pancakes **10**

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

Corn

Glazed Donut **11**

- A. Sliced Turkey w/Bread
- B. Roast Beef & Cheese Sub

Ice Cream
Mashed Potatoes w/Gravy

Breakfast Pizza **12**

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

Carrots

Cinnamon Roll **13**

- A. Spaghetti w/Meat Sauce
- B. Chicken Sticks
- C. Turkey & Cheese Sub

A&B: Garlic Toast
Green Beans

No School **14**



17

No School

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. Chicken Wrap
- C. Italian Sub

Carrots

Sausage Pancake Stick **20**

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

Cinnamon Roll
Peas

Long John Donut **21**

- A. Cheesy Scrambled Eggs w/French Toast Sticks
- B. Taco Fiestada Pizza
- C. Ham & Cheese Sub

Tater Tots

Dutch Waffle **24**

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

Green Beans

Glazed Donut **25**

- A. Grilled Turkey & Swiss
- 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 **28**



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

Eat Your 5 servings Everyday!



Dairy Benefits:

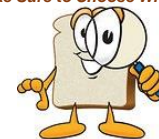
- Brain Development
- Strong Bones/Teeth
- Sports Recovery
- Disease Prevention
- Maintain Strong Muscles & Bones

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



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