

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

February 2017

Irene – Wakonda School District Elementary School Menu



Monday

Tuesday

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.

Pancakes **6**

- A. Hot Ham & Cheese
- B. Taco Fiestada Pizza

Peas

Breakfast Pizza **7**

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

Corn

French Toast Sticks **1**

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

Carrots

Egg & Cheese Biscuit **2**

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

Corn

3

No School

Breakfast Pizza **13**

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

Green Beans

Cheesy Eggs & Toast **14**

- A. Pulled Pork Sandwich
- B. Crispy Chicken Sandwich

Jello
Baked Beans



French Toast Sticks **15**

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

Peas

Egg & Cheese Biscuit **16**

- A. Beef & Cheese Burrito
- B. Popcorn Chicken

Tortilla Chips
Corn

17

No School

20

No School

Breakfast Pizza **21**

- A. Italian Dunker
- B. BBQ Meatball Sub

Carrots

Sausage Pancake Stick **22**

- A. Sloppy Joe
- B. Hot Dog on Bun

Corn

Long John Donut **23**

- A. Macaroni & Cheese w/Bread
- B. Taco Quesadillas

Green Beans

Cinnamon Roll **24**

- A. Scrambled Cheesy Eggs w/French Toast Sticks
- B. Chicken Wrap

Tater Tots

Cheesy Eggs & Toast **27**

- A. Tater Tot Hotdish w/Bread
- B. Cheese Pizza

Peas

Sausage & Cheese Biscuit **28**

- A. Chicken Nuggets
- B. Breaded Pork Fritter

Bread
Mashed Potatoes w/Gravy

Dairy Benefits:

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

2-3
serving a day

Milk

Yogurt

Cheese



For more info visit:
www.midwestdairy.com

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

Eat Your 5 servings Everyday!



Breakfast Choices Offered Daily:

- Fruit & 100% Juice
- Breakfast Entrée
- Whole Grain 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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