

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 Middle/High 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
- C. Ham & Cheese Sub

Peas

Breakfast Pizza **7**

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

Corn

Long John Donut **8**

- A. Doritos Walking Taco w/Rice
- B. Hot Dog on Bun
- C. Italian Sub

Carrots

Sausage Pancake Stick **9**

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

A&B: Garlic Toast
Green Beans

No School **10**

Breakfast Pizza **13**

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

Green Beans

Cheesy Eggs & Toast **14**

- A. Pulled Pork Sandwich
- B. Crispy Chicken Sandwich
- C. Cold Cut Sub

Jello
Baked Beans



French Toast Sticks **15**

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

Peas

Egg & Cheese Biscuit **16**

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

A&B: Tortilla Chips
Corn

No School **17**

No School **20**

No School

Breakfast Pizza **21**

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

Carrots

Sausage Pancake Stick **22**

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

Corn

Long John Donut **23**

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

Green Beans

Cinnamon Roll **24**

- A. Scrambled Cheesy Eggs w/French Toast Sticks
- B. Chicken Wrap
- C. Turkey & Cheese Sub

Tater Tots

Cheesy Eggs & Toast **27**

- A. Tater Tot Hotdish w/Bread
- B. Cheese Pizza
- C. Ham & Cheese Sub

Peas

Sausage & Cheese Biscuit **28**

- A. Chicken Nuggets
- B. Breaded Pork Fritter
- C. Cold Cut Sub

A&B: Bread
Mashed Potatoes w/Gravy

Dairy Benefits:

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

2-3 cups 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", "B", or "C" Entrees
- Fruit & Vegetable Bar
- Low-Fat, Skim Strawberry & Skim Chocolate Milk



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