

## 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

# January 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 3**

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

Peas

**Breakfast Pizza 4**

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

Corn

**Long John Donut 5**

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

Corn Chips  
Carrots

**Sausage Pancake Stick 6**

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

Garlic Toast  
Green Beans

**Breakfast Pizza 9**

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

Green Beans

**Breakfast Sliders 10**

- A. Grilled Ham & Cheese
- B. Crispy Chicken Sandwich

Baked Beans

**Cinnamon Roll 11**

- A. Cheesy Scrambled Eggs w/French Toast Sticks
- B. Corn Dog

Tater Tots

**Egg & Cheese Biscuit 12**

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

Tortilla Chips  
Corn

**13**

No School

**16**

No School

**Breakfast Pizza 17**

- A. Italian Dunker
- B. BBQ Meatball Sub

Carrots

**Sausage Pancake Stick 18**

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

French Fries

**Long John Donut 19**

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

Green Beans

**Cinnamon Roll 20**

- A. Doritos Walking Taco
- B. Chicken Wrap

Corn

**Cheesy Eggs & Toast 23**

- A. Chicken Parmesan w/Pasta
- B. Cheese Pizza

Peas

**Sausage & Cheese Biscuit 24**

- A. Grilled Chicken Sandwich
- B. Breaded Pork Fritter w/Bread

Mashed Potatoes w/Gravy

**Dutch Waffle 25**

- A. Nachos Grande
- B. Meatballs w/Gravy

Rice  
Corn

**Breakfast Sliders 26**

- A. Cheesy Chicken Penne
- B. Cheeseburger

Carrots

**27**

No School

**Breakfast Pizza 30**

- A. Grilled Cheese Sandwich
- B. Crispy Chicken Sandwich

Tomato Soup

**Cheesy Eggs & Toast 31**

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

Cinnamon Roll  
Peas



**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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