

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 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 3

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

Peas

Breakfast Pizza 4

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

Corn

Long John Donut 5

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

A&B: Corn Chips
Carrots

Sausage Pancake Stick 6

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

A&B: Garlic Toast
Green Beans

Breakfast Pizza 9

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

Green Beans

Breakfast Sliders 10

- A. Grilled Ham & Cheese
- B. Crispy Chicken Sandwich
- C. Cold Cut Sub

Baked Beans

Cinnamon Roll 11

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

Tater Tots

Egg & Cheese Biscuit 12

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

A&B: Tortilla Chips
Corn

13

No School

16

No School

Breakfast Pizza 17

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

Carrots

Sausage Pancake Stick 18

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

French Fries

Long John Donut 19

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

Green Beans

Cinnamon Roll 20

- A. Doritos Walking Taco w/Rice
- B. Chicken Wrap
- C. Turkey & Cheese Sub

Corn

Cheesy Eggs & Toast 23

- A. Chicken Parmesan w/Pasta
- B. Cheese Pizza
- C. Ham & Cheese Sub

Peas

Sausage & Cheese Biscuit 24

- A. Grilled Chicken Sandwich
- B. Breaded Pork Fritter w/Bread
- C. Cold Cut Sub

Mashed Potatoes w/Gravy

Dutch Waffle 25

- A. Nachos Grande
- B. Meatballs w/Gravy
- C. Italian Sub

A&B: Rice
Corn

Breakfast Sliders 26

- A. Cheesy Chicken Casserole
- B. Cheeseburger
- C. Roast Beef & Cheese Sub

Carrots

27

No School

Breakfast Pizza 30

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

Tomato Soup

Cheesy Eggs & Toast 31

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

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



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