

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

March 2017

Irene – Wakonda School District Middle/High School Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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

Eat Your 5 servings Everyday!



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.

Dutch Waffle **1**

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

Ash Wednesday

Tomato Soup

Breakfast Sliders **2**

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

Carrots

3

No School

French Toast Sticks **6**

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

Carrots

Cheesy Eggs & Toast **7**

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

Cinnamon Roll
Peas

Egg & Cheese Biscuit **8**

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

Corn

Cinnamon Roll **9**

- A. BBQ Beef Sandwich
- B. Breaded Pork Fritter w/Bread
- C. Cold Cut Sub

Mashed Potatoes w/Gravy

10

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Pancakes **13**

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

Peas

Breakfast Pizza **14**

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

Corn

Sausage Pancake Stick **15**

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

A&B: Garlic Toast
Green Beans

Long John Donut **16**

- A. Doritos Walking Taco w/Rice
- B. Chicken Wrap
- C. Italian Sub

Carrots

17

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Breakfast Sliders **20**

- A. Italian Pasta Bake w/Breadstick
- B. Grilled Chicken Sandwich
- C. Ham & Cheese Sub

Green Beans

Cheesy Eggs & Toast **21**

- A. Grilled Turkey & Swiss
- B. Crispy Chicken Sandwich
- C. Cold Cut Sub

Baked Beans

Waffles **22**

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

Peas

Sausage & Cheese Biscuit **23**

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

A&B: Tortilla Chips
Corn

24

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Pancakes **27**

- A. Turkey & Gravy
- B. Chicken Nuggets
- C. Ham & Cheese Sub

A&B: Bread
Mashed Potatoes & Gravy

Breakfast Pizza **28**

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

Carrots

Sausage Pancake Stick **29**

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

French Fries

Glazed Donut **30**

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

Green Beans

31

No School

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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