

## 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

# May 2017

## Irene – Wakonda School District Elementary School Menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1**  
Pancakes  
A. Turkey & Gravy  
B. Chicken Nuggets

**2**  
Breakfast Pizza  
A. Italian Dunker  
B. BBQ Meatball Sub

**3**  
Sausage Pancake Stick  
A. Sloppy Joe  
B. Hot Dog on Bun

**4**  
Long John Donut  
A. Macaroni & Cheese w/Bread  
B. Taco Quesadillas

No School

Bread  
Mashed Potatoes & Gravy

Carrots

French Fries

Green Beans

**8**  
Cheesy Eggs & Toast  
A. Chicken Parmesan w/Pasta  
B. Cheese Pizza

**9**  
Sausage & Cheese Biscuit  
A. Chicken Sandwich  
B. Breaded Pork Fritter w/Bread

**10**  
Dutch Waffle  
A. Nachos Grande  
B. Meatballs w/Gravy

**11**  
Breakfast Sliders  
A. Cheesy Chicken Casserole  
B. Cheeseburger

**12**  
Breakfast Pizza  
A. Grilled Cheese Sandwich  
B. Chicken Nuggets w/Bread

Peas

Mashed Potatoes w/Gravy

Rice  
Corn

Carrots

Green Beans

**15**  
Glazed Donut  
A. Hot Dog on Bun  
B. Taco Fiestada Pizza

**16**  
French Toast Sticks  
A. Super Mexi Tots w/Bread  
B. Pork Rib Sandwich

**17**  
Egg & Cheese Biscuit  
A. Tater Tot Hotdish w/Bread  
B. Pepperoni Pizza

**18**  
**SCHOOL IS OUT!**  
SCREAM AND SHOUT

**19**  
  
have a safe summer

Tater Tots

Carrots

Corn

summer explore READ  
Be Healthy Be Active

A summer garden is a great way to increase **FRUIT & VEGETABLE** consumption!



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

*Eat Your 5 servings Everyday!*



**Dairy Benefits:**

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

2-3 servings a day



For more info visit: [www.midwestdairy.com](http://www.midwestdairy.com)

**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.

### Breakfast Choices Offered Daily:

- Fruit & 100% Juice
- Breakfast Entrée
- WG 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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