

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 Middle/High School Menu



Monday

Tuesday

Wednesday

Thursday

Friday

1
Pancakes
A. Turkey & Gravy
B. Chicken Nuggets
C. Ham & Cheese Sub

A&B: Bread
Mashed Potatoes & Gravy

2
Breakfast Pizza
A. Italian Dunker
B. BBQ Meatball Sub
C. Cold Cut Sub

Carrots

3
Sausage Pancake Stick
A. Sloppy Joe
B. Taco Quesadilla's
C. Italian Sub

French Fries

4
Long John Donut
Picnic in the Park
Hot Dog on Bun
Pork n' Beans
Apple
Chips
Cookie

5

No School

8
Cheesy Eggs & Toast
A. Chicken Parmesan w/Pasta
B. Cheese Pizza
C. Ham & Cheese Sub

Peas

9
Sausage & Cheese Biscuit
A. BBQ Beef Sandwich
B. Breaded Pork Fritter w/Bread
C. Cold Cut Sub

Mashed Potatoes w/Gravy

10
Dutch Waffle
A. Nachos Grande
B. Meatballs w/Gravy
C. Italian Sub

A&B: Rice
Corn

11
Breakfast Sliders
A. Cheesy Chicken Casserole
B. Cheeseburger
C. Roast Beef & Cheese Sub

Carrots

12
Breakfast Pizza
A. Grilled Cheese Sandwich
B. Chicken Nuggets w/Bread
C. Turkey & Cheese Sub

Green Beans

15
Glazed Donut
A. Hot Dog on Bun
B. Taco Fiestada Pizza
C. Ham & Cheese Sub

Tater Tots

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

Carrots

17
Egg & Cheese Biscuit
A. Ham & Scalloped Potatoes w/Bread
B. Pepperoni Pizza
C. Ham & Cheese Sub

Corn

18
SCHOOL IS OUT!
SCREAM AND SHOUT

19

have a safe summer



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

Milk
Yogurt
Cheese

For more info visit: 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", "B", or "C" Entrees
- Fruit & Vegetable Bar
- Low-Fat, Skim Strawberry & Skim Chocolate Milk

