




West Des Moines Community Schools

FEBRUARY 2010 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily: *Lettuce/Romaine and *Baby Carrots Several Fruit Selections Milk Choices: Skim, 1%, Chocolate & Strawberry Skim Alternate Entrée: *Salad with Cold Meat or Cheese Option Yogurt *Availability of fresh fruits and vegetables may be limited due to weather conditions. A variety of condiments offered daily				
		Meal Prices Breakfast Prices Student (K-6)- \$1.45 Student (7-12)- \$1.55 Reduced Price- \$.30 Adults- \$1.75 Lunch Prices Student (K-6)- \$2.35 Student (7-12)- \$2.45 Reduced Price- \$.40 Adults- \$3.10		
 				
1 Cereal [⊙] , Toast Juice, Milk <hr/> Walking Taco Cold Option: Chicken[§] Cornbread Seasoned Black Beans Pepper Sticks Mixed Fruit 7 - 12 Grade: Pizza Bar	2 French Toast Sticks Juice, Milk <hr/> Corndog[§] Cold Option: Sunbutter Mashed Sweet Potatoes Zucchini Slices Fresh Kiwi 7 - 12 Grade: Potato Bar	3 Cereal [⊙] , Toast Juice, Milk <hr/> Grilled Cheese Sandwich Cold Option: Ham* Cream of Tomato Soup Cauliflowerettes Blueberries 7 - 12 Grade: Mexican Bar	4 Egg Omelet Juice, Milk <hr/> Chicken Leg[§] Cold Option: Cheese Dinner Roll [⊙] Seasoned Corn Coleslaw Chilled Apricots 7 - 12 Grade: Pasta Bar	5 Cereal [⊙] , Toast Juice, Milk <hr/> Italian Meat* Sandwich Cold Option: Cottage Cheese Winter Blend Veggies w/ Cheese Chilled Peas Fruit Cup 7-12 Grade: International Bar
8 Cereal [⊙] , Toast Juice, Milk <hr/> Hot Dog* on a Bun Cold Option: Turkey[§] Baked Beans Cucumber Slices Pineapple Tidbits M&M Cookie 7 - 12 Grade: Pizza Bar	9 Cereal [⊙] , Toast Juice, Milk <hr/> Cheese Pizza[⊙] Cold Option: Ham* Mixed Vegetables Celery Sticks Applesauce 7 - 12 Grade: Breakfast Bar	10 Breakfast Burrito* Juice, Milk <hr/> Spaghetti w/ Meatballs Cold Option: Cheese Garlic Bread Italian Vegetable Blend Broccoli Fresh Banana 7 - 12 Grade: Mexican Bar	11 Cereal [⊙] , Toast Juice, Milk <hr/> Chicken Tenders[§] Cold Option: Boiled Egg Dinner Roll [⊙] Glazed Carrots Marinated Vegetable Salad Sliced Peaches 7 - 12 Grade: Pasta Bar	12 French Toast Casserole Juice, Milk <hr/> BBQ Rib* Sandwich Cold Option: Sunbutter Seasoned Cauliflower Zucchini Sticks Mandarin Oranges 7-12 Grade: International Bar
15 Cereal [⊙] , Toast Juice, Milk <hr/> Chicken Patty[§] on a Bun Cold Option: Cottage Cheese California Blend Vegetables Radishes Diced Pears 7 - 12 Grade: Pizza Bar	16 Cereal [⊙] , Toast Juice, Milk <hr/> Beef & Cheese Nachos[⊙] Cold Option: Chicken[§] Cornbread Ranch Beans Broccoli Chilled Apricots 7 - 12 Grade: Potato Bar	17 Breakfast Pizza* Juice, Milk <hr/> Pancakes[⊙] & Omelet Cold Option: Ham* Tator Tots Celery Sticks Strawberry Sauce 7 - 12 Grade: Mexican Bar	18 Cereal [⊙] , Toast Juice, Milk <hr/> Toasted Ham/Cheese Sandwich Cold Option: Cheese Seasoned Peas Assorted Raw Veggies Fresh Grapes 7 - 12 Grade: Pasta Bar	19 Inservice No School For Students 
22 Cereal [⊙] , Toast Juice, Milk <hr/> Turkey[§] & Gravy Cold Option: Sunbutter Dinner Roll [⊙] Mashed Potatoes Broccoli Sliced Peaches 7 - 12 Grade: Pizza Bar	23 Pancakes [⊙] Juice, Milk <hr/> Loco Beef Taco Cold Option: Boiled Egg Chuckwagon Beans & Corn Pepper Sticks Pineapple Tidbits 7 - 12 Grade: Potato Bar	24 Cereal [⊙] , Toast Juice, Milk <hr/> Chicken Nuggets[⊙] § Cold Option: Cheese Dinner Roll [⊙] Peas & Carrots Pasta Salad Orange Wedges 7 - 12 Grade: Mexican Bar	25 Breakfast Cake Juice, Milk <hr/> French Toast & Sausage Patties* Cold Option: Cottage Cheese Hashbrown Wedge Cucumber Slices Cinnamon Apples 7 - 12 Grade: Pasta Bar	26 Cereal [⊙] , Toast Juice, Milk <hr/> Cheese Dippers Cold Option: Chicken[§] Marinara Sauce Cauliflowerettes Mixed Fruit Chewy Chocolate Cookie 7-12 Grade: International Bar

*Entrée may contain pork

§ Entrée may contain poultry

⊙ Whole Grain Product

This institution is an equal opportunity provider

Menu subject to change without notice