

West Des Moines Community Schools

January 2010 BREAKFAST AND LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Available Daily:


Assorted Lettuce and Baby Carrots
 Several Fruit Selections
 Milk: Skim, 1%, Chocolate Skim, Strawberry Skim

Students should choose one of the following Entrees offered daily:

Hot Entrée, Salad with Cold Option or Yogurt

A variety of condiments offered daily



<p>4 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Hot Dog* on a Bun Cold Option: Turkey [§] Baked Beans Cucumber Slices Pineapple Tidbits</p> <p>7 - 12 Grade: Pizza Bar</p>	<p>5 French Toast Sticks Juice, Milk</p> <hr/> <p>Cheese Pizza [⊙] Cold Option: Ham* Mixed Vegetables Cherry Tomatoes Applesauce</p> <p>7 - 12 Grade: Breakfast Bar</p>	<p>6 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Spaghetti Cold Option: Cheese Garlic Bread Italian Vegetable Blend Broccoli Fresh Banana</p> <p>7 - 12 Grade: Mexican Bar</p>	<p>7 Egg Omelet Juice, Milk</p> <hr/> <p>Chicken Tenders [§] Cold Option: Boiled Egg Dinner Roll [⊙] Glazed Carrots Marinated Vegetable Salad Sliced Peaches</p> <p>7 - 12 Grade: Pasta Bar</p>	<p>8 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>BBQ Rib* Sandwich Cold Option: Sunbutter Seasoned Cauliflower Zucchini Sticks Mandarin Oranges Cookie</p> <p>7 - 12 Grade: International Bar</p>
<p>11 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Chicken Patty [§] on a Bun Cold Option: Cottage Cheese California Blend Vegetables Radishes Diced Pears</p> <p>7-12 Grade: Pizza Bar</p>	<p>12 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Sweet & Sour Meatballs Cold Option: Chicken [§] Dinner Roll [⊙] Mashed Potatoes Broccoli Salad Fresh Grapes</p> <p>7 - 12 Grade: Potato Bar</p>	<p>13 Breakfast Pizza* Juice, Milk</p> <hr/> <p>Pancakes [⊙] & Sausage Patties* Cold Option: Turkey [§] Tator Tots Celery Sticks Strawberry Sauce</p> <p>7 - 12 Grade: Mexican Bar</p>	<p>14 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Beef & Cheese Nachos [⊙] Cold Option: Ham* Cornbread Seasoned Corn Chilled Peas Red & Green Apple <i>Planned by Mr Nidey's Class CV</i></p> <p>7 - 12 Grade: Pasta Bar</p>	<p>15 Breakfast Cake Juice, Milk</p> <hr/> <p>Breaded Pork Patty* on a Bun Cold Option: Cheese Ranch Beans Raw Veggies Chilled Apricots</p> <p>7 - 12 Grade: International Bar</p>
<p>18 Professional Development Day No School for Students</p> 	<p>19 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Loco Beef Taco Cold Option: Boiled Egg Chuckwagon Beans & Corn Pepper Sticks Pineapple Tidbits</p> <p>7 - 12 Grade: Potato Bar</p>	<p>20 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Chicken Nuggets [⊙] [§] Cold Option: Sunbutter Dinner Roll [⊙] Peas & Carrots Pasta Salad Orange Wedges</p> <p>7 - 12 Grade: Mexican Bar</p>	<p>21 Breakfast Pizza* Juice, Milk</p> <hr/> <p>French Toast & Sausage Patties* Cold Option: Cottage Cheese Hashbrown Wedge Cucumber Slices Cinnamon Apples</p> <p>7 - 12 Grade: Pasta Bar</p>	<p>22 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Cheese Dippers Cold Option: Chicken [§] Marinara Sauce Cauliflowerettes Mixed Fruit w/ Mangoes Chocolate Chip Cookie</p> <p>7 - 12 Grade: International Bar</p>
<p>25 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Orange Chicken [§] w/ Rice Cold Option: Ham* Garlic Bread Seasoned Broccoli Cucumber Slices Strawberries <i>Planned by Mrs. Garland's Class CV</i></p> <p>7 - 12 Grade: Pizza Bar</p>	<p>26 Breakfast Burrito* Juice, Milk</p> <hr/> <p>Hamburger on a Bun Cold Option: Turkey [§] Oven Roasted Potatoes 5 Bean Salad Sliced Peaches</p> <p>7 - 12 Grade: Breakfast Bar</p>	<p>27 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Chicken Fajita [§] Cold Option: Cheese Cornbread Fajita Blend Vegetables Diced Tomatoes Fresh Apple</p> <p>7 - 12 Grade: Mexican Bar</p>	<p>28 French Toast Casserole [⊙] Juice, Milk</p> <hr/> <p>Real Slice Pepperoni Pizza [⊙] Cold Option: Boiled Egg Seasoned Peas Celery Sticks Fruit Salad</p> <p>7 - 12 Grade: Pasta Bar</p>	<p>29 Cereal [⊙], Toast Juice, Milk</p> <hr/> <p>Macaroni & Cheese Cold Option: Sunbutter Breadstick Seasoned Green Beans Diced Beets Mandarin Oranges</p> <p>7 - 12 Grade: International Bar</p>

*Entrée may contain pork

[§] Entrée may contain poultry

[⊙] Whole Grain Product

This institution is an equal opportunity provider

Menu subject to change without notice