

West Des Moines Community Schools

August/September 2009 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily: Lettuce/Romaine and Baby Carrots Several Fruit Selections Milk Choices: Skim, 1%, Chocolate Skim, 1% Strawberry				
A variety of condiments offered		Students should choose one of the following Entrees offered daily: Hot Entrée, Salad with Cold Option or Yogurt		
31 Cereal [Ⓞ] , Toast Juice, Milk Chicken Patty^{Ⓞ§} on a Bun Cold Option: Sun Butter Glazed Carrots Zucchini Sticks Pineapple Tidbits 7 - 12 Grade: Pizza Bar	1 Cereal [Ⓞ] , Toast Juice, Milk Beef Taco Cold Option: Cottage Cheese Cornbread Chuckwagon Corn & Beans Diced Tomatoes Fresh Kiwi 7 - 12 Grade: Potato Bar	2 Cereal [Ⓞ] , Toast Juice, Milk Cheese Pizza[Ⓞ] Cold Option: Ham* Seasoned Peas Cauliflowerettes Apricots 7 - 12 Grade: Mexican Bar	3 Pancakes [Ⓞ] Juice, Milk Cavatelli Cold Option: Boiled Egg Garlic Bread Italian Vegetables Broccoli Fresh Banana 7 - 12 Grade: Pasta Bar	4 Breakfast Cake Juice, Milk Pork Patty* on a Bun[Ⓞ] Cold Option: Cheese Green Bean Casserole Cucumber Salad Mandarin Oranges Chocolate Chip Cookie 7 - 12 Grade: International Bar
7	8 Cereal [Ⓞ] , Toast Juice, Milk Chicken Nuggets^{Ⓞ§} Cold Option: Ham* Dinner Roll [Ⓞ] Seasoned Corn Radishes Watermelon 7 - 12 Grade: Potato Bar	9 Breakfast Pizza* Juice, Milk Pancakes[Ⓞ] & Sausage Links* Cold Option: Cheese Hashbrown Wedge Raw Veggies Strawberry Sauce 7 - 12 Grade: Mexican Bar	10 Egg Patty, Toast Juice, Milk Corndog^{Ⓞ§} Cold Option: Sun Butter Baked Beans Marinated Vegetable Salad Fresh Plum 7 - 12 Grade: Pasta Bar	11 Cereal [Ⓞ] , Toast Juice, Milk Beef & Cheese Nachos[Ⓞ] Cold Option: Chicken[§] Cornbread Mixed Vegetables Pepper Slices Diced Pears 7 - 12 Grade: International Bar
14 Cereal [Ⓞ] , Toast Juice, Milk Meatloaf Sandwich Cold Option: Sun Butter Mashed Potatoes Zucchini Slices Mandarin Oranges Sugar Cookie 7 - 12 Grade: Pizza Bar	15 French Toast Sticks Juice, Milk Macaroni & Cheese Cold Option: Turkey[§] Breadstick Seasoned Peas Broccoli Fresh Grapes 7 - 12 Grade: Potato Bar	16 Cereal [Ⓞ] , Toast Juice, Milk Walking Taco[Ⓞ] Cold Option: Boiled Egg Mexi Corn 5 Bean Salad Applesauce 7 - 12 Grade: Mexican Bar	17 Cereal [Ⓞ] , Toast Juice, Milk Real Slice Pepperoni Pizza^{Ⓞ§} Cold Option: Cottage Cheese California Blend Vegetables Celery Sticks Fresh Melon 7 - 12 Grade: Pasta Bar	18 Cornbread & Honey Juice, Milk Chicken Bites[§] Cold Option: Ham* Dinner Roll [Ⓞ] Oriental Vegetables Sliced Beets Fruit cup 7 - 12 Grade: International Bar
21 Cereal [Ⓞ] , Toast Juice, Milk Soft Shell[Ⓞ] Beef Taco Cold Option: Sun Butter Cornbread Refried Beans Diced Tomatoes Mixed Fruit 7 - 12 Grade: Pizza Bar	22 Egg Omelet Juice, Milk French Toast & Sausage Patty* Cold Option: Cheese Oven Roasted Potatoes Celery Sticks Cinnamon Apples 7 - 12 Grade: Potato Bar	23 Cereal [Ⓞ] , Toast Juice, Milk Chicken Tenders[§] Cold Option: Ham* Cinni Bun [Ⓞ] Broccoli w/Cheese Sauce Cauliflowerettes Fresh Strawberries 7 - 12 Grade: Mexican Bar	24 Breakfast Pizza* Juice, Milk Hot Dog*[§] on a Bun[Ⓞ] Cold Option: Chicken[§] Peas & Carrots Pasta Salad Cantaloupe 7 - 12 Grade: Pasta Bar	25 Cereal [Ⓞ] , Toast Juice, Milk Cheese Dippers[Ⓞ] Cold Option: Turkey[§] Marinara Sauce Cucumber Slices Pineapple Tidbits 7 - 12 Grade: International Bar
28 Cereal [Ⓞ] , Toast Juice, Milk Double Stuffed Pizza[Ⓞ] Cold Option: Ham* Mashed Sweet Potatoes Broccoli Fresh Apple 7 - 12 Grade: Pizza Bar	29 Cereal [Ⓞ] , Toast Juice, Milk Orange Chicken[§] w/ Rice Cold Option: Boiled Egg Dinner Roll [Ⓞ] Stir-Fry Vegetables Pepper Slices Mixed Fruit 7 - 12 Grade: Potato Bar	30 Breakfast Burrito Juice, Milk Grilled Cheese Sandwich Cold Option: Turkey[§] Tomato Soup Black Bean & Corn Salad Fresh Melon 7 - 12 Grade: Mexican Bar	1 Cereal [Ⓞ] , Toast Juice, Milk Hamburger on a Bun Cold Option: Cheese Seasoned Cauliflower Cherry Tomatoes Chilled Peaches 7 - 12 Grade: Pasta Bar	2 French Toast Sticks Juice, Milk Spaghetti Cold Option: Chicken[§] Garlic Bread Mediterranean Blend Vegetables Mixed Raw Veggies Diced Pears 7 - 12 Grade: International Bar

*Entrée may contain pork § Entrée may contain poultry Ⓞ Whole Grain Product