

West Des Moines Community Schools

August 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						20 Cereal, Toast Juice, Milk		21 Cereal, Toast Juice, Milk	
Students should choose one of the following Entrees offered daily: Hot Entrée, Salad with Cold Option or Yogurt						Hot Dog* on a Bun Cold Option: Sun Butter Baked Beans Coleslaw Fresh Strawberries		Double Stuffed Pizza Cold Option: Chicken[§] Seasoned Broccoli Raw Veggies Applesauce	
A variety of condiments offered daily						7 - 12 Grade: Pasta Bar		7 - 12 Grade: International Bar	
24 Cereal, Toast Juice, Milk		25 Breakfast Pizza* Juice, Milk		26 Egg Omelet Juice, Milk		27 Cereal, Toast Juice, Milk		28 Cereal, Toast Juice, Milk	
Chicken Tenders[§] Cold Option: Cottage Cheese Monkey Bread Winter Blend Vegetables Cucumber Slices Chilled Peaches 7 - 12 Grade: Pizza Bar		Pasta w/ Cheese Sauce Cold Option: Turkey[§] Garlic Bread Mixed Vegetables Broccoli Salad Diced Pears 7 - 12 Grade: Potato Bar		Deli Turkey Sandwich[§] Cold Option: Ham* Seasoned Black Beans Celery Sticks Fresh Watermelon 7 - 12 Grade: Mexican Bar		Waffles & Sausage Patty* Cold Option: Cheese Hashbrown Wedge Pepper Sticks Strawberry Sauce 7 - 12 Grade: Pasta Bar		Hamburger on a Bun Cold Option: Boiled Egg Seasoned Cauliflower Cherry Tomatoes Fresh Nectarine 7 - 12 Grade: International Bar	

*Entrée may contain pork

[§] Entrée may contain poultry

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This institution is an equal opportunity provider

Menu subject to change without notice