

West Des Moines Community Schools

November 2009 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal [Ⓞ] , Toast Juice, Milk ----- Orange Chicken[§] w/ Rice Cold Option: Boiled Egg Dinner Roll [Ⓞ] Stir-Fry Vegetables Pepper Slices Mixed Fruit 7 - 12 Grade: Pizza Bar	3 French Toast Sticks Juice, Milk ----- Hamburger on a Bun Cold Option: Cheese Seasoned Cauliflower Cherry Tomatoes Chilled Peaches 7 - 12 Grade: Potato Bar	4 Cereal [Ⓞ] , Toast Juice, Milk ----- Grilled Cheese Sandwich Cold Option: Turkey[§] Tomato Soup Black Bean & Corn Salad Fresh Melon 7 - 12 Grade: Mexican Bar	5 Egg Omelet Juice, Milk ----- Double Stuffed Pizza[Ⓞ] Cold Option: Ham* Mashed Sweet Potatoes Broccoli Fresh Apple 7 - 12 Grade: Pasta Bar	6 Cereal [Ⓞ] , Toast Juice, Milk ----- Spaghetti w/ Meatballs Cold Option: Chicken[§] Garlic Bread Corn Cucumber Slices Diced Pears 7-12 Grade: International Bar
9 Cereal [Ⓞ] , Toast Juice, Milk ----- Breaded Pork Patty* on a Bun Cold Option: Sunbutter California Blend Vegetables Celery Mandarin Oranges 7 - 12 Grade: Pizza Bar	10 Cereal [Ⓞ] , Toast Juice, Milk ----- Chicken Nuggets^{Ⓞ §} Cold Option: Cottage Cheese Dinner Roll [Ⓞ] Glazed Carrots Radishes Fresh Banana 7 - 12 Grade: Potato Bar	11 Breakfast Pizza* Juice, Milk ----- Soft Shell Beef Taco Cold Option: Boiled Egg Cornbread Refried Beans Diced Tomatoes Fresh Grapes 7 - 12 Grade: Mexican Bar	12 Cereal [Ⓞ] , Toast Juice, Milk ----- Pancakes[Ⓞ] & Sausage Links* Cold Option: Turkey[§] Hashbrown Wedge Marinated Vegetable Salad Strawberry Sauce 7 - 12 Grade: Pasta Bar	13 Breakfast Burrito* Juice, Milk ----- Fish Sticks Cold Option: Ham* Dinner Roll [Ⓞ] Seasoned Green Beans Broccoli Pineapple Tidbits Rainbow Cookie 7-12 Grade: International Bar
16 Cereal [Ⓞ] , Toast Juice, Milk ----- Cheese Pizza[Ⓞ] Cold Option: Chicken[§] Seasoned Cauliflower Cherry Tomatoes Chilled Apricots 7 - 12 Grade: Pizza Bar	17 Pumpkin Breakfast Cake Juice, Milk ----- Corndog[§] Cold Option: Cheese Chuckwagon Beans & Corn Pea Salad Fresh Kiwi 7 - 12 Grade: Potato Bar	18 Cereal [Ⓞ] , Toast Juice, Milk ----- Sliced Turkey[§] Cold Option: Sunbutter Dinner Roll [Ⓞ] Mashed Potatoes/Gravy Dressing Mixed Raw Veggies Cranberry Sauce/Peaches 7 - 12 Grade: Mexican Bar	19 Cereal [Ⓞ] , Toast Juice, Milk ----- Chicken Tenders[§] Cold Option: Cottage Cheese Dinner Roll [Ⓞ] Mixed Vegetables Zucchini Sticks Orange Wedges 7 - 12 Grade: Pasta Bar	20 Pancakes [Ⓞ] Juice, Milk ----- Sloppy Joe* Sandwich Cold Option: Boiled Egg Broccoli w/ Cheese Sauce Celery Applesauce 7-12 Grade: International Bar
23 Cereal [Ⓞ] , Toast Juice, Milk ----- Chicken Patty on a Bun[§] Cold Option: Ham* Seasoned Peas Diced Beets Pears 7 - 12 Grade: Pizza Bar	24 Cereal [Ⓞ] , Toast Juice, Milk ----- Macaroni & Cheese Cold Option: Turkey[§] Garlic Bread Italian Blend Vegetables Cauliflowerettes Mixed Fruit 7 - 12 Grade: Potato Bar			
30 Cereal [Ⓞ] , Toast Juice, Milk ----- Hot Dog* on a Bun Cold Option: Cheese Baked Beans Broccoli Chilled Apricots 7 - 12 Grade: Pizza Bar	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			

*Entrée may contain pork

§ Entrée may contain poultry

Ⓞ Whole Grain Product

This institution is an equal opportunity provider

Menu subject to change without notice