

# West Des Moines Community Schools

## October 2009 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Available Daily:</b> Lettuce/Romaine and Baby Carrots Several Fruit Selections Milk Choices: Skim, 1%, Chocolate Skim, Strawberry Skim  <b>Students should choose one of the following Entrees offered daily:</b> Hot Entrée, Salad with Cold Option or Yogurt  <b>A variety of condiments offered</b>			<b>1</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Hamburger on a Bun</b> <b>Cold Option: Cheese</b> Seasoned Cauliflower Cherry Tomatoes Chilled Peaches  <b>7 - 12 Grade: Pasta Bar</b>	<b>2</b> Pancakes <sup>⊙</sup> Juice, Milk <hr/> <b>Spaghetti</b> <b>Cold Option: Chicken<sup>§</sup></b> Garlic Bread Corn Cucumbers Fresh Strawberries <i>Planned by Mrs. McKay's 3rd Gr.</i> <b>7 - 12 Grade: International Bar</b>
<b>5</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Chicken Patty<sup>⊙§</sup> on a Bun</b> <b>Cold Option: Sun Butter</b> Glazed Carrots Zucchini Sticks Pineapple Tidbits  <b>7 - 12 Grade: Pizza Bar</b>	<b>6</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Soft Shell Beef Taco</b> <b>Cold Option: Cottage Cheese</b> Cornbread Chuckwagon Corn & Beans Diced Tomatoes Fresh Kiwi  <b>7 - 12 Grade: Potato Bar</b>	<b>7</b> French Toast Sticks Juice, Milk <hr/> <b>Cheese Pizza<sup>⊙</sup></b> <b>Cold Option: Ham*</b> Seasoned Peas Cucumber Salad Apricots  <b>7 - 12 Grade: Mexican Bar</b>	<b>8</b> Egg Patty, Toast Juice, Milk <hr/> <b>Cavatelli</b> <b>Cold Option: Boiled Egg</b> Garlic Bread Italian Vegetables Broccoli Fresh Banana  <b>7 - 12 Grade: Pasta Bar</b>	<b>9</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Pork Patty* on a Bun</b> <b>Cold Option: Cheese</b> Green Bean Casserole Cauliflowerettes Mandarin Oranges Chewy Chocolate Cookie  <b>7 - 12 Grade: International Bar</b>
<b>12</b> <b>NO SCHOOL</b> <b>Fall Flex Day</b>	<b>13</b> Breakfast Pizza* Juice, Milk <hr/> <b>Chicken Nuggets<sup>⊙§</sup></b> <b>Cold Option: Ham*</b> Dinner Roll <sup>⊙</sup> Seasoned Corn Radishes Watermelon  <b>7 - 12 Grade: Potato Bar</b>	<b>14</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Pancakes<sup>⊙</sup> &amp; Sausage Patty*</b> <b>Cold Option: Turkey<sup>§</sup></b> Hashbrown Wedge Peas Strawberry Sauce  <b>7 - 12 Grade: Mexican Bar</b>	<b>15</b> Breakfast Cake Juice, Milk <hr/> <b>Corndog<sup>⊙§</sup></b> <b>Cold Option: Sun Butter</b> Baked Beans Marinated Vegetable Salad Fresh Grapes  <b>7 - 12 Grade: Pasta Bar</b>	<b>16</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Beef &amp; Cheese Nachos<sup>⊙</sup></b> <b>Cold Option: Chicken<sup>§</sup></b> Cornbread Seasoned Broccoli Jicama Sticks Fruit Cup  <b>7 - 12 Grade: International Bar</b>
<b>19</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Meatloaf Sandwich</b> <b>Cold Option: Sun Butter</b> Mashed Potatoes Zucchini Slices Fresh Strawberries M&M Cookie  <b>7 - 12 Grade: Pizza Bar</b>	<b>20</b> Egg Omelet Juice, Milk <hr/> <b>Macaroni &amp; Cheese</b> <b>Cold Option: Turkey<sup>§</sup></b> Breadstick Seasoned Green Beans Broccoli Fresh Melon  <b>7 - 12 Grade: Potato Bar</b>	<b>21</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Loco Chicken Fajita<sup>§</sup></b> <b>Cold Option: Boiled Egg</b> Spanish Rice Fajita Blend Vegetables 5 Bean Salad Applesauce  <b>7 - 12 Grade: Mexican Bar</b>	<b>22</b> Pancakes <sup>⊙</sup> Juice, Milk <hr/> <b>Real Slice Pepperoni Pizza*<sup>⊙§</sup></b> <b>Cold Option: Cottage Cheese</b> California Blend Vegetables Celery Sticks Diced Pears  <b>7 - 12 Grade: Pasta Bar</b>	<b>23</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Chicken Tenders<sup>§</sup></b> <b>Cold Option: Ham*</b> Dinner Roll <sup>⊙</sup> Seasoned Peas Sliced Beets Mandarin Oranges  <b>7 - 12 Grade: International Bar</b>
<b>26</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Walking Taco<sup>⊙</sup></b> <b>Cold Option: Sun Butter</b> Cornbread Refried Beans Diced Tomatoes Mixed Fruit  <b>7 - 12 Grade: Pizza Bar</b>	<b>27</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>French Toast &amp; Sausage Patty*</b> <b>Cold Option: Cheese</b> Oven Roasted Potatoes Celery Sticks Cinnamon Apples  <b>7 - 12 Grade: Potato Bar</b>	<b>28</b> Breakfast Pizza* Juice, Milk <hr/> <b>Hot Dog* on a Bun</b> <b>Cold Option: Chicken<sup>§</sup></b> Peas & Carrots Pasta Salad Fresh Grapes  <b>7 - 12 Grade: Mexican Bar</b>	<b>29</b> Cereal <sup>⊙</sup> , Toast Juice, Milk <hr/> <b>Chicken Leg<sup>§</sup></b> <b>Cold Option: Ham*</b> Monkey Bread <sup>⊙</sup> Corn on the Cob Carrot Sticks Fresh Kiwi <i>Planned by Ms. Duenser's 3 Gr.</i> <b>7 - 12 Grade: Pasta Bar</b>	<b>30</b> Breakfast Burrito Juice, Milk <hr/> <b>Cheese Dippers<sup>⊙</sup></b> <b>Cold Option: Turkey<sup>§</sup></b> Marinara Sauce Cucumber Slices Pineapple Tidbits  <b>7 - 12 Grade: International Bar</b>

\*Entrée may contain pork      § Entrée may contain poultry      ⊙ Whole Grain Product