

# West Des Moines Community Schools

## ELEMENTARY SEPTEMBER BREAKFAST and LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup ----- Chicken Nuggets/ Dinner Roll Pepperoni Pizza Tiger Meal Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Broccoli Florets Pears Applesauce	<b>31</b> Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup ----- Beef and Cheese Nachos Chocolate Tiger Meal Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Black Bean and Corn Salad Apple Slices Dried Fruit	<b>1</b> Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup ----- BBQ Rib Sandwich Chef Salad/ Boiled Egg Yogurt/ String Cheese/ Granola Seasoned Corn Baby Carrots Zucchini Sticks Blueberries Cinnamon Apple Slices	<b>2</b> Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup ----- Macaroni and Cheese/ Breadstick Sunbutter and Jelly Sandwich Yogurt/ String Cheese/ Granola Seasoned Peas Baby Carrots Grape Tomatoes Peaches Mixed Fruit	<b>3</b> Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup ----- 4x6 Cheese Pizza Turkey Wrap Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Celery Sticks Grapes Apricots
<b>6</b>	<b>7</b> ----- Maple Snackin' Waffle Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup ----- Beef Walking Taco/ Doritos Chocolate Tiger Meal Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Diced Tomatoes Applesauce Pears	<b>8</b> ----- Cheesy Scrambled Eggs/ Blueberry Banana Muffin Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup ----- Chicken Patty Sandwich Chef Salad/ Ham Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Cucumber Slices Orange Wedges Mixed Fruit	<b>9</b> ----- Sausage Egg Cheese Biscuit Cereal and Yogurt Chocolate Chip Muffin Top Apricots Juice Cup ----- French Toast Sticks/ Sausage Patty Pretzel and Cheese Stick Tiger Meal Yogurt/ String Cheese/ Granola Hashbrowns Baby Carrots Sliced Peppers Mandarin Oranges Dried Fruit	<b>10</b> ----- Iced Donut Cereal and Yogurt Chocolate Chip Muffin Top Pears Juice Cup ----- Cheese Stuffed Sticks/ Marinara Sauce Turkey Wrap Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Cauliflower Strawberry Sauce Cinnamon Apple Slices
<b>13</b> Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup ----- Corn dog Ham Sub Sandwich Yogurt/String Cheese/Granola Crinkle Cut Fries Baby Carrots Zucchini Sticks Pineapple Tidbits Peaches	<b>14</b> Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup ----- Chicken Fajita/ 1 Tortilla and Chocolate Chip Cookie Turkey and Cheese Tiger Meal Yogurt/ String Cheese/ Granola Fajita Vegetables Baby Carrots Cucumber Slices Kiwi Halves Pears	<b>15</b> Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup ----- BBQ Pulled Pork Sandwich Chef Salad/ Boiled Egg Yogurt/ String Cheese/ Granola Baked Beans Baby Carrots Grape Tomatoes Apricots Cinnamon Apple Slices	<b>16</b> Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup ----- Spaghetti/ Breadstick Pepperoni Pizza Tiger Meal Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Banana Mixed Fruit	<b>17</b> Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup ----- 4x6 Pepperoni Pizza Sunbutter and Jelly Sandwich Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Celery Sticks Apple Slices Dried Fruit
<b>20</b> Bacon Scramble Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup ----- Chicken Tenders/Dinner Roll Turkey and Cheese Tiger Meal Yogurt/String Cheese/Granola Mashed Potatoes Baby Carrots Celery Sticks Mixed Fruit Applesauce	<b>21</b> Maple Snackin' Waffle Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup ----- Hot Dog Hummus/ Flatbread Yogurt/String Cheese/Granola Baked Beans Baby Carrots Yellow Squash Circles Apple Slices Peaches	<b>22</b> Cheesy Scrambled Eggs/ Blueberry Banana Muffin Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup ----- Cheeseburger Chef Salad/ Ham Yogurt/String Cheese/Granola Tater Tots Baby Carrots Sliced Tomatoes Banana Apricots	<b>23</b> Sausage Egg Cheese Biscuit Cereal and Yogurt Chocolate Chip Muffin Top Apricots Juice Cup ----- Pancakes with Egg Omelet Ham Sub Sandwich Yogurt/ String Cheese/ Granola Waffle Sweet Potato Fries Baby Carrots Calico Bean Salad Strawberries Pears	<b>24</b> ----- Iced Donut Cereal and Yogurt Chocolate Chip Muffin Top Pears Juice Cup ----- Fish Sticks/ Dinner Roll Pretzel and Cheese Stick Tiger Meal Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Cinnamon Apple Slices Dried Fruit
<b>27</b> Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup ----- Chicken Nuggets/ Dinner Roll Pepperoni Pizza Tiger Meal Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Broccoli Florets Pears Applesauce	<b>28</b> Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup ----- Beef and Cheese Nachos Chocolate Tiger Meal Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Black Bean and Corn Salad Apple Slices Dried Fruit	<b>29</b> Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup ----- BBQ Rib Sandwich Chef Salad/ Boiled Egg Yogurt/ String Cheese/ Granola Seasoned Corn Baby Carrots Zucchini Sticks Blueberries Cinnamon Apple Slices	<b>30</b> Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup ----- Macaroni and Cheese/ Breadstick Sunbutter and Jelly Sandwich Yogurt/ String Cheese/ Granola Seasoned Peas Baby Carrots Grape Tomatoes Peaches Mixed Fruit	<b>1</b> Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup ----- 4x6 Cheese Pizza Turkey Wrap Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Celery Sticks Grapes Apricots