

# West Des Moines Community Schools

## SECONDARY BREAKFAST and LUNCH

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