# West Des Moines Community Schools

WCC BREAKFAST and LUNCH

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