

West Des Moines Community Schools

ELEMENTARY OCTOBER BREAKFAST and LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 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	28 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	29 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	30 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	1 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
4 Bacon Scramble Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup Popcorn Chicken/Dinner Roll Hummus/ Flatbread Yogurt/String Cheese/Granola Seasoned Carrots Baby Carrots Yellow Squash Circles Applesauce Peaches	5 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 Banana Pears	6 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	7 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	8 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
11 <i>No School</i>	12 Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup Zoo Crew Chicken Nuggets with a Dinner Roll and Chocolate Chip Cookie Turkey and Cheese Tiger Meal Yogurt/ String Cheese/ Granola Fajita Vegetables Baby Carrots Cucumber Slices Kiwi Halves Pears	13 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 Wild Bear Crackers	14 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 Animal Pencil with every lunch!	15 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 Wiggle Worm Dessert Cup
18 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	19 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	20 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	21 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	22 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
25 <i>Menu is for Crestview Only Others: No School</i>	26 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	27 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	28 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	29 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

