

West Des Moines Community Schools

SECONDARY OCTOBER BREAKFAST and LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27 Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup</p> <p>Chicken Nuggets/ Dinner Roll Pepperoni Frenchbread Chicken Alfredo Pasta/ Breadsticks</p> <p>Pepperoni Pizza Tiger Meal Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Broccoli Florets Pears Applesauce</p>	<p>28 Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup</p> <p>Beef and Cheese Nachos/ Cilantro Lime Rice Chicken Leg/ Dinner Roll Bacon Scramble Pizza</p> <p>Chocolate Tiger Meal Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Black Bean and Corn Salad Apple Slices Dried Fruit</p>	<p>29 Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup</p> <p>BBQ Rib Sandwich Round Cheese Pizza Buffalo Chicken Wrap</p> <p>Chef Salad/ Boiled Egg Yogurt/ String Cheese/ Granola Seasoned Corn Baby Carrots Zucchini Sticks Blueberries Cinnamon Apple Slices</p>	<p>30 Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup</p> <p>Macaroni and Cheese/ Breadstick Orange Chicken/ Rice Breaded Fish Sandwich w/ Cheese Sunbutter and Jelly Sandwich/ String Cheese Yogurt/ String Cheese/ Granola Seasoned Peas Baby Carrots Grape Tomatoes Peaches Mixed Fruit</p>	<p>1 Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup</p> <p>Real Slice Cheese Pizza Breaded Pork Sandwich Bacon Egg and Cheese Croissant</p> <p>Turkey Wrap Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Celery Sticks Grapes Apricots</p>
<p>4 Bacon Scramble Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup</p> <p>Popcorn Chicken/Dinner Roll Meatball Sub Sandwich Round Pepperoni Pizza Hummus/ Flatbread Yogurt/String Cheese/Granola Seasoned Carrots Baby Carrots Yellow Squash Circles Applesauce Peaches</p>	<p>5 Maple Snackin' Waffle Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup</p> <p>Beef Walking Taco/ Doritos and Cilantro Lime Rice Garlic Frenchbread Sausage Egg Cheese Biscuit Chocolate Tiger Meal Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Diced Tomatoes Banana Pears</p>	<p>6 Cheesy Scrambled Eggs/ Blueberry Bar Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup</p> <p>Chicken Patty Sandwich Turkey and Noodles/ Breadstick Chicken Cheese and Rice Burrito Chef Salad/ Ham Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Cucumber Slices Orange Wedges Mixed Fruit</p>	<p>7 Sausage Egg Cheese Biscuit Cereal and Yogurt Chocolate Chip Muffin Top Apricots Juice Cup</p> <p>French Toast Sticks/ Sausage Patty Teriyaki Beef and Broccoli/ Rice and Din Cavatelli/ Breadstick Pretzel and Cheese Stick Tiger Meal Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Mandarin Oranges Dried Fruit</p>	<p>8 Iced Donut Cereal and Yogurt Chocolate Chip Muffin Top Pears Juice Cup</p> <p>Cheese Stuffed Sticks/ Marinara Sauce Fiestada Pizza Crispitos Turkey Wrap Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Cauliflower Strawberry Sauce Cinnamon Apple Slices</p>
	<p>12 Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup</p> <p>Zoo Crew Chicken Nuggets with a Dinner Roll and Chocolate Chip Cookie Chicken Leg/ Dinner Roll Bacon Scramble Pizza Turkey and Cheese Tiger Meal Yogurt/ String Cheese/ Granola Fajita Vegetables Baby Carrots Cucumber Slices Kiwi Halves Pears</p>	<p>13 Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup</p> <p>BBQ Pulled Pork Sandwich Round Cheese Pizza Buffalo Chicken Wrap Chef Salad/ Boiled Egg Yogurt/ String Cheese/ Granola Baked Beans Baby Carrots Grape Tomatoes Apricots Cinnamon Apple Slices Wild Bear Crackers</p>	<p>14 Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup</p> <p>Spaghetti/ Breadstick Orange Chicken/ Rice Breaded Fish Sandwich w/ Cheese Pepperoni Pizza Tiger Meal Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Banana Mixed Fruit</p>	<p>15 Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup</p> <p>Real Slice Pepperoni Pizza Breaded Pork Sandwich Bacon Egg and Cheese Croissant Sunbutter and Jelly Sandwich Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Celery Sticks Apple Slices Dried Fruit Wiggle Worm Dessert Cup</p>
<p>18 Bacon Scramble Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup</p> <p>Chicken Tenders/Dinner Roll Meatball Sub Sandwich Round Pepperoni Pizza Turkey and Cheese Tiger Meal Yogurt/String Cheese/Granola Mashed Potatoes Baby Carrots Celery Sticks Mixed Fruit Applesauce</p>	<p>19 Maple Snackin' Waffle Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup</p> <p>Hot Dog Garlic Frenchbread Sausage Egg Cheese Biscuit Hummus/ Flatbread Yogurt/String Cheese/Granola Baked Beans Baby Carrots Yellow Squash Circles Apple Slices Peaches</p>	<p>20 Cheesy Scrambled Eggs/ Blueberry Banana Muffin Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup</p> <p>Cheeseburger Turkey and Noodles/ Breadstick Chicken Cheese and Rice Burrito Chef Salad/ Ham Yogurt/String Cheese/Granola Tater Tots Baby Carrots Sliced Tomatoes Banana Apricots</p>	<p>21 Sausage Egg Cheese Biscuit Cereal and Yogurt Chocolate Chip Muffin Top Apricots Juice Cup</p> <p>Pancakes with Egg Omelet Teriyaki Beef and Broccoli/ Rice and Din Cavatelli/Breadstick Ham Sub Sandwich Yogurt/ String Cheese/ Granola Waffle Sweet Potato Fries Baby Carrots Calico Beans Strawberries Pears</p>	<p>22 Iced Donut Cereal and Yogurt Chocolate Chip Muffin Top Pears Juice Cup</p> <p>Fish Sticks/ Dinner Roll Fiestada Pizza Crispitos Pretzel and Cheese Stick Tiger Meal Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Cinnamon Apple Slices Dried Fruit</p>
<p><i>25 Menu is for Southwoods Only Stillwell and Indian Hills: No School</i> Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup</p> <p>Chicken Nuggets/ Dinner Roll Pepperoni Frenchbread Chicken Alfredo Pasta/ Breadsticks</p> <p>Pepperoni Pizza Tiger Meal Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Broccoli Florets Pears Applesauce</p>	<p>26 Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup</p> <p>Beef and Cheese Nachos/ Cilantro Lime Rice Chicken Leg/ Dinner Roll Bacon Scramble Pizza</p> <p>Chocolate Tiger Meal Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Black Bean and Corn Salad Apple Slices Dried Fruit</p>	<p>27 Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup</p> <p>BBQ Rib Sandwich Round Cheese Pizza Buffalo Chicken Wrap</p> <p>Chef Salad/ Boiled Egg Yogurt/ String Cheese/ Granola Seasoned Corn Baby Carrots Zucchini Sticks Blueberries Cinnamon Apple Slices</p>	<p>28 Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup</p> <p>Macaroni and Cheese/ Breadstick Orange Chicken/ Rice Breaded Fish Sandwich w/ Cheese Sunbutter and Jelly Sandwich/ String Cheese Yogurt/ String Cheese/ Granola Seasoned Peas Baby Carrots Grape Tomatoes Peaches Mixed Fruit</p>	<p>29 Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup</p> <p>Real Slice Cheese Pizza Breaded Pork Sandwich Bacon Egg and Cheese Croissant</p> <p>Turkey Wrap Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Celery Sticks Grapes Apricots</p>