

West Des Moines Community Schools

WCC OCTOBER BREAKFAST and LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup	31 Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup	1 Confetti Pancakes Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup	2 Sausage Breakfast Pizza Cereal and Yogurt Chocolate Chip Muffin Top Dried Fruit Juice Cup	3 Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup
Chicken Nuggets/ Dinner Roll Pepperoni Frenchbread Deli Sandwich Chef Salad/Boiled Egg/Roll/CROUTONS Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Broccoli Florets Pears Applesauce	Beef and Cheese Nachos/ Cilantro Lime Rice Chicken Leg/ Dinner Roll Deli Sandwich Chef Salad/Boiled Egg/Roll/CROUTONS Deli Sandwich Refried Beans Baby Carrots Black Bean and Corn Salad Apple Slices Dried Fruit	BBQ Rib Sandwich Round Cheese Pizza Buffalo Chicken Wrap Chef Salad/ Boiled Egg/Roll/CROUTONS Deli Sandwich Seasoned Corn Baby Carrots Zucchini Sticks Blueberries Cinnamon Apple Slices	Macaroni and Cheese/ Breadstick Breaded Fish Sandwich w/ Cheese Chef Salad/Boiled Egg/Roll/CROUTONS Deli Sandwich Yogurt/ String Cheese/ Granola Seasoned Peas Baby Carrots Grape Tomatoes Peaches Mixed Fruit	Real Slice Cheese Pizza Bacon Egg and Cheese Croissant Chef Salad/Boiled Egg/Roll/CROUTONS Deli Sandwich 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	5 Maple Snackin' Waffle Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup	6 Cheesy Scrambled Eggs/ Blueberry Bar Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup	7 Sausage Egg Cheese Biscuit Cereal and Yogurt Chocolate Chip Muffin Top Apricots Juice Cup	8 Iced Donut Cereal and Yogurt Chocolate Chip Muffin Top Pears Juice Cup
Popcorn Chicken/Dinner Roll Round Pepperoni Pizza Deli Sandwich Chef Salad/Ham/Roll/CROUTONS Yogurt/ String Cheese/Granola Seasoned Carrots Baby Carrots Yellow Squash Circles Applesauce Peaches	Beef Walking Taco/ Doritos and Cilantro Lime Rice Sausage Egg Cheese Biscuit Deli Sandwich Chef Salad/Ham/Roll/CROUTONS Yogurt/ String Cheese/ Granola Refried Beans Baby Carrots Diced Tomatoes Banana Pears	Chicken Patty Sandwich Chicken Cheese and Rice Burrito Deli Sandwich Chef Salad/ Ham/Roll/CROUTONS Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Cucumber Slices Orange Wedges Mixed Fruit	French Toast Sticks/ Sausage Patty Cavatelli/ 2 Breadsticks Deli Sandwich Chef Salad/ Ham/Roll/CROUTONS Yogurt/ String Cheese/ Granola Hashbrowns Baby Carrots Sliced Peppers Mandarin Oranges Dried Fruit	Cheese Stuffed Sticks/ Marinara Sauce Crisпитos Deli Sandwich Chef Salad/ Ham/Roll/CROUTONS Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Cauliflower Strawberry Sauce Cinnamon Apple Slices
11 	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 Chicken Leg/ Dinner Roll Deli Sandwich Chef Salad/ Boiled Egg/Roll/CROUTONS 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 Buffalo Chicken Wrap/ Dinner Roll Deli Sandwich Chef Salad/ Boiled Egg/Roll/CROUTONS 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 Orange Chicken/ Rice Deli Sandwich Chef Salad/ Boiled Egg/Roll/CROUTONS Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Banana Mixed Fruit	15 Strawberry Cream Cheese Bagels Cereal and Yogurt Chocolate Chip Muffin Top Mixed Fruit Juice Cup Real Slice Pepperoni Pizza Breaded Pork Sandwich Deli Sandwich Chef Salad/ Boiled Egg/Roll/CROUTONS Chef Salad/ Boiled Egg/Roll/CROUTONS 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 Round Pepperoni Pizza Deli Sandwich Chef Salad w/ Ham/Roll/CROUTONS 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 Sausage Egg Cheese Biscuit Deli Sandwich Chef Salad/Ham/Roll/CROUTONS Yogurt/String Cheese/Granola Baked Beans Baby Carrots Yellow Squash Circles Apple Slices Peaches	20 Cheesy Scrambled Eggs/ Blueberry Bar Cereal and Yogurt Chocolate Chip Muffin Top Peaches Juice Cup Cheeseburger Chicken Cheese and Rice Burrito Deli Sandwich Chef Salad/ Ham/Roll/CROUTONS 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 Cavatelli/ 2 Breadsticks Chef Salad w/ Ham/Roll/CROUTONS Deli Sandwich Yogurt/ String Cheese/ Granola Waffle Sweet Potato Fries Baby Carrots Calico Beans Strawberries Pears	22 Iced Donut Cereal and Yogurt Chocolate Chip Muffin Top Pears Juice Cup Fish Sticks/ Dinner Roll Crisпитos Deli Sandwich Chef Salad/Ham/Roll/CROUTONS Yogurt/ String Cheese/ Granola Steamed Broccoli Baby Carrots Sliced Peppers Cinnamon Apple Slices Dried Fruit
25 Bacon Egg Cheese Bagel Cereal and Yogurt Chocolate Chip Muffin Top Cinnamon Apple Slices Juice Cup Chicken Nuggets/ Dinner Roll Pepperoni Frenchbread Deli Sandwich Chef Salad/Boiled Egg/Roll/CROUTONS Yogurt/ String Cheese/ Granola Seasoned Carrots Baby Carrots Broccoli Florets Pears Applesauce	26 Pancake on a Stick Cereal and Yogurt Chocolate Chip Muffin Top Applesauce Juice Cup Beef and Cheese Nachos/ Cilantro Chicken Leg/ Dinner Roll Deli Sandwich Chef Salad/Boiled Egg/Roll/CROUTONS Deli Sandwich 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 Round Cheese Pizza Buffalo Chicken Wrap Chef Salad/ Boiled Egg/Roll/CROUTONS Deli Sandwich 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 Breaded Fish Sandwich w/ Cheese Chef Salad/Boiled Egg/Roll/CROUTONS Deli 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 Real Slice Cheese Pizza Bacon Egg and Cheese Croissant Chef Salad/Boiled Egg/Roll/CROUTONS Deli Sandwich Yogurt/ String Cheese/ Granola Mixed Vegetables Baby Carrots Celery Sticks Grapes Apricots