

Waukee Community Schools

2019-2020 School Menu Calendar

The calendar below contains the rotation of the lunch schedule for the school year. Please see the next page for your school's menu.

August 2019					
WEEK #	Mon	Tues	Wed	Thur	Fri
Pic. & Play				1	2
Pic. & Play	5	6	7	8	9
No School	12	13	14	15	16
1	19	20	21	22	23
2	26	27	28	29	30

September					
WEEK #	Mon	Tues	Wed	Thur	Fri
3	2	3	4	5	6
1	9	10	11	12	13
2	16	17	18	19	20
3	23	24	25	26	27
1	30				

October					
WEEK #	Mon	Tues	Wed	Thur	Fri
1		1	2	3	4
2	7	8	9	10	11
3	14	15	16	17	18
1	21	22	23	24	25
2	28	29	30	31	

November					
WEEK #	Mon	Tues	Wed	Thur	Fri
2					1
3	4	5	6	7	8
1	11	12	13	14	15
2	18	19	20	21	22
3	25	26	27	28	29

December					
WEEK #	Mon	Tues	Wed	Thur	Fri
1	2	3	4	5	6
2	9	10	11	12	13
3	16	17	18	19	20
No School	23	24	25	26	27
No School	30	31			

January 2020					
WEEK #	Mon	Tues	Wed	Thur	Fri
No School			1	2	3
3	6	7	8	9	10
1	13	14	15	16	17
2	20	21	22	23	24
3	27	28	29	30	31

February					
WEEK #	Mon	Tues	Wed	Thur	Fri
1	3	4	5	6	7
2	10	11	12	13	14
3	17	18	19	20	21
1	24	25	26	27	28

March					
WEEK #	Mon	Tues	Wed	Thur	Fri
2	2	3	4	5	6
3	9	10	11	12	13
No School	16	17	18	19	20
2	23	24	25	26	27
3	30	31			

April					
WEEK #	Mon	Tues	Wed	Thur	Fri
3			1	2	3
1	6	7	8	9	10
2	13	14	15	16	17
3	20	21	22	23	24
1	27	28	29	30	

May					
WEEK #	Mon	Tues	Wed	Thur	Fri
1					1
2	4	5	6	7	8
3	11	12	13	14	15
1	18	19	20	21	22
2	25	26	27	28	29

June					
WEEK #	Mon	Tues	Wed	Thur	Fri
3	1	2	3	4	5
Pic. & Play	8	9	10	11	12
Pic. & Play	15	16	17	18	19
Pic. & Play	22	23	24	25	26
Pic. & Play	29	30			

July					
WEEK #	Mon	Tues	Wed	Thur	Fri
Pic. & Play			1	2	3
Pic. & Play	6	7	8	9	10
Pic. & Play	13	14	15	16	17
Pic. & Play	20	21	22	23	24
Pic. & Play	27	28	29	30	31

No School	Early Out	Picnic and Play Summer Program	To make a reimbursable meal, students must choose at least 3 of the 5 meal components offered daily (milk, fruit, vegetable, grain, protein), with 1 component being a fruit and/or a vegetable. To make a free or reduced price meal, for those that qualify, you must also meet the criteria listed above. This institution is an equal opportunity provider. Menu subject to change without notice.
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Waukee Community Schools

2019-2020 High School BREAKFAST Menu

10-12 Breakfast: \$1.90

Adult Breakfast: \$2.15

(SEE NEXT PAGE FOR LUNCH MENU)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
<ul style="list-style-type: none"> • Breakfast Pizza • French Toast Bites <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Sandwich • Yogurt Parfait Bar <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit & Juice cup Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Pizza • Donut <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>	<ul style="list-style-type: none"> • Strawberry Overnight Oats • Cinnamon Roll <ul style="list-style-type: none"> • Assorted Cereals/bars <p style="text-align: center;"><i>Assorted Fruit & Juice cup Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Sandwich • Cinnamon Sugar Mini Donuts <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>
WEEK 2				
<ul style="list-style-type: none"> • Breakfast Pizza • Mini Pancakes, Waffles, or Mini Cinni <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Sandwich • Pancake & Sausage on a Stick* <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit & Juice cup Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Pizza • Donut <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Burrito • Cinnamon Roll <ul style="list-style-type: none"> • Assorted Cereals/bars <p style="text-align: center;"><i>Assorted Fruit & Juice cup Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Sandwich • Cinnamon Sugar Mini Donuts <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>
WEEK 3				
<ul style="list-style-type: none"> • Breakfast Pizza • French Toast Bites <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Sandwich • Biscuits and Gravy* <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit & Juice cup Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Pizza • Donut <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>	<ul style="list-style-type: none"> • Chicken on a Biscuit • Cinnamon Roll <ul style="list-style-type: none"> • Assorted Cereals/bars <p style="text-align: center;"><i>Assorted Fruit & Juice cup Milk</i></p>	<ul style="list-style-type: none"> • Breakfast Sandwich • Cinnamon Sugar Mini Donuts <ul style="list-style-type: none"> • Assorted Cereal/bars <p style="text-align: center;"><i>Assorted Fruit Milk</i></p>

Waukee Community Schools

Week 1

2019-2020 High School Menu

Student Lunch: \$2.95

Adult Lunch: \$3.75

Cultural Cuisine

<ul style="list-style-type: none"> • General Tso's Chicken Steamed Rice Edamame Succotash Fresh Carrots Mandarin Oranges Pineapple 	<ul style="list-style-type: none"> • Nacho Grande <i>Nacho Chips with Taco Meat and Cheese Sauce</i> Refried Beans Fresh Pear Applesauce 	<ul style="list-style-type: none"> • Chicken & Noodles Breadstick Mashed Potatoes Steamed Corn Strawberries Cinnamon Apples 	<ul style="list-style-type: none"> • Sloppy Joe Fresh Carrots Celery Sticks Fresh Apple Slices Dried Fruit 	<ul style="list-style-type: none"> • Cavatelli Breadstick Romaine Lettuce Steamed Asparagus Peaches Assorted Fruit
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Tasty Traditions

<ul style="list-style-type: none"> • Chili and Cheese Baked Potato Bar Dinner Roll Steamed Broccoli Pineapple Mandarin Oranges 	<ul style="list-style-type: none"> • Chicken Parmesan Spaghetti w/ Marinara Garlic Breadstick Fresh Carrots Green Beans Diced Pears & Banana 	<ul style="list-style-type: none"> • Pancakes & Scrambled Eggs Sweet Potato Fries Celery Sticks Strawberries Cinnamon Apples 	<ul style="list-style-type: none"> • Turkey Gravy Dinner Roll Mashed Potatoes Fresh Carrots Fresh Apple Slices Dried Fruit 	<ul style="list-style-type: none"> • Mini Corn Dogs Baked Beans Steamed Asparagus Fresh Orange Assorted Fruit
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The Grill

<ul style="list-style-type: none"> • Breaded Chicken Sandwich Romaine Salad Green Beans Fresh Apple Slices Peaches 	<ul style="list-style-type: none"> • Popcorn Chicken Dinner Roll Baked Beans Fresh Carrots Fresh Pear Applesauce 	<ul style="list-style-type: none"> • Cheeseburger Spicy Fries Steamed Corn Mixed Fruit Pineapple 	<ul style="list-style-type: none"> • Chicken Tenders Dinner Roll Glazed Carrots Steamed Broccoli Applesauce Fresh Orange 	<ul style="list-style-type: none"> • Grilled Chicken Sandwich Spinach Salad Potato Wedges & Queso Mixed Fruit Assorted Fruit
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Pizza Bar

<ul style="list-style-type: none"> • Big Daddy's Four Meat Pizza* Romaine Salad Baked Beans Fresh Apple Slices Peaches 	<ul style="list-style-type: none"> • Cheese Stuffed Breadsticks Marinara Sauce Green Beans Fresh Carrots Fresh Pear Applesauce 	<ul style="list-style-type: none"> • Stuffed Crust Pepperoni Pizza* Romaine Salad Spicy Fries Mixed Fruit Pineapple 	<ul style="list-style-type: none"> • Cheesy Pizza Crunchers Glazed Carrots Steamed Broccoli Fresh Orange Applesauce 	<ul style="list-style-type: none"> • Cheese French Bread Pizza Marinara Sauce Spinach Salad Potato Wedges & Queso Mixed Fruit Assorted Fruit
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Grab & Go Deli Bar

<ul style="list-style-type: none"> • Winter Cranberry Chicken Salad <i>Fresh spinach topped with grilled chicken breast, mozzarella cheese, dried cranberries, cucumber slices and a bright balsamic vinaigrette dressing</i> Dinner Roll Crispy Chickpeas Cucumber Slices Fresh Apple Slices 	<ul style="list-style-type: none"> • Turkey BLT Wrap <i>Turkey breast slices, turkey bacon, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread.</i> Fresh Carrots Cucumber Slices Fresh Orange Fresh Pear 	<ul style="list-style-type: none"> • Rockin' Chicken Caesar Salad <i>Fresh romaine tossed with shredded mozzarella and parmesan cheese, croutons, and spiral pasta. Topped with grilled chicken breast and served with Caesar dressing.</i> Dinner Roll Fresh Carrots Fresh Apple Slices 	<ul style="list-style-type: none"> • Spicy Chicken Wrap <i>Spicy chicken, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread.</i> Fresh Carrots Cucumber Slices Fresh Apple 	<ul style="list-style-type: none"> • Southwest Chicken Salad <i>Fresh romaine lettuce topped with fajita chicken, shredded mozzarella, diced red peppers, black beans, and served with homemade chipotle ranch dressing</i> Tortilla Chips and Salsa Fresh Corn Fresh Fruit
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A La Carte

Apple Bosco Stick	Four Meat Pizza	Onion Rings	Tornadoes	Mini Donuts
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• Entrée Choice *May contain pork Skim, 1% and Fat-Free Chocolate Milk are offered with each meal. Menu Subject to change without notice.

Waukee Community Schools

2019-2020 High School Menu

Student Lunch: \$2.95

Adult Lunch: \$3.75

Week 2

Cultural Cuisine				
<ul style="list-style-type: none"> • Sweet Thai Chicken Steamed Rice Steamed Broccoli Fresh Carrots Pineapple Mandarin Oranges 	<ul style="list-style-type: none"> • Chicken Carnita Street Tacos Cheese, Red Onion, Cilantro, Lime Wedge Steamed Corn Black Beans Whole Apple 	<ul style="list-style-type: none"> • Chicken Philly <i>Philly-seasoned chicken on a hoagie bun w/ white American cheese, peppers and onions.</i> Sweet Potato Fries Steamed Zucchini Blueberries Strawberries 	<ul style="list-style-type: none"> • Cheesy Lasagna Roll-Up Garlic Breadstick Romaine Salad Steamed Carrots Fresh Apple Slices Fresh Orange 	<ul style="list-style-type: none"> • Warrior Bowl <i>Chicken, Shredded Cheese, & Mashed Potatoes w/ Gravy</i> Dinner Roll Steamed Corn Peaches Assorted Fruit
Tasty Traditions				
<ul style="list-style-type: none"> • Frito Pie Honey Cornbread Muffin Steamed Broccoli Fresh Carrots Pineapple Mandarin Oranges 	<ul style="list-style-type: none"> • Country Fried Steak Dinner Roll Mashed Potatoes w/ Gravy Baked Beans Whole Apple 	<ul style="list-style-type: none"> • Waffles & Cheese Omelet Sweet Potato Fries Steamed Zucchini Blueberries Strawberries 	<ul style="list-style-type: none"> • Mac 'n Cheese Dinner Roll Romaine Salad Steamed Peas Fresh Apple Slices Fresh Orange 	<ul style="list-style-type: none"> • Chicken Wing Bar <i>Chicken Wings served with Buffalo sauce</i> Garlic Bread Potato Wedges Fresh Carrots Peaches & Assorted Fruit
The Grill				
<ul style="list-style-type: none"> • Chicken Nuggets Dinner Roll Steamed Carrots Romaine Salad Fresh Orange Peaches 	<ul style="list-style-type: none"> • Chili Cheese Dog Baked Beans Cucumber Slices Fresh Apple Slices Banana 	<ul style="list-style-type: none"> • Cheeseburger Spicy Fries Celery Sticks Fresh Orange Diced Pears 	<ul style="list-style-type: none"> • Chicken Drumstick Dinner Roll Mashed Potatoes & Gravy Fresh Carrots Fresh Pear Mixed Fruit 	<ul style="list-style-type: none"> • Pork Tenderloin Sandwich* Mashed Potatoes & Gravy Romaine Salad Applesauce Assorted Fruit
Pizza Bar				
<ul style="list-style-type: none"> • Big Daddy's Buffalo Chicken Pizza Romaine Salad Steamed Carrots Fresh Orange Peaches 	<ul style="list-style-type: none"> • Square Pepperoni Pizza* Baked Beans Celery Sticks Fresh Apple Slices Banana 	<ul style="list-style-type: none"> • Personal Cheese Pizza Spicy Fries Celery Sticks Fresh Orange & Diced Pears 	<ul style="list-style-type: none"> • Cheese Pizza Bites w/ Marinara Green Beans Fresh Carrots Fresh Pear Mixed Fruit 	<ul style="list-style-type: none"> • Pepperoni French Bread Pizza* Potato Wedges Romaine Salad Applesauce Assorted Fruit
Grab & Go Deli Bar				
<ul style="list-style-type: none"> • Winter Cranberry Chicken Salad <i>Fresh spinach topped with grilled chicken breast, mozzarella cheese, dried cranberries, cucumber slices and a bright balsamic vinaigrette dressing</i> Dinner Roll Crispy Chickpeas Cucumber Slices Fresh Apple Slices 	<ul style="list-style-type: none"> • Turkey BLT Wrap <i>Turkey breast slices, turkey bacon, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread.</i> Fresh Carrots Cucumber Slices Fresh Orange Fresh Pear 	<ul style="list-style-type: none"> • Rockin' Chicken Caesar Salad <i>Fresh romaine tossed with shredded mozzarella and parmesan cheese, croutons, and spiral pasta. Topped with grilled chicken breast and served with Caesar dressing.</i> Dinner Roll Fresh Carrots Fresh Apple Slices 	<ul style="list-style-type: none"> • Spicy Chicken Wrap <i>Spicy chicken, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread.</i> Fresh Carrots Cucumber Slices Fresh Apple 	<ul style="list-style-type: none"> • Southwest Chicken Salad <i>Fresh romaine lettuce topped with fajita chicken, shredded mozzarella, diced red peppers, black beans, and served with homemade chipotle ranch dressing</i> Tortilla Chips and Salsa Fresh Corn Fresh Fruit
A La Carte				
Pretzel with Cheese	Buffalo Chicken Pizza	Onion Rings	Tornadoes	Mini Donuts
• Entrée Choice *May contain pork Skim, 1% and Fat-Free Chocolate Milk are offered with each meal. Menu Subject to change without notice.				

Waukee Community Schools

2019-2020 High School Menu

Student Lunch: \$2.95

Adult Lunch: \$3.75

Week 3

Cultural Cuisine

<ul style="list-style-type: none"> • Mandarin Orange Chicken Steamed Rice Steamed Broccoli Fresh Carrots Mandarin Oranges Fresh Apple Slices 	<ul style="list-style-type: none"> • Walking Taco <i>Cheese, Lettuce, & Tomato</i> Refried Beans Steamed Corn Fresh Apple 	<ul style="list-style-type: none"> • Chicken Gyro <i>Diced Chicken served on pita bread with lettuce, tomatoes, and fresh made cucumber tzatziki sauce</i> Greek Salad Sweet Potato Fries Fresh Orange & Strawberries 	<ul style="list-style-type: none"> • Chicken Alfredo Garlic Breadstick Romaine Salad Green Beans Fresh Pear Applesauce 	<ul style="list-style-type: none"> • Burrito Bowl <i>Cilantro Lime Rice topped with Fajita Chicken, Fiesta Beans, Cheese, and Pico de Gallo</i> Tortilla Chips & Queso Steamed Corn Peaches Assorted Fruit
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Tasty Traditions

<ul style="list-style-type: none"> • Biscuits and Gravy Egg Patty Tri-Tater Steamed Mixed Veggies Mandarin Oranges Fresh Apple Slices 	<ul style="list-style-type: none"> • Hot Wing Bites Dinner Roll Potato Coins Fresh Carrots Fresh Apple 	<ul style="list-style-type: none"> • French Toast Sticks & Sausage Patties* Sweet Potato Fries Cucumber Slices Strawberries Fresh Orange 	<ul style="list-style-type: none"> • Mini Corn Dogs Baked Beans Steamed Broccoli Fresh Pear Applesauce 	<ul style="list-style-type: none"> • Mozzarella Cheese Sticks Fresh Carrots Spinach Salad Peaches Assorted Fruit
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The Grill

<ul style="list-style-type: none"> • Chicken Smackers Dinner Roll Caribbean Vegetables Marinated Chickpea Salad Fresh Orange Pineapple 	<ul style="list-style-type: none"> • Breaded Chicken Sandwich Tri-Tater Fresh Carrots Banana & Peaches 	<ul style="list-style-type: none"> • Cheeseburger Spicy Fries Cucumber Slices Dried Fruit Mixed Fruit 	<ul style="list-style-type: none"> • Buffalo Chicken Crispito w/ Queso Apple Churro Romaine Salad Steamed Carrots Fresh Apple Slices Blueberries 	<ul style="list-style-type: none"> • Spicy Chicken Sandwich Potato Wedges Fresh Carrots Applesauce Assorted Fruit
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Pizza Bar

<ul style="list-style-type: none"> • Big Daddy Pepperoni Pizza Caribbean Vegetables Marinated Chickpea Salad Fresh Orange Pineapple 	<ul style="list-style-type: none"> • Cheesy Bosco Sticks Marinara Sauce Potato Coins Fresh Carrots Banana Peaches 	<ul style="list-style-type: none"> • Personal Pepperoni Pizza Spicy Fries Romaine Salad Dried Fruit Mixed Fruit 	<ul style="list-style-type: none"> • Square Cheese Pizza Fresh Carrots Steamed Mixed Veggies Fresh Apple Slices Blueberries 	<ul style="list-style-type: none"> • Cheese French Bread Pizza w/ Marinara Potato Wedges Spinach Salad Applesauce Assorted Fruit
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Grab & Go Deli Bar

<ul style="list-style-type: none"> • Winter Cranberry Chicken Salad <i>Fresh spinach topped with grilled chicken breast, mozzarella cheese, dried cranberries, cucumber slices and a bright balsamic vinaigrette dressing</i> Dinner Roll Crispy Chickpeas Cucumber Slices Fresh Apple Slices 	<ul style="list-style-type: none"> • Turkey BLT Wrap <i>Turkey breast slices, turkey bacon, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread.</i> Fresh Carrots Cucumber Slices Fresh Orange Fresh Pear 	<ul style="list-style-type: none"> • Rockin' Chicken Caesar Salad <i>Fresh romaine tossed with shredded mozzarella and parmesan cheese, croutons, and spiral pasta. Topped with grilled chicken breast and served with Caesar dressing.</i> Dinner Roll Fresh Carrots Fresh Apple Slices 	<ul style="list-style-type: none"> • Spicy Chicken Wrap <i>Spicy chicken, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread.</i> Fresh Carrots Cucumber Slices Fresh Apple 	<ul style="list-style-type: none"> • Southwest Chicken Salad <i>Fresh romaine lettuce topped with fajita chicken, shredded mozzarella, diced red peppers, black beans, and served with homemade chipotle ranch dressing</i> Tortilla Chips and Salsa Fresh Corn Fresh Fruit
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A La Carte

Nachos	Pepperoni Pizza	Onion Rings	Tornadoes	Mini Donuts
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• Entrée Choice *May contain pork Skim, 1% and Fat-Free Chocolate Milk are offered with each meal. Menu Subject to change without notice.