

Waukee Community Schools Middle School (Grades 6-9) Menu

Breakfast and Lunch **FREE** to All Students

2nd Breakfast and Adult Breakfast: \$2.30

2nd Lunch and Adult Lunch: \$3.90

See what week we are on:

[View the Menu Calendar here!](#)

3 menu cycles during the year:

Fall: Aug 24-Nov 23

Winter: Nov 29-Feb 25

Spring: Feb 28-Last day of school

*May contain pork
Skim and Fat-Free Chocolate Milk
are offered with each meal

Menu Subject to change
without notice

Weekly Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Donut OR Assorted Cereal/bars Assorted Fruit Milk	Breakfast Pizza OR Assorted Cereal/bars Assorted Fruit & Juice Cup Milk	Cinnamon Roll OR Assorted Cereal/bars Assorted Fruit Milk	Mini Pastry Assortment OR Assorted Cereals/bars Assorted Fruit & Juice Cup Milk	Breakfast Sandwich OR Assorted Cereal/bars Assorted Fruit Milk

Lunch Menus				
Monday	Tuesday	Wednesday	Thursday	Friday

Week 1				
Honey Sriracha Chicken Steamed Rice OR Chicken Nuggets w/ Dinner Roll Steamed Broccoli Romaine Salad Mandarin Oranges Pineapple	Chicken and Cheese Quesadilla OR Mini Waffles w/ Egg & Cheese Omelet Tater Tots Cherry Tomatoes Fresh Apple	Chicken Tenders w/ Dinner Roll OR Cheesy Bosco Sticks w/ Marinara Sauce Sweet Potato Fries Celery Sticks Peaches Dried Fruit	Chicken Sandwich OR Taco Pizza Steamed Corn Romaine Salad Banana Applesauce	Biscuits and Gravy* w/ Egg and Cheese Omelet OR Cheese Stuffed Breadsticks w/ Marinara Sauce Hashbrown Patties Fresh Carrots Assorted Fruit

Week 2				
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Cheesy Lasagna Roll-Up OR Turkey Gravy w/ Mashed Potatoes Garlic Knot Green Beans Romaine Salad Mandarin Oranges Pineapple	French Toast & Egg & Cheese Omelet OR Hot Dog* Tater Tots Cherry Tomatoes Fresh Orange Juice Cup	Chicken Sandwich OR Big Daddy Pizza* Steamed Broccoli Fresh Carrots Fresh Apple Slices Dried Fruit	Chicken Philly Sandwich OR Cheesy Bosco Sticks w/ Marinara Sauce Sweet Potato Fries Cauliflower Florets Banana Peaches	Walking Taco w/ Apple Churro OR Cheesy Pizza Crunchers Steamed Corn Celery Sticks Assorted Fruit
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Week 3				
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Tangerine Chicken Steamed Rice OR Spicy Chicken Sandwich Steamed Broccoli Fresh Carrots Mandarin Oranges Pineapple	Pork Tenderloin* OR Cheesy Chicken Taquitos Potato Wedges & Queso Sidekick Slushie Peaches Dried Fruit	Mini Corn Dogs OR Chicken Drumstick w/ Dinner Roll Mixed Vegetables Celery Sticks Fresh Apple	Chicken Alfredo w/ Garlic Breadstick OR Mozzarella Cheese Sticks w/ Marinara Sauce Green Beans Romaine Salad Banana Applesauce	Country Fried Steak OR Chicken Bowl w/ Dinner Roll (Popcorn Chicken, Mashed Potatoes, Shredded Cheese, Pepper Gravy) Mashed Potatoes & Gravy Cherry Tomatoes Assorted Fruit
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Weekly Packaged Deli Bar Option				
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Yogurt Bento Box Yogurt Cup Cheese Cubes Dinner Roll & Graham Crackers Assorted Fresh Vegetables Assorted Fruit Cup Dried Fruit	Chicken Caesar Wrap Baby Carrots Fresh Orange Dried Fruit	Southwest Chicken Salad Romaine Lettuce, Fajita Chicken, Mozzarella Cheese, Red Peppers, Black Beans, Corn, Chipotle Ranch Dressing Dinner Roll & Tortilla Chips Applesauce Cup Dried Fruit	Spicy Chicken Wrap Celery Sticks Fresh Orange Dried Fruit	Rockin' Caesar Salad Cottage Cheese Dinner Roll Fresh Carrots Fresh Apple
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Weekly A la Carte Options				
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Tornadoes	Week 1: Chicken Nuggets Week 2: Donut Week 3: Spicy Chicken Sandwich	Rockin' Caesar Salad	Week 1: Cheesy Bosco Sticks Week 2: Big Daddy Pizza Week 3: Mini Corn Dogs	Nachos
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This institution is an equal opportunity provider.