

Waukee Community Schools

2018-2019 School Menu Calendar

The calendar below contains the rotation of the lunch schedule for the 2018-2019 School Year. Please see the next page for your school's menu.

| August 2018 | | | | | |
|-------------|-----|------|-----|------|-----|
| WEEK # | Mon | Tues | Wed | Thur | Fri |
| No School | | | 1 | 2 | 3 |
| No School | 6 | 7 | 8 | 9 | 10 |
| No School | 13 | 14 | 15 | 16 | 17 |
| 1 | 20 | 21 | 22 | 23 | 24 |
| 2 | 27 | 28 | 29 | 30 | 31 |

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

| October | | | | | |
|---------|-----|------|-----|------|-----|
| WEEK # | Mon | Tues | Wed | Thur | Fri |
| 1 | 1 | 2 | 3 | 4 | 5 |
| 2 | 8 | 9 | 10 | 11 | 12 |
| 3 | 15 | 16 | 17 | 18 | 19 |
| 1 | 22 | 23 | 24 | 25 | 26 |
| 2 | 29 | 30 | 31 | | |

| November | | | | | |
|----------|-----|------|-----|------|-----|
| WEEK # | Mon | Tues | Wed | Thur | Fri |
| 2 | | | | 1 | 2 |
| 3 | 5 | 6 | 7 | 8 | 9 |
| 1 | 12 | 13 | 14 | 15 | 16 |
| 2 | 19 | 20 | 21 | 22 | 23 |
| 3 | 26 | 27 | 28 | 29 | 30 |

| December | | | | | |
|-----------|-----|------|-----|------|-----|
| WEEK # | Mon | Tues | Wed | Thur | Fri |
| 1 | 3 | 4 | 5 | 6 | 7 |
| 2 | 10 | 11 | 12 | 13 | 14 |
| 3 | 17 | 18 | 19 | 20 | 21 |
| No School | 24 | 25 | 26 | 27 | 28 |
| No School | 31 | | | | |

| January 2019 | | | | | |
|--------------|-----|------|-----|------|-----|
| 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 | |

| February | | | | | |
|----------|-----|------|-----|------|-----|
| 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 | |

| March | | | | | |
|-----------|-----|------|-----|------|-----|
| WEEK # | Mon | Tues | Wed | Thur | Fri |
| 3 | | | | | 1 |
| 1 | 4 | 5 | 6 | 7 | 8 |
| 2 | 11 | 12 | 13 | 17 | 15 |
| No School | 18 | 19 | 20 | 21 | 22 |
| 1 | 25 | 26 | 27 | 28 | 29 |

| April | | | | | |
|--------|-----|------|-----|------|-----|
| WEEK # | Mon | Tues | Wed | Thur | Fri |
| 2 | 1 | 2 | 3 | 4 | 5 |
| 3 | 8 | 9 | 10 | 11 | 12 |
| 1 | 15 | 16 | 17 | 18 | 19 |
| 2 | 22 | 23 | 24 | 25 | 26 |
| 3 | 29 | 30 | | | |

| May | | | | | |
|--------|-----|------|-----|------|-----|
| 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 | 31 |

| | | |
|--|------------------|--|
| No School | Early Out | Menu Subject to change without notice |
| <p>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.</p> | | |

Waukee Community Schools

2018-2019 High School **BREAKFAST** Menu

9-12 Breakfast: \$1.85

Adult Breakfast: \$2.10

(SEE NEXT PAGE FOR LUNCH MENU)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| WEEK 1 | | | | |
| <ul style="list-style-type: none"> • Breakfast Sandwich • Mini Pancakes | <ul style="list-style-type: none"> • Yogurt Parfait Bar • Breakfast Bosco Stick | <ul style="list-style-type: none"> • Breakfast Pizza • Donut | <ul style="list-style-type: none"> • Cheese Omelet w/ Toast • Cinnamon Roll | <ul style="list-style-type: none"> • French Toast Bites • Breakfast Pizza Sliders |
| <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereals/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars |
| Assorted Fruit Milk | Assorted Fruit & Juice cup Milk | Assorted Fruit Milk | Assorted Fruit & Juice cup Milk | Assorted Fruit Milk |
| WEEK 2 | | | | |
| <ul style="list-style-type: none"> • Breakfast Sandwich • Mini Cinni | <ul style="list-style-type: none"> • Yogurt Parfait Bar • Pancake & Sausage on a Stick* | <ul style="list-style-type: none"> • Breakfast Pizza • Donut | <ul style="list-style-type: none"> • Breakfast Burrito • Cinnamon Roll | <ul style="list-style-type: none"> • French Toast Bites • Biscuits and Gravy* |
| <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereals/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars |
| Assorted Fruit Milk | Assorted Fruit & Juice cup Milk | Assorted Fruit Milk | Assorted Fruit & Juice cup Milk | Assorted Fruit Milk |
| WEEK 3 | | | | |
| <ul style="list-style-type: none"> • Breakfast Sandwich • Mini Waffles | <ul style="list-style-type: none"> • Yogurt Parfait Bar • Breakfast Bosco Stick | <ul style="list-style-type: none"> • Breakfast Pizza • Donut | <ul style="list-style-type: none"> • Scrambled Eggs w/ Toast • Cinnamon Roll | <ul style="list-style-type: none"> • French Toast Bites • Breakfast Pizza Sliders |
| <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars | <ul style="list-style-type: none"> • Assorted Cereals/bars | <ul style="list-style-type: none"> • Assorted Cereal/bars |
| Assorted Fruit Milk | Assorted Fruit & Juice cup Milk | Assorted Fruit Milk | Assorted Fruit & Juice cup Milk | Assorted Fruit Milk |

Waukee Community Schools

Week 1

2018-2019 High School Menu

Student Lunch: \$2.90

Adult Lunch: \$3.65

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 Romaine Salad Fresh Pear | <ul style="list-style-type: none"> • Chicken & Noodles Breadstick Mashed Potatoes Steamed Corn Strawberries Cinnamon Apples | <ul style="list-style-type: none"> • Cavatelli Breadstick Romaine Lettuce Steamed Asparagus Fresh Apple Slices Peaches | <ul style="list-style-type: none"> • Grilled Chicken Breast on a Pretzel Bun Steamed Peas Fresh Carrots Peaches Assorted Fruit |
|--|---|---|--|--|

Tasty Traditions

| | | | | |
|--|---|--|--|--|
| <ul style="list-style-type: none"> • Baked Potato Bar <i>Diced Ham* and Cheese Sauce</i> Dinner Roll Steamed Broccoli Pineapple Mandarin Oranges | <ul style="list-style-type: none"> • Hot Smoked Turkey & Cheese Sandwich Tri-Tater Fresh Carrots 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 Cucumber Slices Fresh Apple Slices Peaches | <ul style="list-style-type: none"> • Sloppy Joe Baked Beans Fresh Carrots Peaches Assorted Fruit |
|--|---|--|--|--|

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 | <ul style="list-style-type: none"> • Cheeseburger Spicy Fries Romaine Salad Mixed Fruit Pineapple | <ul style="list-style-type: none"> • Chicken Tenders Dinner Roll Glazed Carrots Steamed Broccoli Applesauce Grapes | <ul style="list-style-type: none"> • Mini Corn Dogs Spinach Salad Potato Wedges Mixed Fruit Assorted Fruit |
|--|---|---|--|--|

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 | <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 Grapes Applesauce | <ul style="list-style-type: none"> • Cheese French Bread Pizza Marinara Sauce Spinach Salad Potato Wedges Mixed Fruit Assorted Fruit |
|--|---|---|---|--|

Grab & Go Deli Bar

| | | | | |
|--|--|---|--|---|
| <ul style="list-style-type: none"> • Build-Your-Own Protein Box Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices | <ul style="list-style-type: none"> • Strawberry Spinach Chicken Salad <i>Fresh spinach topped with grilled chicken breast, mozzarella cheese, fresh strawberries, and a sweet poppy seed dressing</i> Dinner Roll Crispy Chickpeas Cucumber Slices Grapes | <ul style="list-style-type: none"> • Build-Your-Own Hummus Box Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Cucumber Slices Fresh Apple | <ul style="list-style-type: none"> • Spicy Chicken Wrap <i>Spicy chicken, mozzarella cheese, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread</i> Cucumber Slices Grapes | <ul style="list-style-type: none"> • Breaded Chicken Salad Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes Fresh Corn Cucumber Slices Fresh Fruit |
|--|--|---|--|---|

A La Carte

| | | | | |
|-------------------|-----------------|-----------|----------------------|--------------------|
| Apple Bosco Stick | Four Meat Pizza | Tornadoes | Rockin' Caesar Salad | Spicy Chicken Wrap |
|-------------------|-----------------|-----------|----------------------|--------------------|

• 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

Week 2

2018-2019 High School Menu

Student Lunch: \$2.90

Adult Lunch: \$3.65

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"> • Chili Cheese Dog* Sweet Potato Fries Roasted Zucchini Blueberries Clementine | <ul style="list-style-type: none"> • Chicken Alfredo Breadstick Romaine Salad Steamed Carrots Fresh Apple Slices Grapes | <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 Steamed Corn Whole Apple | <ul style="list-style-type: none"> • Waffles & Cheese Omelet Sweet Potato Fries Roasted Zucchini Blueberries Clementine | <ul style="list-style-type: none"> • Salisbury Steak Dinner Roll Mashed Potatoes w/Gravy Baked Beans Fresh Apple Slices Grapes | <ul style="list-style-type: none"> • Burrito Bowl <i>Cilantro Lime Rice topped with Fiesta Beans, Cheese, and Pico de Gallo</i> Steamed Corn Fresh Carrots Peaches & Assorted Fruit |
|---|--|---|--|---|

The Grill

| | | | | |
|---|---|---|--|---|
| <ul style="list-style-type: none"> • Chicken Nuggets Dinner Roll Steamed Carrots Romaine Salad Fresh Apple Slices Peaches | <ul style="list-style-type: none"> • Warrior Rib Sandwich* Baked Beans Cucumber Slices Mixed Fruit Banana | <ul style="list-style-type: none"> • Cheeseburger Steamed Corn Celery Sticks Grapes Diced Pears | <ul style="list-style-type: none"> • Chicken Drumstick Dinner Roll Mashed Potatoes w/ Gravy Fresh Carrots Fresh Pear | <ul style="list-style-type: none"> • Pork Tenderloin Sandwich* Oven Crinkle Fries Romaine Salad Applesauce Assorted Fruit |
|---|---|---|--|---|

Pizza Bar

| | | | | |
|---|---|---|---|---|
| <ul style="list-style-type: none"> • Big Daddy's Buffalo Chicken Pizza Romaine Salad Steamed Carrots Fresh Apple Slices Peaches | <ul style="list-style-type: none"> • Personal Cheese Pizza Baked Beans Celery Sticks Banana Mixed Fruit | <ul style="list-style-type: none"> • Build Your Own Taco Pizza <i>Fiesta Pizza topped with lettuce & tomatoes</i> Steamed Corn Celery Sticks Grapes Diced Pears | <ul style="list-style-type: none"> • Square Pepperoni Pizza* Green Beans Fresh Carrots Fresh Pear | <ul style="list-style-type: none"> • Pepperoni French Bread Pizza* Oven Crinkle Fries Romaine Salad Applesauce Assorted Fruit |
|---|---|---|---|---|

Grab & Go Deli Bar

| | | | | |
|--|--|---|--|---|
| <ul style="list-style-type: none"> • Build-Your-Own Protein Box Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices | <ul style="list-style-type: none"> • Strawberry Spinach Chicken Salad <i>Fresh spinach topped with grilled chicken breast, mozzarella cheese, fresh strawberries, and a sweet poppy seed dressing</i> Dinner Roll Crispy Chickpeas Cucumber Slices Grapes | <ul style="list-style-type: none"> • Build-Your-Own Hummus Box Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Cucumber Slices Fresh Apple | <ul style="list-style-type: none"> • Spicy Chicken Wrap <i>Spicy chicken, mozzarella cheese, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread</i> Cucumber Slices Grapes | <ul style="list-style-type: none"> • Breaded Chicken Salad Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes Fresh Corn Cucumber Slices Fresh Fruit |
|--|--|---|--|---|

A La Carte

| | | | | |
|----------------------------|------------------------------|------------------|-----------------------------|---------------------------|
| Pretzel with Cheese | Buffalo Chicken Pizza | Tornadoes | Rockin' Caesar Salad | Spicy Chicken Wrap |
|----------------------------|------------------------------|------------------|-----------------------------|---------------------------|

• 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

Week 3

2018-2019 High School Menu

Student Lunch: \$2.90

Adult Lunch: \$3.65

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> Cilantro Lime Rice Refried Beans Steamed Corn Fresh Apple | <ul style="list-style-type: none"> • Mozzarella Cheese Sticks Marinara Sauce Shoestring Sweet Potato Fries Celery Sticks Grapes Strawberries | <ul style="list-style-type: none"> • Spaghetti & Meat Sauce Breadstick Romaine Salad Green Beans Fresh Pear | <ul style="list-style-type: none"> • Rockin' Chicken Caesar Salad Dinner Roll Fresh Carrots Peaches Assorted Fruit |
|--|--|--|---|--|

Tasty Traditions

| | | | | |
|--|--|---|---|---|
| <ul style="list-style-type: none"> • Cowboy BBQ Meatball Sub Baked Beans Romaine Salad Mandarin Oranges Fresh Apple Slices | <ul style="list-style-type: none"> • Biscuits and Gravy <i>Fluffy Biscuits Served with a Sausage Pepper Gravy</i> Egg Patty Tri-Tater Steamed Mixed Veggies Fresh Pear | <ul style="list-style-type: none"> • French Toast Sticks & Sausage Patties* Shoestring Sweet Potato Fries Celery Sticks Strawberries Grapes | <ul style="list-style-type: none"> • Spicy Chicken Nuggets Dinner Roll Potato Coins Steamed Carrots Clementine Applesauce | <ul style="list-style-type: none"> • Mac & Cheese Dinner Roll Steamed Peas Fresh Carrots Peaches Assorted Fruit |
|--|--|---|---|---|

The Grill

| | | | | |
|---|---|---|---|---|
| <ul style="list-style-type: none"> • Chicken Bites Dinner Roll Caribbean Vegetables Marinated Chickpea Salad Fresh Orange Pineapple | <ul style="list-style-type: none"> • Buffalo Chicken Nacho Dip and Chips Fresh Carrots Celery Sticks Banana Peaches | <ul style="list-style-type: none"> • Cheeseburger Seasoned Curly Fries Romaine Salad Mandarin Oranges Mixed Fruit | <ul style="list-style-type: none"> • Chili Crispito w/ Cheese Fresh Carrots Romaine Salad Fresh Apple Slices Blueberries Apple Churro | <ul style="list-style-type: none"> • Spicy Chicken Sandwich Potato Wedges Fresh Carrots Applesauce Assorted Fruit |
|---|---|---|---|---|

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 Steamed Mixed Veggies Fresh Carrots Banana Peaches | <ul style="list-style-type: none"> • Personal Pepperoni Pizza Seasoned Curly Fries Romaine Salad Mandarin Oranges Mixed Fruit | <ul style="list-style-type: none"> • Square Cheese Pizza Fresh Carrots Potato Coins Fresh Apple Slices Blueberries | <ul style="list-style-type: none"> • Cheese French Bread Pizza w/ Marinara Potato Wedges Spinach Salad Applesauce Assorted Fruit |
|---|--|---|--|--|

Grab & Go Deli Bar

| | | | | |
|--|--|---|--|---|
| <ul style="list-style-type: none"> • Build-Your-Own Protein Box Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices | <ul style="list-style-type: none"> • Strawberry Spinach Chicken Salad <i>Fresh spinach topped with grilled chicken breast, mozzarella cheese, fresh strawberries, and a sweet poppy seed dressing</i> Dinner Roll Crispy Chickpeas Cucumber Slices Grapes | <ul style="list-style-type: none"> • Build-Your-Own Hummus Box Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Cucumber Slices Fresh Apple | <ul style="list-style-type: none"> • Spicy Chicken Wrap <i>Spicy chicken, mozzarella cheese, lettuce and tomato wrapped in a garlic herb tortilla with a light ranch cream cheese spread</i> Cucumber Slices Grapes | <ul style="list-style-type: none"> • Breaded Chicken Salad Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes Fresh Corn Cucumber Slices Fresh Fruit |
|--|--|---|--|---|

A La Carte

| | | | | |
|--------|-----------------|-----------|----------------------|--------------------|
| Nachos | Pepperoni Pizza | Tornadoes | Rockin' Caesar Salad | Spicy Chicken Wrap |
|--------|-----------------|-----------|----------------------|--------------------|

• Entrée Choice *May contain pork Skim, 1% and Fat-Free Chocolate Milk are offered with each meal. Menu Subject to change without notice.