

# 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	14	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

<b>No School</b>	<b>Early Out</b>	<b>Menu Subject to change without notice</b>
<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
<b>WEEK 1</b>				
<ul style="list-style-type: none"> <li>• Breakfast Sandwich</li> <li>• Mini Pancakes</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt Parfait Bar</li> <li>• Breakfast Bosco Stick</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Pizza</li> <li>• Donut</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Omelet w/ Toast</li> <li>• Cinnamon Roll</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Bites</li> <li>• Breakfast Pizza Sliders</li> </ul>
<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereals/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>
Assorted Fruit Milk	Assorted Fruit & Juice cup Milk	Assorted Fruit Milk	Assorted Fruit & Juice cup Milk	Assorted Fruit Milk
<b>WEEK 2</b>				
<ul style="list-style-type: none"> <li>• Breakfast Sandwich</li> <li>• Mini Cinni</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt Parfait Bar</li> <li>• Pancake &amp; Sausage on a Stick*</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Pizza</li> <li>• Donut</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Burrito</li> <li>• Cinnamon Roll</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Bites</li> <li>• Biscuits and Gravy</li> </ul>
<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereals/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>
Assorted Fruit Milk	Assorted Fruit & Juice cup Milk	Assorted Fruit Milk	Assorted Fruit & Juice cup Milk	Assorted Fruit Milk
<b>WEEK 3</b>				
<ul style="list-style-type: none"> <li>• Breakfast Sandwich</li> <li>• Mini Waffles</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt Parfait Bar</li> <li>• Breakfast Bosco Stick</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Pizza</li> <li>• Donut</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled Eggs w/ Toast</li> <li>• Cinnamon Roll</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Bites</li> <li>• Breakfast Pizza Sliders</li> </ul>
<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereals/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Cereal/bars</li> </ul>
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"> <li>• <b>General Tso's Chicken</b> Steamed Rice Edamame Succotash Fresh Carrots Mandarin Oranges Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nacho Grande</b> <i>Nacho Chips with Taco Meat and Cheese Sauce</i> Refried Beans Romaine Salad Fresh Pear</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chicken &amp; Noodles</b> Breadstick Mashed Potatoes Steamed Corn Strawberries Cinnamon Apples</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cavatelli</b> Breadstick Romaine Lettuce Steamed Asparagus Fresh Apple Slices Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Grilled Chicken Breast on a Pretzel Bun</b> Steamed Peas Fresh Carrots Peaches Assorted Fruit</li> </ul>
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### Tasty Traditions

<ul style="list-style-type: none"> <li>• <b>Baked Potato Bar</b> <i>Diced Ham* and Cheese Sauce</i> Dinner Roll Steamed Broccoli Pineapple Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Hot Smoked Turkey &amp; Cheese Sandwich</b> Tri-Tater Fresh Carrots Diced Pears Banana</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pancakes &amp; Scrambled Eggs</b> Sweet Potato Fries Celery Sticks Strawberries Cinnamon Apples</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Turkey Gravy</b> Dinner Roll Mashed Potatoes Cucumber Slices Fresh Apple Slices Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sloppy Joe</b> Baked Beans Fresh Carrots Peaches Assorted Fruit</li> </ul>
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### The Grill

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

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

<ul style="list-style-type: none"> <li>• <b>Build-Your-Own Protein Box</b> Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Strawberry Spinach Chicken Salad</b> <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</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Build-Your-Own Hummus Box</b> Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Cucumber Slices Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spicy Chicken Wrap</b> <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</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Breaded Chicken Salad</b> Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes  Fresh Corn Cucumber Slices Fresh Fruit</li> </ul>
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### A La Carte

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

# Week 2

## 2018-2019 High School Menu

Student Lunch: \$2.90

Adult Lunch: \$3.65

Cultural Cuisine				
<ul style="list-style-type: none"> <li>• <b>Sweet Thai Chicken</b> Steamed Rice Steamed Broccoli Fresh Carrots Pineapple Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chicken Carnita Street Tacos</b> Cheese, Red Onion, Cilantro, Lime Wedge Steamed Corn Black Beans Whole Apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chili Cheese Dog*</b> Sweet Potato Fries Roasted Zucchini Blueberries Clementine</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chicken Alfredo</b> Breadstick Romaine Salad Steamed Carrots Fresh Apple Slices Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Warrior Bowl</b> <i>Chicken, Shredded Cheese, &amp; Mashed Potatoes w/ Gravy</i> Dinner Roll Steamed Corn Peaches Assorted Fruit</li> </ul>
Tasty Traditions				
<ul style="list-style-type: none"> <li>• <b>Frito Pie</b> Honey Cornbread Muffin Steamed Broccoli Fresh Carrots Pineapple Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Country Fried Steak</b> Dinner Roll Mashed Potatoes w/ Gravy Steamed Corn Whole Apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Waffles &amp; Cheese Omelet</b> Sweet Potato Fries Roasted Zucchini Blueberries Clementine</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Salisbury Steak</b> Dinner Roll Mashed Potatoes w/Gravy Baked Beans Fresh Apple Slices Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Burrito Bowl</b> <i>Cilantro Lime Rice topped with Fiesta Beans, Cheese, and Pico de Gallo</i> Steamed Corn Fresh Carrots Peaches &amp; Assorted Fruit</li> </ul>
The Grill				
<ul style="list-style-type: none"> <li>• <b>Chicken Nuggets</b> Dinner Roll Steamed Carrots Romaine Salad Fresh Apple Slices Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Warrior Rib Sandwich*</b> Baked Beans Cucumber Slices Mixed Fruit Banana</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cheeseburger</b> Steamed Corn Celery Sticks Grapes Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chicken Drumstick</b> Dinner Roll Mashed Potatoes w/ Gravy Fresh Carrots Fresh Pear</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pork Tenderloin Sandwich*</b> Oven Crinkle Fries Romaine Salad Applesauce Assorted Fruit</li> </ul>
Pizza Bar				
<ul style="list-style-type: none"> <li>• <b>Big Daddy's Buffalo Chicken Pizza</b> Romaine Salad Steamed Carrots Fresh Apple Slices Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Personal Cheese Pizza</b> Baked Beans Celery Sticks Banana Mixed Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Build Your Own Taco Pizza</b> <i>Fiesta Pizza topped with lettuce &amp; tomatoes</i> Steamed Corn Celery Sticks Grapes Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Square Pepperoni Pizza*</b> Green Beans Fresh Carrots Fresh Pear</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pepperoni French Bread Pizza*</b> Oven Crinkle Fries Romaine Salad Applesauce Assorted Fruit</li> </ul>
Grab & Go Deli Bar				
<ul style="list-style-type: none"> <li>• <b>Build-Your-Own Protein Box</b> Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Strawberry Spinach Chicken Salad</b> <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</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Build-Your-Own Hummus Box</b> Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Cucumber Slices Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spicy Chicken Wrap</b> <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</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Breaded Chicken Salad</b> Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes  Fresh Corn Cucumber Slices Fresh Fruit</li> </ul>
A La Carte				
<ul style="list-style-type: none"> <li>• <b>Pretzel with Cheese</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Buffalo Chicken Pizza</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tornadoes</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Rockin' Caesar Salad</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spicy Chicken Wrap</b></li> </ul>

• 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"> <li>• <b>Mandarin Orange Chicken</b> Steamed Rice Steamed Broccoli Fresh Carrots Mandarin Oranges Fresh Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Walking Taco</b> <i>Cheese, Lettuce, &amp; Tomato</i> Cilantro Lime Rice Refried Beans Steamed Corn Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mozzarella Cheese Sticks</b> Marinara Sauce Shoestring Sweet Potato Fries Celery Sticks Grapes Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spaghetti &amp; Meat Sauce</b> Breadstick Romaine Salad Green Beans Fresh Pear</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Rockin' Chicken Caesar Salad</b> Dinner Roll Fresh Carrots Peaches Assorted Fruit</li> </ul>
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### Tasty Traditions

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

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

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

<ul style="list-style-type: none"> <li>• <b>Build-Your-Own Protein Box</b> Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Strawberry Spinach Chicken Salad</b> <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</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Build-Your-Own Hummus Box</b> Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Cucumber Slices Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spicy Chicken Wrap</b> <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</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Breaded Chicken Salad</b> Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes  Fresh Corn Cucumber Slices Fresh Fruit</li> </ul>
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### A La Carte

Nachos	Pepperoni Pizza	Tornadoes	Rockin' Caesar Salad	Spicy Chicken Wrap
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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.