

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

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 Applesauce 	<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"> • Buffalo Chicken Nachos Fresh Carrots Celery Sticks Peaches Assorted Fruit
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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"> • Grilled Chicken Breast on a Pretzel Bun Fresh Carrots Steamed Peas 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"> • Hot Turkey & Cheese Sandwich with Tomato Soup Baked Beans Fresh Carrots Peaches 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 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
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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 Grapes Applesauce 	<ul style="list-style-type: none"> • Cheese French Bread Pizza Marinara Sauce Spinach Salad Potato Wedges Mixed Fruit Assorted Fruit
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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"> • 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 Grapes 	<ul style="list-style-type: none"> • Build-Your-Own Hummus Box Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Apple Slices 	<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> Fresh Carrots 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
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A La Carte

Apple Bosco Stick	Four Meat Pizza	Onion Rings	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

2018-2019 High School Menu

Student Lunch: \$2.90

Adult Lunch: \$3.65

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"> • Chili Cheese Dog* 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 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 Steamed Zucchini Blueberries Strawberries 	<ul style="list-style-type: none"> • Mac 'n Cheese Dinner Roll Romaine Salad Steamed Peas Fresh Apple Slices Grapes 	<ul style="list-style-type: none"> • Baja Chicken Nachos <i>Fajita Chicken and Cheddar Cheese served on a bed of yellow corn tortilla chips</i> Pico de Gallo Black Beans 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"> • BBQ Pulled Pork 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 Mixed Fruit 	<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 Mixed Fruit 	<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"> • 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 Grapes 	<ul style="list-style-type: none"> • Build-Your-Own Hummus Box Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Apple Slices 	<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> Fresh Carrots 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	Onion Rings	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

2018-2019 High School Menu

Student Lunch: \$2.90

Adult Lunch: \$3.65

Week 3

Cultural Cuisine

<p>• Mandarin Orange Chicken Steamed Rice Steamed Broccoli Fresh Carrots Mandarin Oranges Fresh Apple Slices</p>	<p>• Walking Taco <i>Cheese, Lettuce, & Tomato</i> Cilantro Lime Rice Refried Beans Steamed Corn Fresh Apple</p>	<p>• Chicken Gyro <i>Diced Chicken served on a flatbread with lettuce, tomatoes, and fresh made cucumber sauce</i> Romaine Salad Cucumber Slices Grapes & Strawberries</p>	<p>• Chicken Alfredo Garlic Breadstick Romaine Salad Green Beans Fresh Pear Applesauce</p>	<p>• Burrito Bowl <i>Cilantro Lime Rice topped with Fajita Chicken, Fiesta Beans, Cheese, and Pico de Gallo</i> Tortilla Scoop Chips Steamed Corn Peaches Assorted Fruit</p>
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Tasty Traditions

<p>• Italian Meatball Sub Steamed Broccoli Fresh Carrots Mandarin Oranges Fresh Apple Slices</p>	<p>• Hot Wing Bites Dinner Roll Potato Coins Fresh Carrots Fresh Apple</p>	<p>• French Toast Sticks & Sausage Patties* Shoestring Sweet Potato Fries Cucumber Slices Strawberries Grapes</p>	<p>• Biscuits and Gravy <i>Fluffy Biscuits Served with a Sausage Pepper Gravy</i> Egg Patty Tri-Tater Steamed Mixed Veggies Clementine Applesauce</p>	<p>• Mozzarella Cheese Sticks Spinach Salad Baked Beans Peaches Assorted Fruit</p>
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The Grill

<p>• Chicken Bites Dinner Roll Caribbean Vegetables Marinated Chickpea Salad Fresh Orange Pineapple</p>	<p>• Cheesy Potatoes and Ham* Dinner Roll Fresh Carrots Banana Peaches</p>	<p>• Cheeseburger Seasoned Curly Fries Romaine Salad Dried Fruit Mixed Fruit</p>	<p>• Buffalo Chicken Crispito w/ Cheese Apple Churro Romaine Salad Steamed Carrots Fresh Apple Slices Blueberries</p>	<p>• Spicy Chicken Sandwich Potato Wedges Fresh Carrots Applesauce Assorted Fruit</p>
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Pizza Bar

<p>• Big Daddy Pepperoni Pizza Caribbean Vegetables Marinated Chickpea Salad Fresh Orange Pineapple</p>	<p>• Cheesy Bosco Sticks Marinara Sauce Potato Coins Fresh Carrots Banana Peaches</p>	<p>• Personal Pepperoni Pizza Seasoned Curly Fries Romaine Salad Dried Fruit Mixed Fruit</p>	<p>• Square Cheese Pizza Fresh Carrots Steamed Mixed Veggies Fresh Apple Slices Blueberries</p>	<p>• Cheese French Bread Pizza w/ Marinara Potato Wedges Spinach Salad Applesauce Assorted Fruit</p>
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Grab & Go Deli Bar

<p>• Build-Your-Own Protein Box Hardboiled Egg Cheese Cubes Fresh Carrots Celery Sticks Apple Slices</p>	<p>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 Grapes</p>	<p>• Build-Your-Own Hummus Box Hummus Cup Cheese Cubes Pita Chips Fresh Carrots Celery Sticks Apple Slices</p>	<p>• 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> Fresh Carrots Cucumber Slices Grapes</p>	<p>Breaded Chicken Salad Fresh romaine lettuce topped with breaded chicken, mozzarella cheese, and diced tomatoes Fresh Corn Cucumber Slices Fresh Fruit</p>
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A La Carte

Nachos	Pepperoni Pizza	Onion Rings	Rockin' Caesar Salad	Buffalo Chicken Crispito
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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.