

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

## Breakfast and Lunch **FREE** to All Students

2<sup>nd</sup> Breakfast and Adult Breakfast: \$2.30

2<sup>nd</sup> Lunch: \$3.90    Adult Lunch: \$3.95

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   |
| <b>Donut</b><br>OR<br><b>Assorted Cereal/bars</b><br>Assorted Fruit<br>Milk | <b>Pancake Wrap on a Stick</b><br>OR<br><b>Assorted Cereal/bars</b><br>Assorted Fruit & Juice Cup<br>Milk | <b>Cinnamon Roll</b><br>OR<br><b>Assorted Cereal/bars</b><br>Assorted Fruit<br>Milk | <b>Breakfast Pizza</b><br>OR<br><b>Assorted Cereals/bars</b><br>Assorted Fruit & Juice Cup<br>Milk | <b>Breakfast Sandwich</b><br>OR<br><b>Assorted Cereal/bars</b><br>Assorted Fruit<br>Milk |

| Lunch Menus |         |           |          |        |
|-------------|---------|-----------|----------|--------|
| Monday      | Tuesday | Wednesday | Thursday | Friday |

| Week 1   |  |  |   |   |
|--|--|--|---|---|
| <b>Chicken Parmesan</b><br>Pasta Spirals w/ Marinara Sauce<br>OR<br><b>Grilled Cheese Sandwich</b><br><br>Steamed Corn<br>Fresh Carrots<br>Fresh Apple | <b>Chicken Sandwich</b><br>OR<br><b>Biscuits and Gravy w/ Egg Patty</b><br><br>Crinkle Fries<br>Cucumber Slices<br>Peaches<br>Applesauce | <b>Chicken Tenders w/ Dinner Roll</b><br>OR<br><b>Hot Dog*</b><br><br>Baked Beans<br>Romaine Salad<br>Peaches<br>Dried Fruit | <b>Hot Wing Bites w/ Dinner Roll</b><br>OR<br><b>Waffles or French Toast w/ Egg Patties</b><br><br>Sweet Potato Fries<br>Cherry Tomatoes<br>Banana<br>Juice Cup | <b>Chicken Bowl</b><br>(Popcorn Chicken, Mashed Potatoes, Shredded Cheese, Pepper Gravy)<br>OR<br><b>Mac and Cheese</b><br>Steamed Peas<br><br>Dinner Roll<br>Celery Sticks<br>Assorted Fruit |

| Week 2 |  |  |  |  |
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| <b>Cheeseburger</b><br>OR<br><b>Cheesy Chicken Taquitos</b><br><br>Sweet Potato Fries<br>Cherry Tomatoes<br>Fresh Orange<br>Peaches | <b>Walking Taco</b><br>Refried Beans, Shredded Lettuce, and Salsa<br>OR<br><b>Chicken Nuggets</b><br>Potato Wedges & Celery Sticks<br><br>Apple Churro<br>Fresh Apple | <b>Chicken Sandwich</b><br>OR<br><b>Big Daddy Pizza*</b><br><br>Steamed Broccoli<br>Fresh Carrots<br>Fresh Apple Slices<br>Dried Fruit | <b>Cheesy Pizza Crunchers</b><br>OR<br><b>Little Smokies* w/ Garlic Knot</b><br><br>Green Beans<br>Romaine Salad<br>Strawberries<br>Peaches | <b>Totchos w/ Garlic Knot</b><br>Tater Tots topped with Taco Meat and Cheese Sauce<br>OR<br><b>Cheesy Bosco Sticks w/ Marinara Sauce</b><br><br>Tater Tots<br>Cauliflower Florets<br>Assorted Fruit |
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| Week 3 |  |  |  |  |
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| <b>Asian Chicken</b><br>Steamed Rice<br>OR<br><b>Spicy Chicken Sandwich</b><br><br>Steamed Broccoli<br>Fresh Carrots<br>Mandarin Oranges<br>Pineapple | <b>Chicken Philly Sandwich</b><br>OR<br><b>Mozzarella Cheese Sticks w/ Marinara Sauce</b><br><br>Crinkle Fries<br>Sidekick Slushie<br>Peaches<br>Dried Fruit | <b>Chicken Drumstick w/ Dinner Roll</b><br>OR<br><b>Pizza Option*</b><br><br>Steamed Corn<br>Celery Sticks<br>Fresh Apple | <b>Chicken Alfredo w/ Garlic Breadstick</b><br>OR<br><b>Cheesy Bosco Sticks w/ Marinara Sauce</b><br><br>Green Beans<br>Romaine Salad<br>Banana<br>Applesauce | <b>Mini Corn Dogs</b><br>OR<br><b>Wild Mike's Cheese Bites w/ Marinara Sauce</b><br><br>Mixed Vegetables<br>Cherry Tomatoes<br>Assorted Fruit |
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| Weekly Packaged Deli Bar Option |  |  |  |  |
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| <b>House Salad</b><br>Romaine Lettuce, Mozzarella Cheese, and Cherry Tomatoes<br>Breaded Chicken served on the side<br>Dinner Roll<br>Fresh Carrots<br>Applesauce Cup<br>Dried Fruit | <b>Chicken Caesar Wrap</b><br>Baby Carrots<br>Fresh Orange<br>Dried Fruit | <b>Rockin' Chicken Caesar Salad</b><br>Dinner Roll<br>Fresh Carrots<br>Fresh Apple | <b>Spicy Chicken Wrap</b><br>Celery Sticks<br>Fresh Orange<br>Dried Fruit | <b>Southwest Chicken Salad</b><br>Romaine Lettuce, Fajita Chicken, Mozzarella Cheese, Corn and Black Bean Blend, Chipotle Ranch Dressing<br>Dinner Roll & Tortilla Chips<br>Applesauce Cup<br>Dried Fruit |
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| Weekly A la Carte Options |  |  |  |  |
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| Nachos | Tornadoes | Nachos | Tornadoes | Nachos |
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This institution is an equal opportunity provider.