

# Meal Prices

Breakfast		Lunch	
PK-12	\$1.75	Pk-8	\$2.70
Adult	\$1.75	9th-12th	\$3.20
		Adult	\$3.80

## December 2017

# Iroquois

## Breakfast & Lunch Menu



**Monday**

**Tuesday**

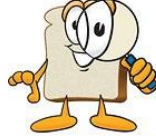
**Wednesday**

**Thursday**

**Friday**

**Fill Up & Fuel Up  
at the  
Unlimited Fruit & Vegetable Bar**

**Be a Food Label Detective:  
Make Sure to Choose Whole Grain**



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.



**Daily Alternate  
Entrée Option  
Grades 6<sup>th</sup>-12<sup>th</sup>**



**Monday & Friday  
Turkey & Cheese Sub**  
**Tuesday  
Ham & Cheese Sub**  
**Wednesday  
Cold Cut Sub**  
**Thursday  
Italian Sub**

**Glazed Donut 4**  
**Nachos Grande**  
**Brown Rice**  
**Corn**

**Breakfast Sliders 5**  
**Tater Tot Hotdish**  
**Bread**  
**Baked Sweet Potato Bites**

**Sausage, Hashbrown, Toast 6**  
**Taco Quesadillas**  
**Chips & Salsa**  
**Peas**

**Dutch Waffle 7**  
**Sloppy Joe on Bun**  
**Corn**

**French Toast Sticks 11**  
**Corn Dog**  
**Peas**

**Cheesy Eggs & Toast 12**  
**Super Mexi Tots**  
**Bread**  
**Carrots**

**Glazed Donut 13**  
**Chicken Nuggets**  
**Cinnamon Roll**  
**Corn**

**Egg & Cheese Biscuit 14**  
**Baked Ham**  
**Dinner Roll**  
**Cheesy Green Beans**  
**Mashed Potatoes w/Gravy**  
**Ice Cream**



**Sausage & Cheese Biscuit 18**  
**Taco Fiestada Pizza**  
**Corn**

**Pancakes 19**  
**Cowboy Cavatini**  
**Dinner Roll**  
**Carrots**

**Cinnamon Roll 20**  
**Stuffed Crust  
Pepperoni Pizza**  
**Green Beans**

**Sausage Pancake Stick 21**  
**Pulled Pork Sandwich**  
**Peas**

**\*Please\***  
remember to  
take at least  
½ cup fruit & or  
veggies for a  
well balance  
meal



**HAPPY  
HOLIDAYS**



### Breakfast Choices Offered Daily

- 100% Juice and Fruit
- Breakfast Entrée
- Cereal & Bread/Toast
- Milk Choice



### Daily Lunch Menu Includes

- K-5: Choice of 1 Entrée
- 6-12: Choice of 2 Entrées
- Fruit & Vegetable Bar
- Milk Choice