

# Iroquois, SD School District

## February 2020 Breakfast & Lunch Menu

### Monday

Sausage & Cheese Biscuit <sup>3</sup>

Cold Deli Sub

Coleslaw

### Tuesday

Cheesy Eggs w/ Toast <sup>4</sup>

Pepperoni Pizza

Carrots

### Wednesday

French Toast Sticks <sup>5</sup>

Chicken Nuggets  
w/ Dinner Roll

Green Beans

### Thursday

Glazed Donut Ring <sup>6</sup>

Chicken Fajita Flatbread

Corn

### Friday

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



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

Biscuit w/Gravy & Sausage <sup>10</sup>

Doritos Walking Taco  
w/ Brown Rice

Corn

Breakfast Taco <sup>11</sup>

Italian Dunkers  
w/ Dipping Sauce

Green Beans

Waffles <sup>12</sup>

Mini Corn Dogs

Tater Tots

Pancake Sausage Stick <sup>13</sup>

Tangerine Chicken  
w/ Brown Rice

Gelatin   
Mixed Vegetables

<sup>17</sup>

No School

Pancakes <sup>18</sup>

Sloppy Joe on Bun

Coleslaw

Dutch Waffle <sup>19</sup>

Stuffed Crust Cheese  
Pizza

Carrots

Breakfast Sliders <sup>20</sup>

Beef Soft Shell Tacos

Corn

Glazed Donut Ring <sup>21</sup>

Pork Rib Sandwich

Peas

Egg & Cheese Biscuit <sup>24</sup>

Corn Dog

Peas

Cheesy Eggs w/ Toast <sup>25</sup>

Chicken Nuggets  
w/ Bread

Mashed Potatoes w/Gravy

French Toast Sticks <sup>26</sup>

Pork Carnita Sandwich

Carrots

Pancake Sausage Stick <sup>27</sup>

Chili Con Carne  
w/ Corn Chips

Cinnamon Roll  
Corn

**\*Please\***

remember to  
take at least  
½ cup fruit & or  
Juice for a well  
balance meal

**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.

**National  
Chili Day  
February  
27<sup>th</sup>**



### Breakfast Choices Offered Daily



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



### Daily Lunch Menu Includes



- Grades K-5 : One entrée choice
- Grades 6-12 Choice of 2 entrees
- Fruit & Vegetable Bar
- Milk Choice