

Iroquois, SD School District

November 2019 Breakfast & Lunch Menu

Monday

Pancakes 4

Pork Rib Sandwich

Peas

Tuesday

Breakfast Taco 5

Sloppy Joe on Bun

Coleslaw

Wednesday

Dutch Waffle 6

Stuffed Crust Cheese
Pizza

Carrots

Thursday

Breakfast Sliders 7

Beef Soft Shell Tacos

Corn

Friday



Egg & Cheese Biscuit 11

Corn Dog

Peas

Cheese Omelet w/ Toast 12

Sliced Beef w/ Gravy
w/ Bread

Mashed Potatoes w/Gravy

French Toast Sticks 13

Pork Carnita Sandwich

Carrots

Biscuit w/ Gravy 14

Grilled Cheese Sandwich

Tomato Soup

Cinnamon Roll 15

Doritos Walking Taco
w/ Brown Rice

Corn

Breakfast Boat 18

Cheeseburger

Baked Fries

Sausage, Tri Tater, Toast 19

Super Mexi Tots
w/Bread

Carrots

Waffles 20

Hot Dog on Bun

Peas

Pancake Sausage Stick 21

Baked Ham
w/ Dinner Roll

Cookie

Corn

Mashed Potatoes w/ Gravy

**Daily Alternate
Entrée Option
Grades 6-12th**



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

Sausage & Cheese Biscuit 25

Meatball Sub

Coleslaw

Cheese Omelet w/ Toast 26

Pepperoni Pizza

Green Beans

French Toast Sticks 27

Teriyaki Chicken
w/ Brown Rice

Broccoli

28

No School

Happy
Thanksgiving!

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.

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



Please

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



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