



# Western Dubuque Schools MS/HS 2022

## August/Sept 2022 MS/HS LUNCH

| Monday                                                                                                                                                                                   | Tuesday                                                                                                                                                                    | Wednesday                                                                                                                                                                                          | Thursday                                                                                                               | Friday                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>22</b><br><br><b>Popcorn Chicken</b><br>Mashed Potatoes w/gravy<br>Peas<br>Pears<br>Dinner Roll       | <b>23</b><br><b>Cheese Filled Breadsticks</b><br>w/ marinara sauce<br>Green Beans<br>Peaches<br>Sun Chips                                                                  | <b>24</b><br><b>Mandarin Orange Chicken</b><br>White Rice<br>Steamed Broccoli<br>Baby Carrots<br>Mandarin Oranges                                                                                  | <b>25</b><br><b>Walking Taco</b><br>w/Romaine & Tomato<br>Corn & Potato Ole's<br>Refried Beans<br>Fresh Orange         | <b>26</b><br><b>Pizza Crunchers</b><br>Sun Chips<br>Fresh Strawberries<br>Mixed Vegetables                                |
| <b>29</b><br><b>Popcorn Chicken</b><br>Mashed Potatoes w/gravy<br>Peas<br>Pears<br>Dinner Roll                                                                                           | <b>30</b><br><b>Pulled Pork Sandwich</b><br>Curly Fries<br>Steamed Veggies<br>Peaches<br> | <b>31</b><br><b>Chicken Fillet Sandwich</b><br>w/Locally Grown Sweet Corn<br>Sun Chips<br>Fresh Orange Slices<br> | <b>1</b><br><b>Spaghetti w/Meat Sauce</b><br>w/garlic toast<br>Cinnamon Apples<br>Side Salad                           | <b>2</b><br><b>Wild Mike's Cheese Bites</b><br>w/Marinara Sauce<br>Fresh Celery Sticks<br>Applesauce Cup<br>Baked Cheetos |
| <b>5</b><br><br><b>Chicken and Gravy</b><br>w/Buttered Noodles<br>Peas<br>Cherry Craisens<br>Dinner Roll | <b>6</b><br><b>Breaded Chicken Chunks</b><br>Mashed Potatoes w/gravy<br>Corn<br>Peaches<br>Dinner Roll                                                                     | <b>7</b><br><b>French Toast Sticks</b><br>Sausage Patty<br>Tri-tator<br>Juice Box<br>Sliced Apples                                                                                                 | <b>8</b><br><b>Soft Shell Taco</b><br>w/Romaine & Tomato<br>Cheesy Mexican Rice<br>Potato Ole's<br>Fresh Orange Wedges | <b>9</b><br><b>Hot Dog w/Bun</b><br>French Fries<br>Fresh Cucumber Slices<br>Pineapple Tidbits                            |
| <b>12</b><br><b>Chicken and Gravy</b><br>w/Buttered Noodles<br>Peas<br>Cherry Craisens<br>Dinner Roll                                                                                    | <b>13</b><br><b>Pork T Sandwich</b><br>Ranch Potato Wedges<br>Baby Carrots w/Ranch<br>Pears                                                                                | <b>14</b><br><b>Pub Burger w/Cheese</b><br>French Fries<br>Fruit Mix<br>Fresh Green Beans                                                                                                          | <b>15</b><br><b>Walking Taco</b><br>w/Romaine & Tomato<br>Corn & Potato Ole's<br>Refried Beans<br>Fresh Orange Wedges  | <b>16</b><br><b>Mini Corn Dogs</b><br>Tator Tots<br>Baked Beans<br>Cherry Frozen Juice Cup                                |
| <b>19</b><br><b>Chicken Strips</b><br>Mashed Potatoes w/gravy<br>Corn<br>Pears<br>Dinner Roll                                                                                            | <b>20</b><br><b>BBQ Rib Patty</b><br>on a Hoagie Bun<br>Curly Fries<br>Peas<br>Peaches                                                                                     | <b>21</b><br><b>Mandarin Orange Chicken</b><br>w/ White Rice<br>Steamed Broccoli<br>Mandarin Oranges<br>Baby Carrots                                                                               | <b>22</b><br><b>Spaghetti w/Meat Sauce</b><br>w/garlic toast<br>Cinnamon Apples<br>Side Salad                          | <b>23</b><br><b>French Bread Pizza</b><br>Sun Chips<br>Green Beans<br>Cherry Craisens                                     |
| <b>26</b><br><b>Popcorn Chicken</b><br>Mashed Potatoes w/gravy<br>Corn<br>Peaches<br>Dinner Roll                                                                                         | <b>27</b><br><b>Mac and Cheese Burger</b><br>Side Salad<br>Steamed Veggies<br>Fresh Apple                                                                                  | <b>28</b><br><b>French Toast Sticks</b><br>Sausage Patty<br>Tri-tator<br>Juice Box<br>Banana Half                                                                                                  | <b>29</b><br><b>Romaine Taco Salad</b><br>w/Cheese, Salsa<br>Cheesy Rice<br>Corn<br>Fresh Orange                       | <b>30</b><br><b>Bosco Sticks</b><br>w/Marinara Sauce<br>Carrots w/Ranch<br>Applesauce Cup<br>Baked Cheetos                |

Menu subject to change without notice  
 PB,PB&J and Ham Sandwiches avail. daily

This institution is an equal opportunity provider  
 Fat Free, 1% white and 1% Choc Milk available daily



Reminder, If you feel you qualify for free or reduced Lunches. Please submit an application in your parent portal. Click on More then Meal Benefits.

