



2018 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée Daily: Ham & cheese sandwich Fruit & Veggie Bar Available Daily	2 Cereal-Graham Crackers Apple- Juice-Milk Hotdog/WG Bun French Fries Applesauce	3 Breakfast Pizza Peaches-Juice-Milk Chicken Wrap Spanish Rice Banana	4 Pancake on a Stick Orange-Juice-Milk Taco Salad Refried Beans Grapes	5 Bacon/Egg Breadstick Pears-Juice-Milk Teriyaki Chicken Rice Pilaf Apple	6 WG Donut-Yogurt Pineapple-Juice-Milk Spaghetti/ Meat Sauce Garlic Bread Green Beans
	9 Cereal -Toast Pear-Juice-Milk Meatball sub Potato Wedges Peaches	10 Breakfast slider Orange-Juice-Milk Biscuits & Sausage Gravy Tri-Tator Banana	11 Breakfast Bites Pineapple-Juice-Milk Crispito Corn Pineapple	12 Biscuits & Gravy Pears-Juice-Milk Chicken Patty/Bun Baked Beans Mandarin Oranges	13 WG Muffin-Yogurt Peaches-Milk-Juice Pepperoni Pizza Steamed Broccoli Apple
	16 Cereal-Graham Crackers Apple-Juice-Milk Corndog Tator Tots Fruit Cocktail	17 Breakfast Pizza Peaches-Juice-Milk McRib Patty Tri-Tator Banana	18 Pancake on a Stick Orange-Juice-Milk Cowboy Cavatini Green Beans Mandarin Oranges	19 Bacon/Egg Breadstick Pears-Juice-Milk Chicken Quesadilla WG Chips Peaches	20 WG Donut-Yogurt Applesauce-Juice-Milk Cheese Breadsticks Corn Marinara sauce
	23 Cereal-Toast Pear-Juice-Milk Mac & Cheese Meatballs Peas	24 Breakfast Slider Orange-Juice-Milk Chili Cinnamon Roll Banana	25 Biscuits & Gravy Pineapple-Juice-Milk Chicken Nuggets Mashed Potatoes/Gravy Grapes	26 Breakfast Bites Peaches-Juice-Milk McRib Patty Tator Tots Orange	27 WG muffin-Yogurt Pineapple-Juice-Milk Hamburger/Bun French Fries Apple
	30 Cereal-Graham Crackers Apple-Juice-Milk Pizza Crunchers Corn Pineapple	May 1 st Breakfast Pizza Peaches-Juice-Milk Popcorn Chicken Scalloped Potatoes Banana			

Breakfast-Lunch Prices

	Brkf.	Lunch
Elementary	1.40	2.25
Middle School	1.40	2.35
High School	1.40	2.50
Reduced	.30	.40
Additional Juice	.50	.50
Additional Milk	.50	.50
Additional entrée	1.25	1.25
Cash Student	1.50	2.90
Cash Adult	1.65	3.90

To check the balance in your account:

- www.northiowa.org
- Parent Access
- Enter username & password

If you need help with your username & password contact Sheryl Davids 641-562-2525 ext 110 or davidss@northiowa.org

Online lunch deposits available through PaySchool.

Applications for free/reduced meals are available by contacting the school and www.northiowa.org

Menu - subject to change.

Breakfast - milk/juice/water served daily;

Lunch – milk/water served daily

K –Prep-12th have Salad Bar daily.

K –Prep-12th have Salad Bar daily.

We are an offer vs. serve School District. At breakfast you are offered 4 different food groups, you must have at least 3 of those food groups on your plate to be a complete breakfast. At lunch time you are offered 5 different food groups, you must have 3 of those food groups on your plate to be a complete lunch. At least one of your choices must be 1/2 cup fruit or vegetable. Menus are subject to change due to weather or availability of shipments.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER "