



2017 North Iowa Community School



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	1.75	3.90

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée: Ham & cheese sandwich Salad Bar Available Daily			23 Pancake on a Stick Fruit cocktail Milk-Juice Taco Salad Refried Beans Apple	24 Breakfast Wrap Tri-Tator- Applesauce Milk- Juice Hotdog/Bun French Fries Broccoli/Cheese	25 WG Donut Yogurt-Mandarin Oranges Milk-Juice Spaghetti/Meat Sauce Green Beans Garlic Bread
Optional Entrée: Ham & cheese sandwich Salad Bar Available Daily	28 Cereal- WG toast Pineapple-Juice-Milk Meatball Sub Ranch Potato Wedges Fresh Pear	29 Breakfast Sliders Peaches-Milk-Juice Chicken Patty/Bun Baked Beans Banana	30 Egg & Cheese McMuffin Fruit Cocktail Milk-Juice Crispitos WG tortilla Chips Pineapple	31 Breakfast Bites Applesauce-Milk-Juice Biscuits/Sausage Gravy Tri-Tator Mandarin Oranges	SEPT 1 WG Muffin-Yogurt Mandarin Oranges Milk-Juice Cheese Pizza Steamed Broccoli Apple

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 davids@northiowa.org

Online lunch deposits available through PaySchool.

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

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 "

Menu - subject to change.

Breakfast - milk/juice/water served daily;

Lunch – milk/water served daily

K –Prep-12th have Salad Bar daily.