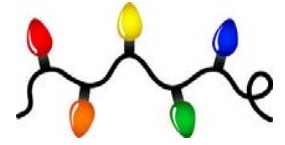




2017 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée Daily: Ham & cheese sandwich Fruit and Veggie Bar Available Daily					1 WG Donut-Yogurt Pears-Milk-Juice Pizza Crunchers Green Beans Peaches
	4 Cereal-WG Toast Pineapple-Juice-Milk Crispito Corn Peaches	5 Breakfast Slider Peaches-Milk-Juice Ham & Cheese Sub Tator Tots Banana	6 Egg & Cheese McMuffin Banana-Milk-Juice Breaded Pork Patty Mashed Potatoes/Gravy Dinner Roll	7 Breakfast Bites Applesauce-Milk-Juice Shredded Beef/Bun Baked Beans Pineapple	8 WG Muffin Fruit Cocktail-Juice-Milk Pepperoni Pizza Peas Pears
	11 Cereal-Graham Crackers Pineapple-Juice-Milk Cheese Bread Sticks Corn Peaches	12 Breakfast Pizza Orange-Milk-Juice Chicken Fajita Wrap Spanish Rice Banana	13 Pancake on a Stick Peaches-Milk-Juice Taco Salad Tortilla Chips Grapes	14 Breakfast Wrap Tri-Tator-Pear-Juice-Milk Hotdog/Bun French Fries Applesauce	15 WG Donut-Yogurt Applesauce-Juice-Milk Spaghetti w/ Meat sauce Garlic bread Green Beans
<i>Runner-up & Winner Meals are the result of the Elementary Mock Election</i>	18 Cereal-WG Toast Pineapple-Juice-Milk Meatball Sub Potato Wedges Peaches	19 Breakfast Slider Peaches-Milk-Juice *Runner Up* Cheese Pizza Green Beans Banana	20 Egg & Cheese McMuffin Banana-Milk-Juice *WINNER* Chicken Patty/Bun French Fries Mandarin Oranges	21 Breakfast Bites Applesauce-Milk-Juice Scalloped Potatoes & Ham Corn Cookie	22 NO SCHOOL
	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO 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

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

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 lunchtime 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 "