

February 2018 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée Daily: Ham & cheese sandwich Fruit & Veggie Bar Available Daily				1 Breakfast Bites Banana-Juice-Milk Chicken Strips Baked Beans Pineapple	2 WG Muffin-Yogurt Peaches-Juice-Milk Pepperoni Pizza Green Beans Pears
	5 NO SCHOOL	6 Breakfast Pizza Apple-Juice-Milk Chicken Wrap Spanish Rice Banana	7 Pancake on a Stick Orange-Juice-Milk Hotdog/Bun F.F. Applesauce	8 Breakfast Wrap-Tri-Tator Peaches-Juice-Milk Taco Salad Tortilla Chips Pears	9 WG Donut-Yogurt Pears-Juice-Milk Spaghetti Garlic bread Mandarin Oranges
	12 Cereal-Toast Pineapple-Juice-Milk Mini Meatball sub Potato Wedges Peaches	13 Breakfast Slider Orange-Juice-Milk Chicken Patty/Bun Baked Beans Banana	14 Biscuits and Gravy Pears-Juice-Milk Tomato Soup Garlic Cheese Bread Pineapple	15 Breakfast Bites Banana-Juice-Milk Biscuits & Sausage Gravy Tri-Tator Mandarin Oranges	16 WG Muffin-Yogurt Peaches-Juice-Milk Cheese Pizza Steamed Broccoli Fruit Cocktail
	19 Cereal-Graham Crackers Apple-Juice-Milk Corn dog Tator Tots Fruit Cocktail	20 Breakfast Pizza Peaches-Juice-Milk McRib Patty French Fries Pear	21 Pancake on a Stick Orange-Juice-Milk Taco Soup WG Chips Strawberries	22 Breakfast Wrap-Tri-Tator Peaches-Juice-Milk Orange Chicken Rice Apple	23 WG Donut-Yogurt Pears-Juice-Milk Cheese Breadsticks Marinara Sauce Corn
	26 Cereal-Toast Applesauce-Juice-Milk Mac & Cheese Meatballs Apple	27 Breakfast Slider Orange-Juice-Milk Chili Cinnamon Roll Banana	28 Biscuits and Gravy Pears-Juice-Milk Chicken Nuggets Mashed Pots/Gravy WW Dinner Roll	March 1 st Breakfast bites Banana-Juice-Milk Crispitos WG Chips Corn	March 2 nd NO SCHOOL

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.

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 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.

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER “