



2018 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée daily: Ham & cheese sandwich Fruit & Veggie Bar Available Daily	1 NO SCHOOL	2 NO SCHOOL	3 Biscuits and Gravy Peaches-Juice - Milk Chicken Nuggets Mashed Potatoes/Gravy Mandarin Oranges	4 Breakfast Bites Banana-Juice - Milk Mc Rib Patty/Bun Tator Tots Pears	5 WG Muffin-Yogurt Applesauce-Juice -Milk Hamburger/Bun French Fries Strawberries
	8 Cereal-Graham Crackers Apple-Juice-Milk Hot Ham& Cheese Potato Wedges Pineapple	9 Breakfast Pizza Pear-Juice-Milk Popcorn Chicken Mashed Potatoes/Gravy Banana	10 Pancake on a Stick Banana-Juice-Milk Italian Dunkers Meat Sauce Applesauce	11 Breakfast Wrap-Tri Tator Pears-Juice-Milk Taco Burger Refried Beans Peaches	12 WG Donut-Yogurt Apple-Juice-Milk Cheese Pizza Green Beans Fruit Cocktail
	15 Cereal-WG Toast Peaches-Juice-Milk Orange Chicken Brown Rice Applesauce	16 Breakfast Slider Pears-Juice-Milk Walking Taco Refried Beans Banana	17 Biscuits and Gravy Peaches-Juice -Milk Weiner Wink Tri-Tator Fruit Cocktail	18 Breakfast Bites Banana-Juice - Milk Pulled Pork Sandwich Baked Beans Coleslaw	19 WG Muffin-Yogurt Applesauce-Juice -Milk Cheese Breadstick Marinara sauce Corn
	22 Cereal-Graham Crackers Apple-Juice-Milk Chicken Tetrizzini Garlic Bread Peas	23 Breakfast Pizza Pear-Juice-Milk Hamburger/Bun French Fries Banana	24 Pancake on a Stick Banana-Juice-Milk Corndog Baked Beans Oranges	25 Breakfast Wrap-Tri-Tator Oranges-Juice-Milk Pizza Crunchers Green Beans Peaches	27 WG Donut-Yogurt Pears-Juice-Milk Sloppy Joes Sweet Potato Tots Pineapple
	29 Cereal-WG toast Orange-Juice-Milk Cheesy Chicken Burrito Corn Pear	30 Breakfast Slider Pears-Juice-Milk Breaded Pork Patty Mashed Potatoes/Gravy Banana	31 Biscuits and Gravy Peaches-Juice -Milk Ham & Cheese Sub WG Chips Mandarin Oranges	FEB 1 Breakfast Bites Banana-Juice - Milk Chicken Strips Baked Beans Pineapple	FEB 3 WG Muffin-Yogurt Peaches-Juice-Milk Pepperoni Pizza Green Beans Pears

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.

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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 “