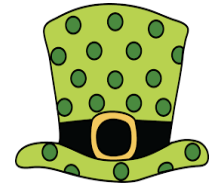




2018 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée Daily: Ham & cheese sandwich Fruit & Veggie Bar Available Daily				1 Breakfast Bites Banana-Juice-Milk Crispitos Refried Beans Diced Pears	2 NO SCHOOL
	5 Cereal-Graham Crackers Oranges-Juice-Milk Hot Ham & Cheese Potato Wedges Apple	6 Breakfast Pizza Peaches-Juice-Milk Popcorn Chicken Mashed Potato/Gravy Banana	7 Pancake on a stick Pear-Juice-Milk Italian Dunkers Meat sauce Orange	8 Bacon/Egg Breadstick Banana-Juice-Milk Corndog Baked Beans Peaches	9 WG Donut-Yogurt Applesauce-Juice-Milk Cheese Pizza Green Beans Fruit cocktail
	12 Cereal-Toast Pineapple-Juice-Milk Teriyaki Chicken Rice Applesauce	13 Breakfast Slider Orange-Juice-Milk Hotdog/Bun French Fries Banana	14 Biscuit and Gravy Pears-Juice-Milk Soft Shell Tacos Refried Beans Orange	15 Breakfast Bites Apple-Milk-Juice Breaded Pork Patty/Bun Baked Beans Apple	16 WG Muffin-Yogurt Peaches-Juice-Milk Cheese Breadsticks Marinara Sauce Corn
	19 Cereal- Graham Crackers Apple-Milk-Juice Chicken Tetrazzini Garlic Bread Peas	20 Breakfast Pizza Peaches-Juice-Milk Hamburger/Bun French Fries Banana	21 Pancake on a stick Orange-Juice-Milk Pizza Crunchers Green Beans Peaches	22 Bacon/Egg Breadstick Apple-Juice-Milk Chicken Quesadilla Refried Beans Black Bean & Corn Salsa	23 WG Donut-Yogurt Pears-Milk-Juice Fish Sandwich Tri-Tator Pineapple
	26 Cereal-Toast Peaches-Juice-Milk Crispitos Corn Pear	27 Breakfast Slider Orange-Juice-Milk Breaded Pork Patty Mashed Potatoes/Gravy Banana	28 Biscuit and Gravy Pears-Juice-Milk Goulash Peas & Carrots Breadstick	29 Breakfast bites Apple-Milk-Juice Shredded Beef /Bun Baked Beans Orange	30 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	1.65	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.

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 "