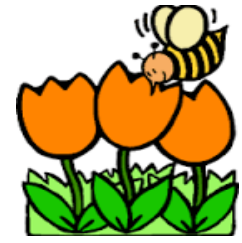




2018 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée Daily: Ham & cheese sandwich Fruit & Veggie Bar Available Daily		1 Breakfast Pizza Peaches-Milk-Juice Corndog Baked Beans Banana	2 Pancake on a Stick Orange-Milk-Juice Italian Dunkers with Meat sauce Applesauce	3 Bacon/Egg Breadstick Pears-Juice-Milk Popcorn Chicken Scalloped Potatoes Peaches	4 WG Donut-Yogurt Pineapple-Juice-Milk Pepperoni Pizza Green Beans Fruit Cocktail
	7 Cereal-Toast Apple-Juice-Milk Orange Chicken Rice Applesauce	8 Breakfast Slider Orange-Juice-Milk Hotdog/Bun Tri-Tator Banana	9 Breakfast Bites Peaches-Juice-Milk Taco's Refried Beans Diced Pears	10 Biscuits & Gravy Pineapple-Juice-Milk Shredded Pork/Bun Baked Beans Apple	11 WG Muffin-Yogurt Applesauce-Milk-Juice Cheese Breadsticks Marinara Sauce Corn
	14 Cereal-Graham Crackers Peaches-Milk-Juice Chicken Tetrizzini Garlic Bread Peas	15 Breakfast Pizza Mand. Oranges-Milk-Juice Shredded Beef/Bun French Fries Pear	16 Pancake on a Sick Orange-Milk-Juice Cheesy Chicken Burrito Refried Beans Grapes	17 Bacon/Egg Breadstick Pineapple-Milk-Juice Pizza Crunchers Green Beans Apple	18 WG Donut-Yogurt Pears-Milk-Juice Sloppy Joes Tator Tots Pineapple
	21 Cereal-Toast Fruit cocktail-Juice-Milk Crispitos Corn Pears	22 Breakfast Slider Orange-Juice-Milk Breaded Pork Patty Mashed Potatoes/Gravy Banana	23 Breakfast Bites Peaches-Juice-Milk Ham & Cheese Subs Tator Tots Mandarin Oranges	24 Biscuits & Gravy Pineapple-Juice-Milk Hamburger/Bun Baked Bean Pineapple	25 WG Muffin-Yogurt Applesauce-Milk-Juice Cheese Pizza Green Beans Diced Pears Last day of School Dismiss at 2:00
	28	29	30		

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 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 "