

# November 2017 North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée: Ham & cheese sandwich Daily.  Salad Bar Available Daily			1 Pancake on a Stick Peaches-Milk-Juice  McRib Patty/Bun Wedges Pears	2 Breakfast Wrap Tri-Tator-Apple-Juice-Milk  Cowboy Cavatini Corn Mandarin Oranges	3      <b>NO SCHOOL</b>
	6 Cereal-WG toast Pears-Juice-Milk  Mac & Cheese Meatballs Peas	7 Breakfast Sliders Peaches-Milk-Juice  Chili Cinnamon Roll Banana	8 Egg & Cheese McMuffin Banana-Milk-Juice  Chicken Nuggets Mashed Potatoes/Gravy Grapes	9 Breakfast Bites Applesauce-Milk-Juice  Hamburger/Bun French Fries Apple	10 WG Muffin Fruit Cocktail-Juice-Milk  McRib Patty Tator Tots Pears
	13 Cereal-Graham Crackers Peaches-Juice-Milk  Hot Ham & Cheese Wedges Pineapple	14 Breakfast Pizza Orange-Milk-Juice  Popcorn Chicken Mashed Potatoes/Gravy Banana	15 Pancake on a Stick Peaches-Milk-Juice  Lasagna Garlic Bread Applesauce	16 Breakfast Wrap Tri-Tator-Apple-Juice-Milk  Corndog Baked Beans Peaches	17 WG Donut-Yogurt Pears-Milk-Juice  French Bread Pizza Green Beans Fruit Cocktail
	20 Cereal-WG toast Pears-Juice-Milk  Teriyaki Chicken Rice Applesauce	21 Breakfast Sliders Peaches-Milk-Juice  Softshell Taco Refried Beans Banana	22 Egg & Cheese McMuffin Banana-Milk-Juice  Turkey Gravy Mashed Potatoes Green Beans	23     <b>NO SCHOOL</b>	24     <b>NO SCHOOL</b>
	27 Cereal-Graham Crackers Peaches-Juice-Milk  Chicken Tetrazzini Peas & Carrots Garlic Bread	28 Breakfast Pizza Orange-Milk-Juice  Meatloaf Mashed Potatoes/Gravy Banana	29 Pancake on a stick Peaches-Milk-Juice  Cheese Breadsticks Marinara Sauce Applesauce	30 Breakfast Wrap Tri-Tator-Apple-Juice-Milk  Sloppy Joe's Baked Beans Pineapple	<b>Dec 1<sup>st</sup></b> WG Donut-Yogurt Pears-Milk-Juice  Pizza Crunchers Green Beans Apple

**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](http://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](mailto:davids@northiowa.org)

Online lunch deposits available through PaySchool.

Applications for free/reduced meals are available by contacting the school and [www.northiowa.org](http://www.northiowa.org)

Menu - subject to change.

Breakfast - milk/juice/water served daily;

Lunch - milk/water served daily

K -Prep-12<sup>th</sup> have Salad Bar daily.

**K -Prep-12<sup>th</sup> 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 "