



2017

# North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée: Ham & cheese sandwich  Salad Bar Available Daily	2 Cereal-Graham Crackers Peaches-Juice-Milk  Chicken Tetrizzini Peas & Carrots Garlic Bread	3 Breakfast Pizza Pineapple-Juice-Milk  Hamburger/Bun French Fries Banana	4 Pancake on a Stick Pears-Milk-Juice  Meatloaf Mashed Potatoes/Gravy WW Dinner Roll	5 Breakfast Wrap Tri-Tator-Apple-Juice-Milk  Pizza Crunchers Green Beans Peaches	6 WG Donut-Yogurt Fruit Cocktail-Milk-Juice  Sloppy Joe's WG Tortilla Chips Pineapple
Optional Entrée: Ham & cheese sandwich	9 Cereal- WG Toast Pears-Juice-Milk  Crispito's Corn Peaches	10 Breakfast Sliders Peaches-Milk-Juice  Breaded Pork Patty Mashed Potatoes/Gravy WW Dinner Roll	11 Egg & Cheese McMuffin Banana-Milk-Juice  Ham & Cheese Sub Tator Tots Mandarin Oranges	12 Breakfast Bites Applesauce-Milk-Juice  Shredded Beef/Bun Baked Beans Pineapple	13 WG Muffin-Yogurt Fruit cocktail-Juice-Milk  Pepperoni Pizza Green Beans Pears
Optional Entrée: Ham & cheese sandwich	16 Cereal-Graham Crackers Peaches-Juice-Milk  Hotdog/Bun French Fries Applesauce	17 Breakfast Pizza Pineapple-Juice-Milk  Chicken Fajita Wrap Rice Banana	18 Pancake on a Stick Pears-Milk-Juice  Taco Salad Refried Beans Apple	19 Breakfast Wrap Tri-Tator-Apple-Juice-Milk  Chicken & Noodle Mashed Potatoes WW Dinner Roll	20 WG Donut-Yogurt Fruit Cocktail-Milk-Juice  Spaghetti/Meat Sauce Garlic Bread Green Beans
Optional Entrée: Ham & cheese sandwich	23 Cereal- WG Toast Pears-Juice-Milk  Meatball Sub Wedges Peaches	24 Breakfast Sliders Peaches-Milk-Juice  Chicken Patty/Bun Baked Beans Banana	25 Egg & Cheese McMuffin Banana-Milk-Juice  Crispito's WG Tortilla Chips Pineapple	26 Breakfast Bites Applesauce-Milk-Juice  Sausage Gravy/Biscuit Tri-Tator Mandarin Oranges	27 WG Muffin-Yogurt Fruit cocktail-Juice-Milk  Cheese Pizza Steamed Broccoli Apple
Optional Entrée: Ham & cheese sandwich	30 Cereal-Graham Crackers Peaches-Juice-Milk  Corndog Tator tots Orange	31 Breakfast Pizza Pineapple-Juice-Milk  Cheese Breadsticks Marinara Sauce Corn	NOV 1 Pancake on a Stick Pears-Milk-Juice  Taco Soup WG Tortilla Chips Strawberries		

### 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 [davidss@northiowa.org](mailto:davidss@northiowa.org)

Online lunch deposits available through PaySchool.

Applications for free/reduced meals are available by contacting the school or [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 students are offered 5 different food groups, student must have 3 of those food groups on plate to be a complete lunch. At least one choice 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 "