



North Iowa Community School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Entrée: Ham & cheese sandwich Salad Bar Available Daily					1 WG Muffin-Yogurt Peaches-Milk-Juice Cheese Pizza Steamed Broccoli Apple
Optional Entrée: Ham & cheese sandwich	4 NO SCHOOL	5 Breakfast Pizza Pineapple-Milk-Juice Corndog Tator Tots Green Beans	6 Pancake on a Stick Fruit cocktail-Milk-Juice Taco Soup Tortilla Chips Strawberries	7 Breakfast Wrap Tri-Tator-Apple-Milk-Juice Cowboy Cavatini Corn WW Dinner Roll	8 WG Donut-Yogurt Pears-Juice-Milk Chicken Quesadilla Black Bean and Corn Salsa Peaches
Optional Entrée: Ham & cheese sandwich	11 Cereal- WG toast Pineapple-Juice-Milk Mac & Cheese Meatballs Peas	12 Breakfast Sliders Peaches-Milk-Juice Chili Cinnamon Roll Banana	13 Egg & Cheese McMuffin Fruit Cocktail-Milk-Juice Chicken Nuggets Mashed Potatoes/Gravy WW Dinner Roll	14 Breakfast Bites Applesauce-Milk-Juice McRib Patty/Bun Tator Tots Pears	15 WG Muffin-Yogurt Banana-Milk-Juice Hamburger/Bun French Fries Apple
Optional Entrée: Ham & cheese sandwich	18 Cereal- Graham Crackers Peaches-Juice-Milk Hot Ham & Cheese Potato Wedges Pineapple	19 Breakfast Pizza Orange-Milk-Juice Popcorn Chicken Mashed Potatoes/Gravy WW Dinner Roll	20 Pancake on a Stick Fruit cocktail-Milk-Juice Lasagna Garlic Bread Applesauce	21 Breakfast Wrap Tri-tator-Apple-Milk-Juice Corndog Baked Beans Peaches	22 WG Donut-Yogurt Pears-Juice-Milk French Bread Pizza Green Beans Fruit Cocktail
Optional Entrée: Ham & cheese sandwich	25 Cereal- WG toast Pineapple-Juice-Milk Orange Chicken Brown Rice Applesauce	26 Breakfast Sliders Peaches-Milk-Juice Walking Taco Refried Beans Banana	27 Egg & Cheese McMuffin Fruit Cocktail-Milk-Juice Weiner Wink Tri-Tator Fruit Cocktail	28 Breakfast Bites Applesauce-Milk-Juice Breaded Pork Patty/Bun Baked Beans Strawberries	29 WG Muffin-Yogurt Banana-Milk-Juice Cheese Breadsticks Marinara Sauce Corn

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 davidss@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 "