

December 2018

West Hancock Community Schools K-12 Breakfast Menus

Milk Choice: Skim, Skim Chocolate & 1% offered daily.

This institution is an equal opportunity employer.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week of ... December 1st						
<u>Week of...</u> <u>December</u> <u>3-7</u>	<i>Biscuits & Gravy or WG Cereal Fruit / Juice Milk</i>	<i>Scrumptious Coffee Cake or WG Cereal Fruit / Juice Milk</i>	<i>Bacon Scramble Breakfast Pizza or WG Cereal Fruit / Juice / Milk</i>	<i>Belgium Waffle Stick Syrup or WG Cereal Fruit / Juice Milk</i>	<i>Breakfast Sandwich or WG Cereal Fruit / Juice Milk</i>	
Week of... December 10-14	<i>Biscuits & Gravy or WG Cereal Fruit / Juice Milk</i>	<i>WG Long John or WG Cereal Fruit / Juice Milk</i>	<i>Bacon Scramble Breakfast Pizza or WG Cereal Fruit / Juice / Milk</i>	<i>French Toast Sticks Syrup or WG Cereal Fruit / Juice Milk</i>	<i>Chicken Slider or WG Cereal Fruit / Juice Milk</i>	
Week of... December 17-21	<i>Biscuits & Gravy or WG Cereal Fruit / Juice Milk</i>	<i>Scrumptious Coffee Cake or WG Cereal Fruit / Juice Milk</i>	<i>Bacon Scramble Breakfast Pizza or WG Cereal Fruit / Juice / Milk</i>	<i>Belgium Waffle Stick Syrup or WG Cereal Fruit / Juice Milk</i>	<i>Breakfast Sandwich Or WG Cereal Fruit / Juice Milk</i>	
Week of... December 24-28	WINTER BREAK No School until Jan. 2nd !		HAPPY HOLIDAYS		School resumes on Jan 2nd.	
MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE !						All Grains are Whole Grains Rich.

REQUIREMENTS FOR REIMBURSABLE SCHOOL BREAKFAST

3 Daily Breakfast Component Requirements — Grains, Juice/Fruit/Vegetable and Milk

At least 4 food items are offered daily, and students must take at least 3 items, one of which MUST be at least 1/2 cup of juice, fruit or vegetable.

December 2018

West Hancock Community Schools K-12 Lunch Menus

MILK CHOICE: Skim, Skim Chocolate & 1% offered daily.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week of... December 1						
Week of... December 3-7	<i>Crispito WG Tortilla Chips Cheese Sauce (5-12) Refried Beans Mandarin Oranges</i>	<i>Rib Patty / WG Bun Lettuce & Tomato Oven Potatoes Mixed Fruit WG Cookie</i>	<i>Chicken Fajita Lettuce & Cheese Garden Peas Baby Carrots Cin / Sugar Apples</i>	<i>Ball Park Hot Dog/bun Chili Cheese (5-12) Seasoned Corn Tri Tater Peaches</i>	<i>Roasted Turkey Hash brown Casserole Green Beans Stained Glass Jell-O Crisp Dill Spear</i>	
Week of... December 10-14	<i>Hamburger / WG Bun Cheese Slice Hearty Beans Sun Chips Diced Pears</i>	<i>Tater Tot Casserole Broccoli Florets Pineapple Tidbits Dinner Roll</i>	<i>Flying Saucer Crisp Baby Carrots Mixed Fruit</i>	<i>Popcorn Chicken Garden Rice Green Beans Diced Peaches</i>	<i>Sausage Pizza Bread Stick / Sauce Romaine Salad Rosy Applesauce</i>	
Week of... December 17-21	<i>Hot Ham / WG Bun Cheese Slice Seasoned Wedges Crisp Baby Carrots Emerald Pears</i>	<i>Chicken Tenders Garden Rice Peas Pineapple Tidbits</i>	<i>Maid Rite / WG Bun Hearty Baked Beans Mandarin Oranges Rice Crispy Bar</i>	<i>Hot Chicken Sundae Green Beans Mixed Fruit</i>	<i>Deli Board Walk Sub Tomato Garnish Romaine Salad Seasoned Corn Diced Peaches</i>	
Week of ... December 24-28	WINTER BREAK No School until Jan. 2nd!		Happy Holidays		School resumes on Jan. 2nd!!!!	
MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE !						ALL GRAINS ARE WHOLE GRAIN RICH.

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH

5 Daily LUNCH COMPONENT Requirements

Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk

Students must choose at least 3 of the 5 items offered,



USDA Nondiscrimination Statement Information

The Iowa Department of Education expects all informational materials (web sites, meal eligibility applications, letters of notification and elsewhere as applicable) used to inform the public about FNS programs to contain the full USDA nondiscrimination statement. At the minimum, the statement, or a link to it, must be included on the home page of the program information, it is not required to be on every page. The font size of the statement must be at a minimum eleven with the format as below.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

If space is limited, such as on menus, the following statement may be used in lieu of the full statement but must be the same size as the message.

"This institution is an equal opportunity provider."

Iowa Nondiscrimination Statement Information

The following statement needs to be included on web sites, meal eligibility applications, and letters of notification.

Iowa Nondiscrimination Statement

"It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."