

January 2019

West Hancock Community School

	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 BREAKFAST PIZZA <i>Swt. & Sr. Chicken Garden Rice Savory Green Beans Pineapple Tidbits</i>	3 FRENCH TOAST STICKS <i>Cheese Pizza Bread Stick / Sauce Marinara Sauce Seasoned Corn Emerald Peas</i>	4 BREAKFAST SANDWICH Brd. Chicken Sandwich Garden Peas Tri Tater Diced Peaches	5
6	7 BISCUITS & GRAVY Pig in a Blanket Seasoned Wedges Corn Mixed Fruit	8 COFFEE CAKE All American Chicken Wrap Lettuce & Cheese Peas & Peaches WG Cookie	9 BREAKFAST PIZZA Spaghetti / Meat Sauce Bread Stick Marinara Sauce Savory Green Beans Applesauce	10 BELGIUM WAFFLE Turkey & Cheese Sub Tater Tots Crisp Baby Carrots Diced Peas	11 NO SCHOOL Staff In-Service	12
13	14 BISCUITS & GRAVY Meatball Sub Garden Rice Crisp Baby Carrots Pineapple Tidbits	15 LONG JOHN Baked Drumstick Whip Potatoes/ Gravy Garden Peas Mixed Fruit	16 BREAKFAST PIZZA Super Nacho Grande Salsa Hearty Baked Beans Mandarin Oranges	17 FRENCH TOAST STICKS Grilled Chicken Patty on a WG Bun Jell-O / Green Beans Diced Peaches	18 BREAKFAST SANDWICH Pepperoni Pizza Bread Stick / Sauce Romaine Salad Applesauce	19
20	21 BISCUITS & GRAVY Ball Park Hot Dog Chili Cheese Sauce (5-12) Garden Peas Tater Tots Mixed Fruit	22 COFFEE CAKE Crispito Tortilla Chips / Salsa Warm Cheese (5-12) Hearty Refried Beans Mandarin Oranges	23 BREAKFAST PIZZA Scalloped Potatoes/ Ham Savory Green Beans Rosy Applesauce WG Cookie	24 BELGIUM WAFFLES Chicken Fajita Lettuce & Cheese Mix Broccoli Florets Crisp Baby Carrots Diced Peaches	25 BREAKFAST SANDWICH Cavatini Bread Stick / Sauce Romaine Salad Seasoned Corn Emerald Peas	26
27	28 BISCUITS & GRAVY Hamburger/ WG Bun Cheese Slice WG Sun Chips Hearty Baked Beans Applesauce	29 LONG JOHN WG Popcorn Chicken Garden Rice Peas Mandarin Oranges	30 BREAKFAST PIZZA Flying Saucer Seasoned Corn Mixed Fruit Pudding	31 FRENCH TOAST STICKS WG Chicken Tenders Tri Tater Savory Green Beans Diced Peaches	BREAKFAST SANDWICH Sausage Pizza Bread Stick / Sauce Crisp Baby Carrots Diced Peas	

This institution is an equal opportunity employer.

Menus are subject to changes without notice !

All grains are whole grain rich .

Milk : Skim flavored & unflavored and 1% milk offered daily for breakfast & lunch



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/>."