

February 2019

West Hancock Community School

MILK: Skim flavored & unflavored and 1% offered daily for breakfast & lunch.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <u>BREAKFAST SANDWICH</u> Sausage Pizza Bread Stick / sauce Crisp Baby Carrots Diced Pears	2
3	4 <u>BISCUITS & GRAVY</u> Hot Ham Sandwich Cheese Slice Potato Wedges Mixed Fruit	5 <u>COFFEE CAKE</u> Lasagna Garlic Bread Stick Romaine Salad Crisp Baby Carrots Applesauce	6 <u>BREAKFAST PIZZA</u> Maid Rite/ WG Bun Hearty Baked Beans - Jell-O Pineapple Tidbits	7 <u>BELGIUM WAFFLES</u> Chicken Gravy over Whipped Potatoes Garden Peas Diced Pears Pudding	8 <u>BREAKFAST SANDWICH</u> Popcorn Chicken Tri Tater Savory Green Beans Mandarin Oranges	9
10	11 <u>BISCUITS & GRAVY</u> Swt. & Sr. Chicken Garden Rice Seasoned Corn Pineapple Tidbits	12 <u>LONG JOHN</u> Breaded Pork Tenderloin Harvest Cheddar Chips Garden Peas Mixed Fruit	13 <u>BREAKFAST PIZZA</u> Super Nachos Lettuce/ Tomato Garnish Refried Beans Mexican Rice Diced Peaches	14 <u>FRENCH TOAST STICKS</u> Crispy Chicken Patty on a WG Bun Savory Green Beans Rosy Applesauce WG Cookie	15 <u>BREAKFAST SANDWICH</u> Cheese Pizza Breadstick/ sauce Romaine Salad Broccoli Florets Mandarin Oranges	16
17	18 <u>BISCUITS & GRAVY</u> State Fair Corn Dog Roasted Potatoes Seasoned Corn Cinn. Apples	19 <u>COFFEE CAKE</u> Chicken Wrap Shredded Cheese & Lettuce, Peas Mixed Fruit Rice Crispy Bar	20 <u>BREAKFAST PIZZA</u> Taco Salad Tortilla Chips & Salsa Refried Beans Diced Pears	21 <u>BELGIUM WAFFLES</u> Deli Club Sub Lettuce & Tomato Garnish, Tri Tater Savory Green Beans Pineapple Tidbits	22 <u>BREAKFAST SANDWICH</u> Spaghetti w/ meat sauce Break stick Romaine Salad Diced Peaches	23
24	25 <u>BISCUITS & GRAVY</u> Meatball Sub Ranch Potato Wedges Broccoli Florets Diced Peaches	26 <u>LONG JOHN</u> Oven Baked Drumstick Garden Rice Crisp Baby Carrots Pineapple Tidbits	27 <u>BREAKFAST PIZZA</u> Scalloped Potatoe & Ham Seasoned Corn Emerald Pears Jell-O	28 <u>FRENCH TOAST STICKS</u> Italian Chicken Sandwich Savory Green Beans Mandarin Oranges WG Cookie	<u>BREAKFAST SANDWICH</u> Pepperoni Pizza Breadstick/ sauce Romaine Salad Seasoned Corn Rosy Applesauce	

This institution is an equal opportunity employer.

Menus are subject to change without notice!

All grains are whole grain rich.

http://www.west-hancock.org



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/>."