

# September 2020 Menus

## WH COMMUNITY SCHOOLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<u>WG Cereal Bar</u> 1 <i>All American Chicken Wrap</i> <i>Tri Tater, Gr. Beans</i> <i>Diced Peaches</i> <i>Milk</i>	<u>WG Donut</u> 2 <i>Lasagna Rolls</i> <i>WG Bread Stick</i> <i>Seasonal Corn</i> <i>Applesauce</i> <i>Milk</i>	<u>Breakfast Sandwich</u> 3 <i>Chicken Drumstick</i> <i>Whip Potatoes, Gravy</i> <i>Garden Peas</i> <i>Mixed Fruit</i> <i>Milk</i>	<u>Pancake on a Stick</u> 4 <i>Pizza</i> <i>Romaine Salad,</i> <i>Dressing, Pudding</i> <i>Pineapple Tidbits</i> <i>Milk</i>	5
6	<b>Labor Day</b>	<u>WG Pop Tart</u> 8 <i>Cheddarwurst / Bun</i> <i>F.F.</i> <i>Green Beans</i> <i>Applesauce</i> <i>Milk</i>	<u>Frosted Long John</u> 9 <i>Flying Saucer</i> <i>Seasoned Corn</i> <i>Texas Toast</i> <i>Pineapple Tidbits</i> <i>Milk</i>	<u>Omelet / Sausage</u> 10 <i>Smoked Turkey Wrap</i> <i>Garden Rice</i> <i>Peas</i> <i>Mixed Fruit</i> <i>Milk</i>	<u>Fr. Toast Sticks</u> 11 <i>Super Nachos</i> <i>Refried Beans</i> <i>Romaine Salad /</i> <i>Dressings, Peaches</i> <i>Milk</i>	12
13	<u>Breakfast Pizza</u> 14 <i>Chicken-n-Biscuit</i> <i>Broccoli Florets</i> <i>Jell-O</i> <i>Applesauce</i> <i>Milk</i>	<u>WG Cereal Bar</u> 15 <i>Deli Melt</i> <i>WG Chips</i> <i>Green Beans</i> <i>Orange Wedges</i> <i>Milk</i>	<u>WG Donut</u> 16 <i>Parmesan Chicken</i> <i>Casserole</i> <i>Garden Peas, Peaches</i> <i>WG Bar</i> <i>Milk</i>	<u>Breakft. Pizza</u> 17 <i>Maid Rite / WG Bun</i> <i>Baked Beans</i> <i>Seasoned Corn</i> <i>Mandarin Oranges</i> <i>Milk</i>	<u>Pancake Stick</u> 18 <i>Pizza Crunchers</i> <i>Marinara Sauce</i> <i>Romaine Salad,</i> <i>Dressing, Carrots</i> <i>Pears, Milk</i>	19
20	<u>Breakfast Pizza</u> 21 <i>Hot Ham Sandwich</i> <i>Tri Tater</i> <i>Green Beans</i> <i>Pineapple Tidbits</i> <i>Milk</i>	<u>WG Pop Tart</u> 22 <i>Chicken Tenders</i> <i>Au Gratin Potatoes</i> <i>Peas</i> <i>Mandarin Oranges</i> <i>Milk</i>	<u>WG Long John</u> 23 <i>Lasagna Chicken</i> <i>Alfredo</i> <i>Romaine Salad/</i> <i>Dressing, Peaches</i> <i>WG Cookie, Milk</i>	<u>Omelet / Sausage</u> 24 <i>Pig in a Blanket</i> <i>Baked Beans</i> <i>Crisp Baby Carrots</i> <i>Rosy Applesauce</i> <i>Milk</i>	<u>Fr. Toast Sticks</u> 25 <i>K-4 Tacos</i> <i>5-12 Walking Taco</i> <i>Refried Beans, Corn</i> <i>Mixed Fruit</i> <i>Milk</i>	26
27	<u>Breakfast Pizza</u> 28 <i>Popcorn Chicken</i> <i>Garden Rice</i> <i>Broccoli Florets</i> <i>Crisp Apple</i> <i>Milk</i>	<u>WG Cereal Bar</u> 29 <i>Meatball Sub</i> <i>Tater Tots</i> <i>Seasoned Corn</i> <i>Emerald Pears</i> <i>Milk</i>	<u>WG Donut</u> 30 <i>Scallop Potatoes &amp;</i> <i>Ham</i> <i>Green Beans</i> <i>Din Rolls, Mixed Fruit</i> <i>Milk</i>			
This institution is an equal Opportunity provider.					Menus are subject to change without notice.	



## 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](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](mailto: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. 14<sup>th</sup> St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."