

November 2020

West Hancock Community Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>NO SCHOOL</u> <u>Staff In-service</u>	3 <u>POP TART</u> Popcorn Chicken Garden Rice Seasoned Corn Mandarin Oranges Milk	4 <u>WG LONG JOHN</u> Scalloped Potatoes & Ham Green Beans, Peaches Dinner Roll Milk	5 <u>OMELET & SAUSAGE</u> State Fair Corn Dog Tri Tater Peas Diced Pears Milk	6 <u>FRENCH TOAST STICKS</u> Chicken Fajita Baby Carrots Rosy Applesauce Cake Milk	7
8	9 <u>BREAKFAST PIZZA</u> K-4 Gilardi Cheese Pizza 5-12 School Made Pizza Romaine Salad / dressing Carrots, Pineapple Milk	10 <u>CEREAL BAR</u> Cheeseburger / WG Bun French Fries Baked Beans Emerald Pears Milk	11 <u>GLAZED DONUT</u> Lasagna Roll Seasoned Corn Bread Stick Applesauce Milk	12 <u>BREAKFAST SANDWICH</u> Roast Beef & Gravy Over Whipped Potatoes Garden Peas, Peaches Dinner Roll Milk	13 <u>PANCAKE ON A STICK</u> Crispy Chicken / WG Bun Harvest Cheddar Chips Green Beans Mandarin Oranges Milk	14
15	16 <u>BREAKFAST PIZZA</u> Super Nachos Romaine Salad /Dressing Refried Beans Diced Peaches Milk	17 <u>POP TART</u> Cheddarwurst / WG Bun Garden Rice Peas Orange Wedges Milk	18 <u>WG LONG JOHN</u> Tater Tot Casserole Baby Carrots / Dip Peas WG Cookie Milk	19 <u>OMELET & SAUSAGE</u> Turkey & Cheese Wrap Oven Potatoes Seasoned Corn Mixed Fruit Milk	20 <u>FRENCH TOAST STICKS</u> Flying Saucer Green Beans Pineapple Dinner Roll Milk	21
22	23 <u>BREAKFAST PIZZA</u> Pizza Crunchers Marinara Sauce WG Chips Corn, Mixed Fruit Milk	24 <u>CEREAL BAR</u> Deli Melt Tri Tater Green Beans Mandarin Oranges Milk	25 <u>THANKSGIVING</u> <u>VACATION</u>	26 <u>THANKSGIVING</u> <u>VACATION</u>	27 <u>THANKSGIVING</u> <u>VACATION</u>	28
29	30 <u>BREAKFAST PIZZA</u> Chicken Tenders Tri Tater Garden Peas Mandarin Oranges Milk					
<u>Menus are subject to change without Notice!</u>						<u>This institution is an equal opportunity provider</u>



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/>."