

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 BREAKFAST PIZZA Hamburger / WG Bun Chips, Baked Beans, Mandarin Oranges, Cookie H.S. has BBQ Milk	2
3	4 FRENCH TOAST Crispy Chicken / WG Bun Oven Beans, Fresh Orange Wedges Corn Milk	5 MUFFIN Deli Melt Tri Tater, Baby Carrots, Mixed Fruit Milk	6 BREAKFAST SANDWICH Lasagna Roll Bread Stick, Garden Salad, Dressings, Mandarin Oranges Milk	7 WG LONG JOHN Chicken Burrito WG Tortilla Chips Garden Peas Diced Pears Milk	8 BREAKFAST PIZZA Scalloped Potatoes & Ham, Green Beans, Peaches Dinner Roll Milk	9
10	11 PANCAKE BITES Chicken Fajita Refried Beans Rice, Pineapple Milk	12 COFFEE CAKE Pizza Garden Salad / dressings Seasoned corn, Mixed Fruit, Milk	13 BREAKFAST SANDWICH Chicken & Gravy over whipped potatoes, Green Beans, Peaches, Roll Milk	14 FROSTED FRUDAL Rib Patty / WG Bun Oven Beans Applesauce, Cookie Milk	15 BREAKFAST PIZZA Grilled Cheese WG Chips, Baby Carrots Peas Milk	16
17	18 FRENCH TOAST Flying Saucer Seasoned Corn, Mixed Fruit Milk	19 MUFFIN Corn Dog Tri Tater Green Beans, Pineapple Milk	20 BREAKFAST SANDWICH Elegant Chicken Garden Rice, Rosy Applesauce, Garden Peas Milk	21 WG LONG JOHN Chicken Tenders Mac & Cheese Garden Salad, Dressings Emerald Pears Milk	22 BREAKFAST PIZZA Cheeseburger/ WG Bun F.F. Baby Carrots Cinnamon Apples Milk	23
24 MENUS SUBJECT TO CHANGE WITHOUT NOTICE.	25 FRENCH TOAST Pizza Garden Salad, Dressing Green Beans, Pineapple Milk	26 COFFEE CAKE Tater Tot Casserole Baby Carrots, Mixed Fruit, Roll Milk	27 BREAKFAST SANDWICH Chicken Nuggets K-4 Calzone 5-12 Peas, Pears, Cookie milk	28 FROSTED FRUDAL Hot Ham & Cheese Oven Beans, Tri Tater Applesauce Milk	29 BREAKFAST PIZZA Salisbury Steak Whip Potatoes & Gravy Corn, Peaches Milk	30 This institution is an equal opportunity provider !



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/>.”