

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 FRENCH TOAST Soft Shell Tacos Refried Beans Baby Carrots Applesauce MILK	2 COFFEE CAKE Swrt & Sr Chicken Garden Rice Mandarin Oranges Din Roll / buttter MILK	3 SAUSAGE BIS. Scalloped Potatoes & Ham Lettuce / dressing Corn, Mixed Fruit MILK	4 LONG JOHN Chicken Tenders Whip Potatoes / Gravy Green Beans Diced Pears MILK	5 NO SCHOOL TEACHER In-service day....	6
7	8 PANCAKE BITES Chicken Burrito WG Tortilla Chips Peas Apple slices MILK	9 COFFEE CAKE Walking Tacos W/ lettuce & Ch. Refried Beans Pineapple Tidbits MILK	10 Ck. BISCUIT Pig in a Blanket Tri Tater Green Beans Mixed Fruit MILK	11 LONG JOHN Crispy Chicken WG Bun Potato Wedges Corn Emerald Pears MILK	12	13 BRKFT. PIZZA Lasagna Rolls Bread Stick Lettuce Salad Dressings Mandarin Oranges MILK
14	15 FRENCH TOAST Chicken Fajita Refried Beans Peas, Pineapple MILK	16 COFFEE CAKE Pizza Lettuce / Dressing Corn, Mandarin Oranges MILK	17 SAUSAGE BIS. Grilled Cheese 5-12 Soup Fritos Baby Carrots Pears MILK	18 LONG JOHN Sloppy Joe/Bun Cheesy Potatoes Baked Beans Mixed Fruit MILK	19	20 BRKFT. PIZZA Chicken-n-Gravy Whip Potatoes Green Beans Peaches, Din. Roll/ butter MILK
21 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER....	22 PANCAKE BITES Corn Dog Tri Tater Baby Carrots Mixed Fruit MILK	23 COFFEE CAKE Popcorn Chicken WG Chips Mandarin Oranges Corn MILK	24 NO SCHOOL	25 THANKSGIVING BREAK	26	27 THANKSGIVING BREAK
28 MENUS SUBJECT TO CHANFE W/O NOTICE !	29 FRENCH TOAST Meat Balls Whip Potatoes Gravy Peas Peaches MILK	30 CPOFFEE CAKE Calzone Breadstick Green Beans Pineapple MILK				



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/>."