

January 2022

West Hancock Community Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <u>FRENCH TOAST STICKS</u> Flying Saucers (whip potatoes, Ham, Cheese) Corn , Mixed Fruit MILK	4 <u>COFFEE CAKE</u> Chicken Tenders Cheddar Potatoes, Garden Peas, Mandarin Org. MILK	5 <u>BREAKFAST SANDWICH</u> Cheeseburger Carrots, Pears, Tri Tater MILK	6 <u>WG LONG JOHN</u> Elegant Chicken Garden Rice Green Beans, Applesauce MILK	7 <u>BREAKFAST PIZZA</u> Corn Dog Oven Potatoes Baked Beans Pineapple, MILK	8
9	10 <u>NO SCHOOL</u> <u>IN-SERVICE</u>	11 <u>COFFEE CAKE</u> Hot Ham & Cheese Tri Tater Baked Beans Rosy Applesauce MILK	12 <u>BREAKFAST SANDWICH</u> Tater Tot Casserole Baby Carrots Mixed Fruit WG Dinner Roll MILK	13 <u>WG LONG JOHN</u> Salisbury Steak Whip Potatoes/ Gravy Seasoned Corn Peaches MILK	14 <u>BREAKFAST PIZZA</u> Calzone Romaine Salad Green Beans Pears MILK	15
16	17 <u>FRENCH TOAST STICKS</u> Swf. & Sour Chicken Garden Rice Seasoned Corn Mixed Fruit MILK	18 <u>COFFEE CAKE</u> (K-4) Soft Shell Taco (5-12) Walking Taco Peas, Refried Beans Applesauce MILK	19 <u>BREAKFAST SANDWICH</u> Pulled Pork / WG Bun Cole Slaw Potato Wedges Pears MILK	20 <u>WG LONG JOHN</u> (K-4) Chicken Nuggets Baby Carrots, Chips, Pineapple (5-12) Baked Potato Bar MILK	21 <u>BREAKFAST PIZZA</u> Crispy Chicken Sandwich Cheesy Potatoes Green Beans Mandarin org. MILK	22
23	24 <u>PANCAKE BITES</u> Chicken Fajita Refried Beans Garden Peas Apple MILK	25 <u>COFFEE CAKE</u> Pizza Romaine Salad Pineapple WG Cookie	26 <u>BREAKFAST SANDWICH</u> Grilled Cheese Corn Bread, Carrots, Emerald Pears (5-12) Soup) MILK	27 <u>WG LONG JOHN</u> Chicken -n- Gravy Whip Potatoes Green Beans Peaches, Din Roll MILK	28 <u>BREAKFAST PIZZA</u> Sloppy Joe / WG BUN Seasoned Corn Mixed Fruit. Tri Tater MILK	29
30 MENUS SUBJECT TO CHANGE W/O NOTICE	31 <u>FRENCH TOAST</u> Lasagna Roll, Romaine Salad, Bread Stick, Applesauce MILK					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/>."