

WEST HANCOCK COMMUNITY SCHOOL

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 <u>BREAKFAST</u> <u>Coffee Cake</u> Pizza, Broccoli Florets, Garden Salad, Mandarin Oranges MILK	1 <u>WG LONG JOHN</u> Pizza Garden Salad Broccoli Florets Mandarin Oranges MILK	2 <u>BREAKFAST SANDWICH</u> Lasagna Rolls Green Beans Garlic Bread Stick Emerald Pears MILK	3 <u>FRENCH TOAST STICKS</u> Hot Ham & Cheese Tri Tater Crips Baby Carrots Pineapple Tidbits MILK	4 <u>IN-SERVICE</u> <u>NO SCHOOL</u>	5
6	7 <u>COFFEE CAKE</u> Rib Patty / WG Bun WG Chips Crisp Baby Carrots Rosy Applesauce MILK	8 <u>WG LONG JOHN</u> Chicken Fajita WG Tortilla Chips Refried Beans Diced Peaches MILK	9 <u>BREAKFAST SANDWICH</u> Flying Saucer Green Beans Dinner Roll (5-12) Pineapple Tidbits	10 <u>COMBO BAR</u> Brunch Lunch, Biscuits & Gravy, Hash Brown, Mandarin Oranges, 5-12 Sausage Patty MILK	11 <u>Omelet</u> Grilled Cheese WG Chips Seasoned Corn Mixed Fruit MILK	12
13	14 <u>SNACK BREADS</u> Pizza Garden Salad Seasoned Corn Diced Pears MILK	15 <u>WG LONG JOHN</u> Maid Rite / WG Bun Mac & Cheese Oven Baked Beans Mixed Fruit MILK	16 <u>BREAKFAST SANDWICH</u> Chicken & Gravy Whipped Potatoes Garden Peas Pears MILK	17 <u>FRECH TOAST STICKS</u> Scallop Potatoes & Ham, Green Beans Mandarin Oranges Din Roll K-12 MILK	18 <u>BREAKFAST PIZZA</u> Walking Taco Baby Carrots Rosy Applesauce Salsa / Sr. Cream MILK	19
20	21 <u>COFFEE CAKE</u> Loaded Potato Wedges Garden Salad Jell-O Pineapple Tidbits MILK	22 <u>WG LONG JOHN</u> Cheesy Chicken Burrito Green Beans WG Tortilla Chips Emerald Pears MILK	23 <u>Comp Day</u> <u>NO</u> <u>SCHOOL</u>	24 Thanks giving Holiday NO School	25 Thanksgiving Holiday NO School	26
27	28 <u>SNACK BREADS</u> Swt, & Sour Chicken Rice Pilaf Garden Peas Pineapple Tidbits MILK	29 <u>WG LONG JOHN</u> Frito Pie Seasoned Corn Diced Peaches MILK	30 <u>BREAKFAST SANDWICH</u> Tater Tot Casserole Baby Carrots Dinner Roll k-12 Mixed Fruit MILK			
	<u>MENU IS SUBJECT</u> <u>TO CHANGE</u> <u>WITHOUT NOTICE !</u>					<i>This institution is an equal opportunity employer.</i>

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

program.intake@usda.gov

This institution is an equal opportunity provider.

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 or 800-457-4416; website: <https://icrc.iowa.gov/>.

Revised March 21, 2016