

## 3rd - 12th Grade Menu - October 2021 - Decorah Community School District

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Decorah Community School District is taking part of the Seamless Summer Option Program which provides a <b>free</b> breakfast and lunch to <b>all</b> enrolled students in the district</p>	<p><b>Daily Main Dish Alternatives</b> Meatless versions of menued main dishes are available upon request.</p> <p><b>Entree Salads</b> Kale Chicken Caesar Johnny Appleseed Fiesta Chicken Chef Ham</p>	<p><b>Sandwiches &amp; Wraps</b> Turkey &amp; Cheese Ham &amp; Cheese Bologna &amp; Cheese Chicken Salad Egg Salad Sunflower &amp; Veggie Cheese PB&amp;J (W,TH,FRI only)</p>	<p>Ala Carte items and a second meals are available for purchase at the middle school and high school</p> <p>A single carton of milk is \$.30 if it is not part of a meal.</p>	<b>1</b>
				Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
				<p><b>Queso Chicken Mac</b> *Homemade Garlic Bread *Mixed Greens Salad, Green Beans Mixed Berries, Milk</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Mini Pancakes, Sausage Patty, Syrup, Butter, Fruit, Milk	Egg & Cheese Tortilla Wrap Salsa, Fruit, Milk	Sausage & Pancake on Stick Syrup, Fruit, Milk	Egg, Ham & Cheese Bagel Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
<p><b>Hot Diggity Dogs</b> Whole Wheat Bun Tator tots, Ketchup Baked Beans Mixed Fruit, Milk</p>	<p><b>Goulash</b> Homemade Dinner Rolls, Butter Steamed Green Beans Applesauce, Milk</p>	<p><b>Mini Deep Dish Sausage Pizza</b> Broccoli &amp; Grape Salad Carrot Sticks with Ranch Apples, Milk</p>	<p><b>Taco Salad</b> Ground Beef, Tortilla Chips Cheddar, Mixed Greens Cucumbers &amp; Carrots, Fresh Salsa *Spanish Rice, Bananas, Milk</p>	<p><b>Mandarin Orange Chicken</b> *Szechuan Noodles Brown Rice, Steamed Broccoli Fortune Cookie Strawberries, Milk</p>
<b>11</b>	<b>12</b>	<b>Local Food Day!</b>	<b>14</b>	<b>15</b>
French Toast Sticks, Sausage Patty Syrup, Butter, Fruit, Milk	Egg & Cheese Tortilla Wrap Salsa, Fruit, Milk	Homemade <b>Breakfast Pizza</b> with Local Wheat, Local Eggs, Local Cheese Local Sausage, Local Pears, Milk	Egg, Ham & Cheese Bagel Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
<p><b>Crispy Chicken Sandwich</b> Homemade Bun Lettuce, Tomato &amp; Onion Carrots Sticks with Ranch, Watermelon, Milk</p>	<p><b>Iowa State Fair Beef Sundae</b> Homemade Roast Beef &amp; Gravy Homemade Sliced Bread Mashed Potatoes, Green Beans Grape Tomato, Mixed Fruit, Milk</p>	<p><b>Cattlemen Grilled Cheeseburgers</b> *Local Mixed Greens Salad Herb Roasted Local Potatoes Local Lettuce, Local Tomato, Local Onion Caramel Apples, Milk</p>	<p><b>Chicken Cool Ranch Wrap</b> Mixed Greens, Cheddar Tomato, Onion, Pickle Ranch, Baked Beans, *Sun-Chips Bananas, Milk</p>	<p><b>Asian Noodle Bowl -Build it!</b> Chicken, Szechuan Noodles Lo Mein, Broccoli, Carrots Onions, Peppers, Eggs, Beans Chilis, Oranges, Milk</p>
<b>NO School</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	Egg & Cheese Tortilla Wrap Salsa, Fruit, Milk	Sausage & Pancake on Stick Syrup, Fruit, Milk	Egg, Ham & Cheese Bagel Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
	<p><b>Hot Diggity Dogs</b> Whole Wheat Bun Tator tots, Ketchup Baked Beans Pears, Milk</p>	<p><b>Loaded Baked Potato - Build It!</b> Ham, Cheese Sauce, Broccoli, Onions, Peppers, Sour Cream Dinner Rolls, Apples, Milk</p>	<p><b>Mini Taco Pizza</b> Ground Beef, Tortilla Chips, Mixed Greens, Fresh Veggie Tray with Ranch, Bananas, Milk</p>	<p><b>Spaghetti with Beef Marinara</b> *Homemade Garlic Bread *Mixed Greens Salad, Green Beans Mixed Berries, Milk</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
French Toast Sticks, Sausage Patty Syrup, Butter, Fruit, Milk	Egg & Cheese Tortilla Wrap Salsa, Fruit, Milk	Sausage & Pancake on Stick Syrup, Fruit, Milk	Egg, Ham & Cheese Bagel Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
<p><b>Denver Omelet</b> Ham, Cheese, Peppers &amp; Onions Baked Apple-Cinnamon Oatmeal Sauteed Mushrooms Hash Brown, Applesauce, Milk</p>	<p><b>Sloppy Joes</b> Homemade Bun Baked Beans Mixed Fruit, Milk</p>	<p><b>Hangry Bear Pepperoni Pizza</b> Kale and Romaine Salad Raspberry Yogurt Apples, Milk</p>	<p><b>Taco Salad</b> Ground Beef, Tortilla Chips Cheddar, Mixed Greens Fresh Garden Salsa, Cucumbers *Spanish Rice, Bananas, Milk</p>	<p><b>Viking Mac and Cheese</b> Steamed Carrots, Strawberries *Dinner Roll, Butter, Milk</p>

Reimbursable meal consists at least 3: Grain, Meat / MA, Veggie, Fruit or Skim, 1% or Chocolate Milk  
Lunch (3rd-8th 600-650 calories, 9-12th 750-850). USDA is an equal opportunity provider and employer.