

# Early Childhood through 2nd 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 <u>free</u> breakfast and lunch to <u>all</u> enrolled students in the district</p>	<p style="text-align: center;"><b>Sandwiches</b>                      Turkey &amp; Cheese (Monday)                      Ham &amp; Cheese (Tuesday)                      PB&amp;J (W,TH,FRI)</p> <p style="text-align: center;"> Local ingredients</p> <p style="text-align: center;">A single carton of milk is \$.30 if it is not part of a meal.</p>	<p>Ala Carte Items and a second meals are available for purchase at the middle school and high school</p> <p style="text-align: center;">A single carton of milk is \$.30 if it is not part of a meal.</p>		1
				<p>Bacon, Egg &amp; Cheese Breakfast                      Pizza Fruit, Milk</p> <p style="text-align: center;"><b>Queso Mac &amp; Cheese</b>                      Green Beans   Strawberry Yogurt                      Mixed Berries, Milk</p>
	5	6	7	8
<p>Mini Pancakes, Sausage Patty, Syrup, Butter, Fruit, Milk</p> <p style="text-align: center;"><b>Hot Diggity Dogs</b>                      Whole Wheat Bun                      Tator tots, Ketchup                      Baked Beans                      Mixed Fruit, Milk</p>	<p>Egg &amp; Cheese Tortilla Wrap                      Salsa, Fruit, Milk</p> <p style="text-align: center;"><b>Goulash</b>                      Homemade Dinner Rolls, Butter                      Steamed Green Beans                      Applesauce, Milk</p>	<p>Sausage &amp; Pancake on Stick                      Syrup, Fruit, Milk</p> <p style="text-align: center;"><b>Mini Deep Dish Sausage Pizza</b>                      Broccoli and Carrots with Ranch   Apples, Milk</p>	<p>Egg, Ham &amp; Cheese Bagel                      Fruit, Milk</p> <p style="text-align: center;"><b>Macho Nachos</b>                      Ground Beef, Tortilla Chips                      Cheddar, Salsa, Cucumbers                      Ranch, Bananas, Milk</p>	<p>Bacon, Egg &amp; Cheese Breakfast                      Pizza Fruit, Milk</p> <p style="text-align: center;"><b>Mandarin Orange Chicken</b>                      Brown Rice, Steamed Broccoli                      Fortune Cookie                      Strawberries, Milk</p>
11	12	   Local Food Day!   	14	15
<p>French Toast Sticks, Sausage Patty                      Syrup, Butter, Fruit, Milk</p> <p style="text-align: center;"><b>Crispy Chicken Sandwich</b>                      Homemade Bun, Carrot Sticks                      Ranch, Watermelon, Milk</p>	<p>Egg &amp; Cheese Tortilla Wrap                      Salsa, Fruit, Milk</p> <p style="text-align: center;"><b>Iowa State Fair Beef Sundae (Homemade Roast Beef &amp; Gravy)</b>                      Mashed Potato, Green Beans                      Dinner Roll                      Mixed Fruit, Milk</p>	<p>Homemade <b>Breakfast Pizza</b> with Local Wheat, Local Eggs, Local Cheese                      Local Sausage, Local Pears, Milk</p> <p style="text-align: center;"><b>Cattlemen Grilled Cheeseburgers</b>                      Lettuce, Tomato &amp; Pickles                      Herb Roasted Local Potatoes                      Caramel Apples, Milk</p>	<p>Egg, Ham &amp; Cheese Bagel                      Fruit, Milk</p> <p style="text-align: center;"><b>Corn Dogs</b>                      Baked Beans                      Bananas, Ranch   Mixed Greens, Milk</p>	<p>Bacon, Egg &amp; Cheese Breakfast                      Pizza Fruit, Milk</p> <p style="text-align: center;"><b>Grilled Cheese</b>                      Tomato Soup                      Steamed Carrots                      Oranges, Milk</p>
No School	19	20	21	22
	<p>Egg &amp; Cheese Tortilla Wrap                      Salsa, Fruit, Milk</p> <p style="text-align: center;"><b>Hot Diggity Dogs</b>                      Whole Wheat Bun                      Tator tots, Ketchup                      Baked Beans                      Pears, Milk</p>	<p>Sausage &amp; Pancake on Stick                      Syrup, Fruit, Milk</p> <p style="text-align: center;"><b>Waffles with Syrup</b>                      Sausage, Scrambled Eggs                      Broccoli, Ranch,  Apples, Milk</p>	<p>Egg, Ham &amp; Cheese Bagel                      Fruit, Milk</p> <p style="text-align: center;"><b>Mini Taco Pizza</b>                      Ground Beef, Tortilla Chips, Fresh Veggie Cup with Ranch                      Bananas, Milk</p>	<p>Bacon, Egg &amp; Cheese Breakfast                      Pizza Fruit, Milk</p> <p style="text-align: center;"><b>Spaghetti with Beef Marinara</b>                      Green Beans                      Mixed Berries, Milk</p>
	25	26	27	28
<p>Mini Pancakes, Sausage Patty,                      Syrup, Butter, Fruit, Milk</p> <p style="text-align: center;"><b>Ham &amp; Cheese Omelet</b>                      Baked Apple-Cinnamon Oatmeal                      Fresh Bell Peppers with Ranch                      Hash Brown, Applesauce, Milk</p>	<p>Egg &amp; Cheese Tortilla Wrap                      Salsa, Fruit, Milk</p> <p style="text-align: center;"><b>Sloppy Joes</b>                      Homemade Bun                      Baked Beans                      Mixed Fruit, Milk</p>	<p>Sausage &amp; Pancake on Stick                      Syrup, Fruit, Milk</p> <p style="text-align: center;"><b>Mini Cheese Pizzas</b>                      Romaine Salad with Ranch   Raspberry Yogurt, Carrot Sticks   Apples, Milk</p>	<p>Egg, Ham &amp; Cheese Bagel                      Fruit, Milk</p> <p style="text-align: center;"><b>Macho Nachos</b>                      Cheddar, Ground Beef                      Tortill Chips, Cucumber, Ranch                      Salsa, Bananas   Mixed Greens, Milk</p>	<p>Bacon, Egg &amp; Cheese Breakfast                      Pizza Fruit, Milk</p> <p style="text-align: center;"><b>Viking Mac and Cheese</b>                      Steamed Carrots                      Strawberries, 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.