

# Early Childhood - 12th Grade Menu - April 2022 - Decorah Community School District

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Sandwiches</b> Turkey &amp; Cheese (Monday) Ham &amp; Cheese (Tuesday) PB&amp;J (W,TH,FRI)</p> <p><b>Local ingredients</b></p> <p>A single carton of milk is \$.30 if it is not part of a meal.</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><b>It's Arbor Day - Plant a tree!</b></p> 
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>
K-12 Waffles, Smokies & Syrup <b>EC-Pre-K Rice Krispies Cereal</b> Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap <b>EC-Pre-K Blueberry SnackBread</b> Fruit, Milk	K-12 Pancake on Stick with Syrup <b>EC-Pre-K 1/2 Bagel with Jelly</b> Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza <b>EC-Pre-K Cinnamon Oat Round</b>	K-12 Sausage, Egg & Cheese Sandwich <b>EC-Pre-K Rice Chex Cereal</b> Fruit, Milk
<b>Sweet &amp; Sour Chicken</b> *Sautéed Peppers, Onions & Pineapple Brown Rice, Steamed Carrots Chocolate Chip Cookie 🍪 Peaches, Milk	<b>Hot Diggity Dogs</b> French Fries, *Mixed Greens Apples, Milk	<b>BBQ Chicken Sandwiches</b> Homemade Bun *Diced Onion, (3-12) Pickles Celery Sticks with Ranch French Fries, Mixed Fruit, Milk	<b>Beef &amp; Cheese Nachos</b> Tortilla Chips, Salsa Mixed Greens Salad with Ranch Baked Beans, *Sour Cream Oranges, Milk	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	Ala Carte items and a second meals are available for purchase at the middle school and high school  A single carton of milk is \$.30 if it is not part of a meal.
K-12 French, Syrup & Smokies <b>EC-Pre-K Rice Krispies Cereal</b> Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap <b>EC-Pre-K Blueberry SnackBread</b> Fruit, Milk	K-12 Pancake on Stick with Syrup <b>EC-Pre-K 1/2 Bagel with Jelly</b> Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza <b>EC-Pre-K Cinnamon Oat Round</b>	
<b>Cheese Omelet</b> (5-12) Sautéed Pepper & Onions Roasted Potato Wedges Carrots Sticks with Ranch Baked Oatmeal, Oranges, Milk	<b>Tangerine Chicken</b> Noodles, Steamed Broccoli Ice Cream 🍦 Strawberries, Milk	<b>Corndogs</b> *Homemade Sliced Bread Cucumbers with Ranch Baked Beans, Craisens, Milk	<b>Homemade Taco Pizza</b> Beef, Sausage, Tortilla Chips *Diced Tomato, *Diced Onion Mixed Green Salad with Ranch Mixed Berries, Milk	
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	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	K-12 Egg, Ham & Cheese Tortilla Wrap <b>EC-Pre-K Blueberry SnackBread</b> Fruit, Milk	K-12 Pancake on Stick with Syrup <b>EC-Pre-K 1/2 Bagel with Jelly</b> Fruit, Milk	K-12 Sausage, Egg & Cheese Sandwich <b>EC-Pre-K Rice Chex Cereal</b> Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza <b>EC-Pre-K Cinnamon Oat Round</b> Fruit, Milk
<b>Hamburger Gravy</b> Homemade Sliced Bread Mashed Potatoes, Corn Butter, Dried Cherries, Milk	<b>Breaded Chicken Sandwich</b> Homemade Bun *Lettuce, *Tomato, *Onion, (3-12) Pickles Celery Sticks with Ranch French Fries, Apples, Milk	<b>Crunchy Beef &amp; Cheese Taco</b> Crisp Corn Tortillas, Rice Mixed Greens Salad with Ranch *Sour Cream, Salsa, Baked Beans Bananas, Milk	<b>Homemade Sausage Pizza</b> Steamed Broccoli Ice Cream 🍦 Strawberries, Milk	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
K-12 Waffles, Smokies & Syrup <b>EC-Pre-K Rice Krispies Cereal</b> Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap <b>EC-Pre-K Blueberry SnackBread</b> Fruit, Milk	K-12 Pancake on Stick with Syrup <b>EC-Pre-K 1/2 Bagel with Jelly</b> Fruit, Milk	K-12 Sausage, Egg & Cheese Sandwich <b>EC-Pre-K Rice Chex Cereal</b> Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza <b>EC-Pre-K Cinnamon Oat Round</b> Fruit, Milk
<b>Mini Pancakes &amp; Syrup</b> Scrambled Eggs, Maple Sausage Kiwi, Steamed Carrots, Milk	<b>Hot Diggity Dogs</b> French Fries, Mixed Greens Apples, Milk	<b>Sloppy Joes</b> Homemade Bun *Diced Onion, (3-12) Pickles Celery Sticks with Ranch Baked Beans, Grapes, Milk	<b>Local Grilled Cheese Sandwich</b> Homemade Creamy Tomato Soup *Mixed Greens Salad with Ranch Crackers, Bananas, Milk	<b>Viking Mac and Cheese</b> *Honey Sriracha Chicken *Homemade Garlic Toast Broccoli with Ranch Mixed Berries, Milk

Reimbursable meal consists at least 3: Grain, Meat / MA, Veggie, Fruit or Skim, 1% or Chocolate Milk  
 EC-2nd Grade) Lunch 550-650 cal, Breakfast 350-500 cal, Lunch (3rd-8th 600-650 calories, 9-12th 750-850)