

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	
K-12 Waffles, Smokies & Syrup EC-Pre-K Rice Krispies Cereal Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap EC-Pre-K Blueberry SnackBread Fruit, Milk	K-12 Pancake on Stick with Syrup EC-Pre-K 1/2 Bagel with Jelly Fruit, Milk	K-12 Sausage, Egg & Cheese Sandwich EC-Pre-K Rice Chex Cereal Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza EC-Pre-K Cinnamon Oat Round Fruit, Milk	
Turkey and Cheese Deli Sandwich Homemade Bun (5-12) Lettuce, Tomato, Pickle French Fries, Celery, Ranch Applesauce, Milk	Hamburger Gravy Homemade Sliced Bread Mashed Potatoes, Butter Corn, Peaches, Milk	Chicken Strips Homemade Sliced Bread Carrot sticks with Ranch Apple, Milk	Chicken & Cheese Fajita (3-12) Sauteed Peppers & Onions Mixed Greens with Ranch *Sour Cream, *Spanish Rice Salsa, Baked Beans, Bananas, Milk	Homemade Cheese Pizza Steamed Broccoli Local Raspberry Yogurt Strawberries, Milk	
9	10	11	12	13	
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Corn Dogs Homemade sliced Bread Cucumber Slices, Carrot Sticks, Ranch, Cookie, Applesauce, Milk	Chicken in Gravy Homemade Sliced Bread Mashed Potatoes, Butter Corn, Peaches, Milk	BBQ Pork Sandwiches Homemade Bun *Diced Onion, (3-12) Pickles Celery Sticks with Ranch French Fries, Mixed Fruit, Milk	Cattlemen Grilled Cheeseburgers Lettuce, Tomato & Pickles Potato Wedges, Baked Beans Bananas, Milk	Viking Fish Sticks *Homemade Sliced Bread Mashed Potatoes, Tartar Sauce Fresh Broccoli, Blueberries, Milk	
16	17	18	19	20	
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Chicken & Cheese Ranch Wrap *Becky's Buffalo Style (3-12) Lettuce, Tomato, Pickles Sun Chips, Blue Raspberry Slush Carrots & Celery Sticks with Ranch Milk	Tangerine Chicken Noodles, Steamed Broccoli Fortune Cookie Strawberries, Milk	Sloppy Joes Homemade Bun *Diced Onion, (3-12) Pickles Baked Beans, Mixed Fruit, Milk	Homemade Chicken Taco Pizza Mixed Green Salad with Ranch Steamed Carrots, Bananas, Milk	Hot Diggity Dogs *Mixed Greens Salad with Ranch French Fries, Ketchup Apples, Milk	
23	24	25			
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Hot Ham and Cheese Homemade Bun French Fries Applesauce, Milk	Chicken Strips Bread Fruit, Vegetable Milk	Corn Dogs Bread Fruit, Vegetable Milk			
30			<p>The Decorah Community School District is taking part of the Seamless Summer Option Program which provides a free breakfast and lunch to all enrolled students in the district</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>		
			<p>Sandwiches</p> <p>Turkey & Cheese (Monday) Ham & Cheese (Tuesday) PB&J (W,TH,FRI)</p> <p>Local ingredients</p> <p>A single carton of milk is \$.30 if it is not part of a meal.</p>	<p>Daily Main Dish Alternatives</p> <p>Meatless versions of menued main dishes are available upon request.</p> <p>Entree Salads</p> <p>Kale Chicken Caesar Johnny Appleseed Fiesta Chicken Chef Ham</p>	<p>Sandwiches & Wraps</p> <p>Turkey & Cheese Ham & Cheese Bologna & Cheese Chicken Salad Egg Salad Sunflower & Veggie Cheese PB&J (W,TH,FRI only)</p>

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)