

October 2022

Decorah Community School District Early Childhood - 12th Grade Menu

Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast
PreK-12 Waffles, Smokies & Syrup Fruit, Milk	PreK-12 Egg, Ham & Cheese Tortilla Wrap, Fruit, Milk	PreK-12 Pancake on Stick, Syrup, Fruit, Milk	PreK-12 Sausage, Egg, Cheese Sandwich, Fruit, Milk	PreK-12 Bacon, Egg Pizza, Fruit Milk
3	4	5	6	7
Tangerine Chicken Noodles, Fortune Cookie Steamed Broccoli & Peppers Sugar Scull Ice Cream Cone 🍏 Pears, Milk	Spaghetti Beef Marinara *Homemade Herb Bread (3-12) 🍏 Kale-Romaine salad Ranch, Green Beans Grapes, Milk	Cheeseburgers Homemade Bun *Tomato and Onion (3-12) 🍏 Lettuce and Pickle Cucumbers, Ranch French Fries, 🍏 Apples, Milk	Chicken Fajitas (3-12) Sautéed Peppers & Onion 🍏 Mixed Greens, 🍏 Salsa Cheddar, Refried Beans *Spanish Rice *Sour Cream Bananas, Milk	Chicken Strips Homemade Dinner Rolls 🍏 Cole Slaw, Orange Sherbet Cheesy Mashed Potatoes *Oranges, Milk
10	11	12	13	14
Iowa State Fair Beef Sundae Choice Roast Beef in Gravy Homemade Sliced Bread, Butter Grape Tomatoes Mashed Potatoes, Corn Applesauce, Milk	Chicken Fettuccini Alfredo *Homemade Focaccia Bread Marinara, Green Beans Chocolate Chip Cookie Pears, Milk	Sloppy Joes Homemade Bun (3-12) Onion & Pickles Carrot Stick, Ranch *French Fries, Ketchup 🍏 Apples, Milk	Macho Nachos Beef, Cheddar, Tortilla Chips Mixed Greens, Ranch, Salsa *Sour Cream, Baked Beans *Brown Rice, Raisels, *Applesauce, Milk	No School In Service Day
17	18	19	20	21
Prime Rib & Cheddar Melt (3-12) Sliced Beef Ribeye 🍏 White Cheddar Cheese French Fries, Grapes *Cauliflower-Pea Salad, Milk	Goulash Homemade Dinner Rolls (3-12) Mixed Greens Salad Butter, Steamed Carrots Mixed Fruit, Milk	BBQ Pork Sandwich Homemade Bun (3-12) Onion & Pickles 🍏 Coleslaw, 🍏 Apples, Milk *Roasted Potatoes Wedges	Soft Shell Taco Beef, Cheddar, Lettuce *Mixed Green Salad, Salsa *Sour Cream, Baked Beans *Brown Rice, Bananas, Milk	Asian Chicken Pot Stickers Citrus Glaze, Noodles Steamed Carrots Pork Egg Roll, Sweet Sour Mandarin Oranges, Milk
24	25	26	27	28
Tangerine Chicken Noodles, Fortune Cookie Steamed Broccoli Orange Sherbet Mandarin Oranges, Milk	Viking Wild Wings Boneless Chicken Wings Homemade Herbed Rolls Assorted Sauces, Peaches Cheesy Mashed Potatoes Celery & Ranch, Milk	Cheeseburgers Homemade Bun *Tomato and Onion (3-12) 🍏 Lettuce and Pickle Celery, Ranch, French Fries Watermelon, Milk	Taco Pizza Homemade Crust Beef, Sausage, Tortilla Chips 🍏 Mixed Green, Ranch, Salsa *Sour Cream, Baked Beans Bananas, Milk	Philly Cheese Steak with Wiz or no Wiz (3-12) 🍏 Sautéed Peppers & Onion Carrot Sticks, Ranch Local Herb-Roasted Potatoes 🍏 Apples, Ketchup, Milk
31		Elementary Coloring Contestants! You are all winners and thank you for your beautiful artwork! Enjoy your Treat on the 3rd!		
Cheese Omelet *Sautéed Pepper & Onion Hash Browns, Ketchup Carrot Sticks, Ranch Apple-Cinnamon Oat Bars Oranges, Milk				

Daily Alternate Menus

Replace a main dish with one of the following at no additional cost:

K-4

Monday Turkey & Cheese
Tuesday Ham & Cheese
W,T,F Peanut Butter & J

5-8 th grade

Previous day's Main
Sandwiches & Wraps
Turkey & Cheese
Ham & Cheese
Chicken Salad
Bologna & Cheese
Main Dish Salads
Johnny Appleseed Salad
Hail Chicken Caesar salad
Fiesta Chicken Salad
Chef Ham Salad

9-12th grade

Previous day's Main
Subs & Wraps
Ham & Cheese
Turkey & Cheese
Bologna & Cheese
Egg Salad
Chicken Salad
Sunflower & Veggie
Hummus & Veggie
Main Dish Salads
Johnny Appleseed Salad
Hail Chicken Caesar salad
Fiesta Chicken Salad
Chef Ham Salad



Breakfast Prices and Calories:

EC-4th: \$1.45 (350-500 cal.)
5-8th: \$1.50 (400-550 cal.)
9-12th: \$1.60 (450-600 cal.)
Adult: \$2.35

Lunch Prices and Calories:

EC-4th: \$2.60 (550-650 cal.)
5-8th: \$2.70 (600-700 cal.)
9-12th: \$2.85 (750-850 cal.)
Adult: \$4.15



🍏 Denotes local

* Only for 9th-12th

A reimbursable meal must contain at least 3: Grain, Meat, Meat Alternate, Vegetable, Fruit or Milk