

December 2018 — Exira-EHK

Meal Price Information

Student Breakfast	1.65	K-3 Lunch	2.30
Adult Breakfast	2.50	4-12 Lunch	2.60
Milk	0.40	Adult Lunch	3.95
Juice	0.40		

First item listed is **Breakfast** entree; also choice of cereal, toast, fruit, juice & milk daily

White, Chocolate & Strawberry Skim, & 1% milk served daily

Check account balances at www.exira-ehk.k12.ia.us

Mon	Tue	Wed	Thu	Fri
3 Waffles Chicken Nuggets Mashed Potatoes Green Beans Peaches Sandwich 6-12	4 Muffins Breaded Pork on Bun Au Gratin Potatoes Italian Blend Mandarin Oranges	5 Egg Omelet Chili Fresh Carrots Celery Sticks Apple Cinnamon Rolls	6 Mini Bagels Meatball Sub Chips Coleslaw Broccoli Pears	7 Pancakes Walking Tacos Lettuce & Cheese Refried Beans Celery Cucumbers Mixed Fruit Sand. 6-12
10 Breakfast Burrito Elk Horn Bldg – Chicken Drum Sticks Exira Bldg – Chicken Strips Tater Tots Corn Fruit Medley Sandwich 6-12	11 Pancake on a Stick Spaghetti Casserole Mixed Lettuce Salad Sliced Carrots Applesauce Bread Stick	12 Breakfast Pizza Beef Burrito Green Beans Fresh Carrots Pineapple Sandwich	13 Egg Patty & Sausage Sloppy Joes on Bun Potato Wedges Broccoli Rosy Pears	14 Frudel Hot Dog on Bun Fries Baked Beans Strawberries
17 Waffles Cheeseburger on Bun Waffle Fries Green Beans Sliced Tomatoes Pineapple	18 Breakfast Bar Deli Ham on Bun Chips Baked Beans Winter Mix Mandarin Oranges	19 Long John Elk Horn Bldg – Barbeque Beef on Bun Exira Bldg – Tasty Rib Hash Brown Mixed Lettuce Salad Orange	20 French Toast Corn Dog Curly Fries Peas & Carrots Apple	21 Egg Omelet Sliced Turkey Mashed Potatoes Carrots Applesauce Dinner Roll
24 NO SCHOOL – Winter Break through Jan. 2nd	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL				

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: 202-690-7442; or
- (3) email: program.intake@usda.gov.