

April 2019 — 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 |
|--|---|--|---|--|
| 1 Breakfast Wrap Pizza Strips Curly Fries Green Beans Pears | 2 Mini Bagel Beef Burrito Hash Brown Refried Beans Fruit Medley | 3 Egg Omelet Cheeseburger on Bun Waffle Fries Sliced Tomato Calif. Blend Veg. Apple | 4 Breakfast Pizza Rib on Bun Potato Wedges Broccoli Oranges | 5 Mini Cinnis Fish Patty on Bun Smile Fries Coleslaw Peaches |
| 8 Egg Patty & Sausage Corn Dog Hash Brown Baked Beans Pears | 9 Breakfast Burrito Chicken Fajita in a Wrap Lettuce & Cheese Fresh Broccoli & Carrots Mixed Fruit Sandwich | 10 6-12 Breakfast Bar Barb-Q Pork on Bun Curly Fries Corn Applesauce | 11 French Toast Chicken Patty on Bun Tri-tater Green Bean Casserole Grapes | 12 Waffles Cheese Pizza Lettuce Salad Carrots Peaches Cookie |
| 15 Biscuit & Gravy Sloppy Joe on Bun Sweet Potato Fries California Blend Veg. Rosy Pears | 16 Long John Meatball Sub Chips Coleslaw Fresh Carrots Apple | 17 Breakfast Wrap Deli Turkey on bun Tri-tater Broccoli Mandarin Oranges | 18 Waffles Walking Taco Lettuce & Cheese Refried Beans Pineapple | 19 No School |
| 22 Breakfast Pizza Mandarin Orange Chicken Brown Rice Fresh Broccoli Pineapple Dinner Roll | 23 Pancake on a Stick Cavatina Lettuce Salad Italian Blend Veg. Pears Breadstick | 24 Muffins Popcorn Chicken Mashed Potatoes Carrots Grapes Dinner Roll | 25 6-12 Frudel Chili Fresh Carrots & Celery Applesauce Cinnamon Roll | 26 Scrambled Eggs Hot Dog Fries Green Beans Peaches |
| 29 French Toast Crispito Tater Tots Black Bean Salad Mandarin Oranges | 30 Cinnamon Roll Chicken Strips Tri-Tater Carrots & Peas Applesauce Dinner Roll | | | |

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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 .