

# February 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](http://www.exira-ehk.k12.ia.us)

Mon	Tue	Wed	Thu	Fri
				<b>1 MS/HS – Long John Pancake</b> <b>MS/HS</b> Pancake on Stick Hot Dog on Bun Tri-tater Fries Side Kicks Sliced Carrots Yogurt Banana Diced Peaches
<b>4 MS/HS Pancakes</b> <b>MS/HS</b> Hot Dog on Bun Fries Sliced Carrots Peaches	<b>French Toast</b> Chicken Strips Tri-tater Carrots/ Peas Applesauce	<b>5 MS/HS French Toast</b> <b>MS/HS</b> Chicken Strips Tri-tater Peas Applesauce	<b>Breakfast Pizza</b> Mr. Rib on Bun Potato Wedges Coleslaw Mandarin Oranges	<b>6 MS/HS Break. Pizza</b> <b>MS/HS</b> Mr. Rib on Bun Potato Wedges Coleslaw Mandarin Oranges
			<b>7 Biscuit &amp; Gravy</b> Deli Turkey on Bun Chips Fresh Broccoli Fresh Carrots Orange	<b>8 Long John</b> Crisпитos Tater Tots Black Bean Salad Apple Cookie
<b>11 Waffles</b> Pizza Strips Fries Green Beans Pears	<b>12 Cinnamon Rolls</b> Walking Tacos Lettuce & Cheese Refried Beans Rosy Applesauce Sandwich	<b>13 Frudel</b> Popcorn Shrimp Hash Browns Carrots Fruit Cocktail Sandwich	<b>14 Egg Patty &amp; Sausage</b> Spaghetti Casserole Lettuce Salad Fresh Broccoli Pineapple Breadstick Bar	<b>15 Pancake on a Stick</b> Tomato Soup Grilled Cheese Fresh Carrots Celery Peaches
<b>18 Breakfast Bar</b> Egg Omelet Sausage Hash Brown Sidekick Muffin Fruit Medley	<b>19 Mini Bagel</b> Hamburger on Bun Waffle Fries Baked Beans Fruit Cocktail	<b>20 Mini Cinnis</b> Chicken Fajita in a Wrap Lettuce & Cheese Corn Orange Sandwich	<b>21 Breakfast Wrap</b> Breaded Pork on bun Tri-tater Cheesy Broccoli Apple Crisp	<b>22 Scrambled Eggs</b> Cheese Pizza Lettuce Salad Fresh Carrots Grapes Cookie
<b>25 Frudel</b> Meatball Sub Chips Fresh Broccoli Coleslaw Pineapple	<b>26 Breakfast Burrito</b> Ham Au Gratin Potatoes Peas & Carrots Apple Dinner Roll	<b>27 Pancake on a Stick</b> Chicken Patty on Bun Mashed Potatoes Green Beans Peaches	<b>28 Breakfast Bar</b> Chicken Nuggets Waffle Fries California Blend Veg. Applesauce Sandwich	

**USDA Nondiscrimination Statement** For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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](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](mailto:program.intake@usda.gov).