

# January 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</b> <b>NO SCHOOL</b>	<b>2</b> <b>NO SCHOOL</b>	<b>3</b> <b>Long Johns</b> Chicken Patty on Bun Mashed Potatoes Sliced Carrots Fruit Cocktail	<b>4</b> <b>French Toast</b> Hamburger on Bun Potato Wedges Broccoli Applesauce
<b>7</b> <b>Egg Omelet</b> Pizza Strips Fries Green Beans Pears	<b>8</b> <b>Pancake on a Stick</b> Mr. Rib on Bun Tater Tots Carrots Pineapple	<b>9</b> <b>Biscuits &amp; Gravy</b> Chicken Fajita in Wrap Lettuce & Cheese Black Bean Salad Peaches 6-12 Sandwich	<b>10</b> <b>Mini Cinnis</b> Chicken Nuggets Sweet Potato Puffs Broccoli Grapes Dinner Roll	<b>11</b> <b>Waffles</b> Meatball Sub Chips Coleslaw Fresh Carrots Orange
<b>14</b> <b>Breakfast Burrito</b> Breaded Pork on Bun Potato Wedges Lettuce Salad California Blend Veg. Mandarin Oranges	<b>15</b> <b>French Toast</b> Chicken Strips Curly Fries Corn Apple 6-12 Sandwich	<b>16</b> <b>Breakfast Bar</b> Tomato Soup Grilled Cheese Fresh Carrots Celery Fruit Cocktail	<b>17</b> <b>Egg Patty &amp; Sausage</b> Corn Dog Tri-tater Baked Beans Peaches	<b>18</b> <b>Breakfast Pizza</b> Chicken & Noodles Peas & Carrots Grapes Dinner Roll
<b>21</b> <b>Muffins</b> Cheeseburger on Bun Fries Cooked Carrots Apple	<b>22</b> <b>Pancake on a Stick</b> Walking Tacos Lettuce & Cheese Refried Beans Mexican Corn Peaches Sandwich 6-12	<b>23</b> <b>Breakfast Wrap</b> Spaghetti Casserole Fresh Carrots Lettuce Salad Grapes Breadstick	<b>24</b> <b>Cinnamon Roll</b> Popcorn Chicken Curly Fries Green Beans Diced Pear Sandwich 6-12	<b>25</b> <b>FruDel</b> Mandarin Orange Chicken Brown Rice Fresh Broccoli Cucumbers Pineapple Dinner Roll
<b>28</b> <b>Egg Omelet</b> Deli Ham on a Bun Hash Browns Baked Beans Strawberries	<b>29</b> <b>Mini Bagel</b> Pizza Mixed Lettuce Salad Winter Mix Vegetables Peaches Cookie	<b>30</b> <b>Waffles</b> Chili Fresh Carrots Celery Applesauce Cinnamon Roll	<b>31</b> <b>Long Johns</b> Pancake on a Stick Tri-tater Side Kick Yogurt Banana	

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- (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).