

# March 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>Long John</b> Chicken & Noodles Peas Carrots Pears Dinner Roll
<b>4</b> <b>French Toast</b> Mr. Rib on Bun Sweet Potato Puffs Green Beans Pineapple	<b>5</b> <b>Muffin</b> Crispito Corn Refried Beans Mandarin Oranges Donuts	<b>6</b> <b>Frudel</b> Popcorn Shrimp Fries Winter Mix Peaches Sandwich	<b>7</b> <b>Egg Patty &amp; Sausage</b> Chicken Nuggets Mashed Potatoes Carrots Rosy Pears Dinner Roll	<b>8</b> <b>Mini Bagel</b> Cheese Pizza Lettuce Salad Broccoli Applesauce Cookie
<b>11</b> <b>Pancake on a Stick</b> Chicken Strips Fries Corn Orange Dinner Roll	<b>12</b> <b>Biscuit &amp; Gravy</b> Soft Shell Tacos Lettuce & Cheese Black Bean Salad Fresh Carrots Mixed Fruit Sandwich	<b>13</b> <b>Long John</b> Breaded Pork on Bun Potato Wedges Baked Beans Pineapple	<b>14</b> <b>Breakfast Bar</b> <b>PANCAKE DAY</b> Egg Omelet Sausage Hash Brown Side Kick Banana	<b>15</b> <b>No School</b>
<b>18</b> <b>No School</b>	<b>19</b> 6-12 <b>Egg Patty/Sausage</b> Spaghetti Casserole Lettuce Salad Mixed Veg. Breadstick Pineapple	<b>20</b> <b>Mini Cinnis</b> Chicken Fajita in a Wrap Lettuce & Cheese Refried Beans Apple Sandwich	<b>21</b> <b>Egg Omelet</b> Meatball Sub Chips Coleslaw Fresh Carrots & Broccoli Grapes	<b>22</b> <b>Breakfast Wrap</b> Popcorn Shrimp Curly Fries California Blend Peaches Sandwich
<b>25</b> <b>Pancakes</b> Pizza Lettuce Salad Carrots Mandarin Oranges Cookie	<b>26</b> <b>French Toast</b> Chicken Patty on Bun Tri-Tater Sliced Tomatoes Baked Beans Pineapple	<b>27</b> <b>Breakfast Bar</b> Popcorn Chicken Mashed Potatoes Winter Mix Orange Sandwich	<b>28</b> <b>Muffins</b> Ham & Scalloped Potatoes Peas Carrots Applesauce Dinner Roll	<b>29</b> <b>Cinnamon Roll</b> Tomato Soup Grilled Cheese Sandwich Celery Cucumbers Peaches

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

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, 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).