

Exira-EHK Menus September 2019

Meal Price Information

Breakfast	1.75	K-3 Lunch	2.40
Adult Breakfast	2.50	4-12 Lunch	2.70
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
 Preschool menu will be altered to state requirements
 All Menus are subject to change without notice
Check account balances at www.exira-ehk.k12.ia.us

Mon	Tue	Wed	Thu	Fri
2 NO SCHOOL	3 Egg Patty & Sausage Deli Ham on Bun Cole Slaw Baked Beans Tomato Slice Orange	4 French Toast Chicken Strips Fries Lettuce Salad Pineapple Sandwich 6-12	5 Muffins Tasty Rib on Bun Scalloped Potatoes Broccoli Applesauce	6 Pancake on a Stick Hamburger on Bun Curly Fries Carrots Sliced Tomatoes Cantaloupe
9 Breakfast Pizza Corn Dog Tater Tots Baked Beans Fruit Cocktail	10 Waffles Pizza Strips Cherry Tomatoes Lettuce Salad California Blend Veg. Mandarin Oranges	11 Pancakes Mandarin Orange Chicken Brown Rice Fresh Broccoli & Carrots Pineapple Dinner Roll	12 Long Johns Soft Shell Taco Lettuce & Cheese Hash Browns Corn Grapes Sandwich	13 Breakfast Burrito Cavatina Lettuce Salad Carrots Apple Bread Stick
16 Breakfast Bar Breaded Pork on Bun Tri-Tater Baked Beans Pineapple	17 Scrambled Eggs Chicken Patty on Bun Waffle Fries Green Beans Tomato Slice Applesauce	18 Biscuit & Gravy Sloppy Joes on Bun Sweet Potato Fries Fresh Cucumbers Celery Orange	19 Egg Patty & Sausage Popcorn Chicken Mashed Potatoes Broccoli Watermelon Donut	20 Breakfast Wrap Pizza Lettuce Salad Carrots Banana Cookie
23 Mini Bagels Chicken Fajita in Wrap Lettuce & Cheese Refried Beans Corn Fruit Medley Sandwich	24 French Toast Hot Ham & Cheese on Bun Fries Lettuce Salad Winter Mix Veg. Apple	25 Egg Omelet Crispitos Smile Fries Carrots Mandarin Oranges	26 Frudel Hot Dog on Bun Potato Wedges Coleslaw Cherry Tomatoes Pears	27 Mini Cinnis Meatball Sub Harvest Chips California Blend Veg Peaches
30 Waffle Weiner Winks Fries Broccoli Apple Cookie				

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.

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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