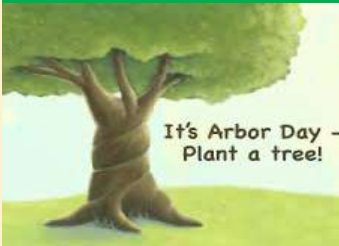


Early Childhood - 12th Grade Menu - April 2022 - Decorah Community School District

Monday	Tuesday	Wednesday	Thursday	Friday
	Sandwiches Turkey & Cheese (Monday) Ham & Cheese (Tuesday) PB&J (W,TH,FRI)  Local Ingredients A single carton of milk is \$.30 if it is not part of a meal. Daily Main Dish Alternatives Meatless versions of menued main dishes are available upon request. Entree Salads Kale Chicken Caesar Johnny Appleseed Fiesta Chicken Chef Ham Sandwiches & Wraps Turkey & Cheese Ham & Cheese Bologna & Cheese Chicken Salad Egg Salad Sunflower & Veggie Cheese PB&J (W,TH,FRI only)		1 K-12 Sausage, Egg & Cheese Sandwich EC-Pre-K Rice Chex Cereal Fruit, Milk Homemade Cheese Pizza Steamed Broccoli Local Strawberry Yogurt Strawberries, Milk	
4	5	6	7	8
K-12 Waffles, Smokies & Syrup EC-Pre-K Rice Krispies Cereal Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap EC-Pre-K Blueberry SnackBread Fruit, Milk	K-12 Pancake on Stick with Syrup EC-Pre-K 1/2 Bagel with Jelly Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza EC-Pre-K Cinnamon Oat Round	
Sweet & Sour Chicken *Sautéed Peppers, Onions & Pineapple Brown Rice, Steamed Carrots Chocolate Chip Cookie 🍪 Peaches, Milk	Hot Diggity Dogs French Fries, *Mixed Greens Apples, Milk	BBQ Chicken Sandwiches Homemade Bun *Diced Onion, (3-12) Pickles Celery Sticks with Ranch French Fries, Mixed Fruit, Milk	Beef & Cheese Nachos Tortilla Chips, Salsa Mixed Greens Salad with Ranch Baked Beans, *Sour Cream Oranges, Milk	
11	12	13	14	
K-12 French, Syrup & Smokies EC-Pre-K Rice Krispies Cereal Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap EC-Pre-K Blueberry SnackBread Fruit, Milk	K-12 Pancake on Stick with Syrup EC-Pre-K 1/2 Bagel with Jelly Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza EC-Pre-K Cinnamon Oat Round	Ala Carte items and a second meals are available for purchase at the middle school and high school A single carton of milk is \$.30 if it is not part of a meal.
Cheese Omelet (5-12) Sautéed Pepper & Onions Roasted Potato Wedges Carrots Sticks with Ranch Baked Oatmeal, Oranges, Milk	Tangerine Chicken Noodles, Steamed Broccoli Ice Cream 🍦 Strawberries, Milk	Corndogs *Homemade Sliced Bread Cucumbers with Ranch Baked Beans, Craisens, Milk	Homemade Taco Pizza Beef, Sausage, Tortilla Chips *Diced Tomato, *Diced Onion Mixed Green Salad with Ranch Mixed Berries, Milk	
The Decorah Community School District is taking part of the Seamless Summer Option Program which provides a free breakfast and lunch to all enrolled students in the district	19	20	21	
	K-12 Egg, Ham & Cheese Tortilla Wrap EC-Pre-K Blueberry SnackBread Fruit, Milk	K-12 Pancake on Stick with Syrup EC-Pre-K 1/2 Bagel with Jelly Fruit, Milk	K-12 Sausage, Egg & Cheese Sandwich EC-Pre-K Rice Chex Cereal Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza EC-Pre-K Cinnamon Oat Round Fruit, Milk
	Hamburger Gravy Homemade Sliced Bread Mashed Potatoes, Corn Butter, Dried Cherries, Milk	Breaded Chicken Sandwich Homemade Bun *Lettuce, *Tomato, *Onion, (3-12) Pickles Celery Sticks with Ranch French Fries, Apples, Milk	Crunchy Beef & Cheese Taco Crisp Corn Tortillas, Rice Mixed Greens Salad with Ranch *Sour Cream, Salsa, Baked Beans Bananas, Milk	Homemade Sausage Pizza Steamed Broccoli Ice Cream 🍦 Strawberries, Milk
25	26	27	28	29
K-12 Waffles, Smokies & Syrup EC-Pre-K Rice Krispies Cereal Fruit, Milk	K-12 Egg, Ham & Cheese Tortilla Wrap EC-Pre-K Blueberry SnackBread Fruit, Milk	K-12 Pancake on Stick with Syrup EC-Pre-K 1/2 Bagel with Jelly Fruit, Milk	K-12 Sausage, Egg & Cheese Sandwich EC-Pre-K Rice Chex Cereal Fruit, Milk	K-12 Bacon, Egg & Cheese Breakfast Pizza EC-Pre-K Cinnamon Oat Round Fruit, Milk
Mini Pancakes & Syrup Scrambled Eggs, Maple Sausage Kiwi, Steamed Carrots, Milk	Hot Diggity Dogs French Fries, Mixed Greens Apples, Milk	Sloppy Joes Homemade Bun *Diced Onion, (3-12) Pickles Celery Sticks with Ranch Baked Beans, Grapes, Milk	Local Grilled Cheese Sandwich Homemade Creamy Tomato Soup *Mixed Greens Salad with Ranch Crackers, Bananas, Milk	Viking Mac and Cheese *Honey Sriracha Chicken *Homemade Garlic Toast Broccoli with Ranch Mixed Berries, Milk

Reimbursable meal consists at least 3: Grain, Meat / MA, Veggie, Fruit or Skim, 1% or Chocolate Milk
EC-2nd Grade) Lunch 550-650 cal, Breakfast 350-500 cal, Lunch (3rd-8th 600-650 calories, 9-12th 750-850)