

EC - 12th Grade Menu - December 2021 - Decorah Community School District

Monday	Tuesday	Wednesday	Thursday	Friday
	'No one can whistle a symphony. It takes a whole orchestra to play it.' - H. E. Luccock 	1 (3rd-12th) Homemade Biscuits & Gravy (EC-2nd) Homemade Muffin & Yogurt Fruit, Milk	2 (3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
		Lasagna (Ground Beef and Cheese) Homemade Foccacia Bread Mixed Greens Salad with Ranch Steamed Carrots, Craisens, Milk	Chicken Fajita *Sauteed Onions and Peppers *Spanish Rice, Baked Beans, Salsa Shredded Romaine, Ranch Bananas, Milk	Homemade Sausage Pizza Broccoli with Ranch *Broccoli Dijon Slaw 🍏 Apples, Milk
6	7	8	9	10
Waffles with Syrup Smokies, Fruit, Milk	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(3rd-12th) Homemade Biscuits & Gravy (EC-2nd) Homemade Muffin & Yogurt Fruit, Milk	(3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
Mandarin Orange Chicken Brown Rice, Steamed Broccoli Fortune Cookie Strawberries, Milk	Cheeseburgers *Lettuce, Tomato, Onion Homemade Buns Ketchup, Celery, Ranch French Fries, Pears, Milk	Crispy Crunchy Tacos Crisp Corn Tortillas, Cheddar Ground Beef, 🍏 Mixed Greens Fresh Garden Salsa, Brown Rice Baked Beans, Craisens, Milk	Chili Con Carne Homemade Cinnamon Bread Local Cheese Curds Mixed Greens, Bananas, Milk	Shrimp & Fries *Homemade Garlic Toast Steamed Corn Ketchup, 🍏 Apples, Milk
13	14	15	16	17
Waffles with Syrup Smokies, Fruit, Milk	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(3rd-12th) Homemade Biscuits & Gravy (EC-2nd) Homemade Muffin & Yogurt Fruit, Milk	(3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk
Crispy Chicken Sandwich *Lettuce, Tomato, Onion Homemade Bun, Fresh Broccoli Ranch, Dried Cherries, Milk	Roasted Turkey & Gravy 🍏 Homemade Dinner Roll Mashed Potatoes, Green Beans *Dressing, Strawberries Cookie, Milk	Cheeseburgers *Lettuce, Tomato, Onion Homemade Buns Ketchup, Celery, Ranch French Fries, Pears, Milk	Homemade Taco Pizza Cheddar, Ground Beef Tortilla Chips, Baked Beans Bananas, Ranch 🍏 Mixed Greens, Milk	Sweet & Sour Chicken Brown Rice, Fortune Cookie Steamed Carrots Peaches, Milk
20	21	22		
Waffles with Syrup Smokies, Fruit, Milk	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk		
Ham & Cheese Omelet Baked Apple-Cinnamon Oatmeal Fresh Bell Peppers with Ranch Hash Brown, Applesauce, Milk	Sloppy Joes Homemade Bun Baked Beans Mixed Berries, Milk	Hot Diggity Dogs Whole Wheat Bun French Fries, Ketchup, *Raisens Blue Raspberry Slush, Milk		
Daily Main Dish Alterternatives Meatless versions of menued main dishes are available upon request. Entree Salads Kale Chicken Caesar Johnny Applesseed 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)	Early Childhood - 2nd Grade Options 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.	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. The Decorah Community School District is taking part of the Seamless Summer Option Program which provides a <u>free</u> breakfast and lunch to <u>all</u> enrolled students in the district	

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)