

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Waffles with Syrup Smokies, Fruit, Milk	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(9th-12th) Homemade Biscuits & Gravy (EC-8th) 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
Mini Pancakes & Syrup Egg Patties, Smokies Baked Cinnamon Apples Steamed Carrots, Milk	Hot Diggity Dogs French Fries, Ketchup Apples, Milk	Sloppy Joes Homemade Bun *Diced Onion, (3-12)Pickles Baked Beans, Mixed Fruit, 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
10	11	12	13	14
French Toast with Syrup Smokies, Fruit, Milk	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(9th-12th) Pancake on Stick with Syrup (EC-8th) 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
Lasagna Ground Beef and Mozzarella Homemade Foccacia Bread Steamed Carrots Applesauce, Milk	Chicken & Gravy Homemade Sliced Bread Mashed Potatoes, Butter Corn, Peaches, Milk	Hamburgers with Cheese Homemade Bun *Lettuce, *Tomato, *Onion, (3-12)Pickles Cucumbers with Ranch French Fries, Raisens, Milk	Chicken & Cheese Fajita (3-12) Sauteed Peppers & Onions Mixed Greens with Ranch *Sour Crean, *Spanish Rice Salsa, Baked Beans, Bananas, Milk	Homemade Sausage Pizza Steamed Broccoli Local Raspberry Yogurt Strawberries, Milk
17	18	19	20	21
	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(9th-12th) Pancake on Stick with Syrup (EC-8th) 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
	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 Bananas, Milk	Viking Fish Sticks *Homemade Sliced Bread Mashed Potatoes, Tartar Sauce Steamed Broccoli, *Blueberries Blue-Raspberry Slush, Milk
24	25	26	27	28
Waffles with Syrup Smokies, Fruit, Milk	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(9th-12th) Pancake on Stick with Syrup (EC-8th) 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
Goulash Homemade Foccacia Bread Steamed Carrots Applesauce, 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, Mixed Fruit, Milk	Crunchy Beef & Cheese Taco Crisp Corn Tortillas Mixed Greens Salad with Ranch Brown Rice, *Sour Cream Salsa, Baked Beans, Bananas, Milk	Homemade Sausage Pizza Steamed Broccoli Local Strawberry Yogurt Strawberries, Milk
31	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		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.	
French Toast with Syrup Smokies, Fruit, Milk				
Cheese Omelet (5-12) Sauteed Pepper & Onions Roasted Potato Wedges Carrots Sticks with Ranch Baked Oatmeal, Oranges, Milk				
		<div>Sandwiches Turkey &amp; Cheese (Monday) Ham &amp; Cheese (Tuesday) PB&amp;J (W,TH,FRI)   Local Ingredients  A single carton of milk is \$.30 if it is not part of a meal.</div>	<div>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</div>	<div>Sandwiches &amp; Wraps Turkey &amp; Cheese Ham &amp; Cheese Bologna &amp; Cheese Chicken Salad Egg Salad Sunflower &amp; Veggie Cheese PB&amp;J (W,TH,FRI only)</div>

Reimbursable meal consists at least 3: Grain, Meat / MA, Veggie, Fruit or Skim, 1% or Chocolate Milk  
Lunch (3rd-8th 600-650 calories, 9-12th 750-850). USDA is an equal opportunity provider and employer.