

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Egg, Ham & Cheese Tortilla Wrap Fruit, Milk	(9th-12th) Pancake on Stick with Syrup (EC-8th) Homemade Muffin & Yogurt Fruit, Milk	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk	(3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk
	<b>Hot Diggity Dogs</b> French Fries, *Mixed Greens Apples, Milk	<b>Cheesy Ranch Sticks with Marinara</b> Celery Sticks with Ranch French Fries, Mixed Fruit, Milk	<b>Beef &amp; Cheese Nachos</b> Tortilla Chips, Salsa Mixed Greens Salad with Ranch Baked Beans, *Sour Cream Bananas, Milk	<b>Viking Fish Sticks</b> *Homemade Sliced Bread Mashed Potatoes, Tartar Sauce Cole Slaw, Kiwi, Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk	(3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk
 <b>Cheese Omelet</b> (5-12) Sautéed Pepper & Onions Herb Roasted Potatoes Carrots Sticks with Ranch Baked Oatmeal, Oranges, Milk	<b>Tangerine Chicken</b> Noodles, Steamed Broccoli Fortune Cookie Strawberries, Milk	<b>Hamburgers with Cheese</b> Homemade Bun *Lettuce, *Tomato, *Onion, (3-12) Pickles Cucumbers with Ranch Baked Beans, Grapes, Milk	<b>Homemade Taco Pizza</b> Beef, Sausage, Cheese *Diced Tomato, *Diced Onion Mixed Green Salad with Ranch Tortilla Chips, Bananas, Milk	<b>Shrimp Poppers</b> Roasted Potatoes *Homemade Sliced Bread Broccoli with Ranch Cocktail Sauce, Fresh Pears Local Raspberry Yogurt, Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk	(3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk
<b>Goulash</b> Homemade Focaccia Bread Carrot Sticks with Ranch Applesauce, Milk	<b>Hamburger Gravy</b> Homemade Sliced Bread Mashed Potatoes, Corn Butter, Dried Cherries, Milk	<b>Breaded Chicken Sandwich</b> Homemade Bun *Lettuce, *Tomato, *Onion, (3-12) Pickles Celery Sticks with Ranch French Fries, Apples, Milk	<b>Crunchy Beef &amp; Cheese Taco</b> Crisp Corn Tortillas Mixed Greens Salad with Ranch Brown Rice, *Sour Cream Salsa, Baked Beans, Bananas, Milk	<b>Homemade Cheese Pizza</b> Broccoli with Ranch Local Strawberry Yogurt Strawberries, Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk	(3-12th) Sausage, Egg & Cheese Sandwich (EC-2) Cheese Omelet, 1/2 Bagel with Jelly Fruit, Milk
<b>Mini Pancakes &amp; Syrup</b> Scrambled Eggs Maple Sausage Links Kiwi, Steamed Carrots, Milk	<b>Hot Diggity Dogs</b> French Fries, Mixed Greens Apples, Milk	<b>Sloppy Joes</b> Homemade Bun *Diced Onion, (3-12) Pickles Celery Sticks with Ranch Baked Beans, Grapes, Milk	<b>Local Grilled Cheese Sandwich</b> Homemade Creamy Tomato Soup *Mixed Greens Salad with Ranch Crackers, Bananas, Milk	<b>Viking Mac and Cheese</b> *Honey Sriracha Chicken *Homemade Garlic Toast Broccoli with Ranch Mixed Berries, Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<p>Ala Carte items and a second meals are available for purchase at the middle school and high school</p> <p>A single carton of milk is \$.30 if it is not part of a meal.</p>
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	Bacon, Egg & Cheese Breakfast Pizza Fruit, Milk	
<b>Lasagna</b> Ground Beef and Mozzarella Homemade Focaccia Bread Steamed Carrots Fresh Pears, Milk	<b>Chicken &amp; Gravy</b> Homemade Sliced Bread Mashed Potatoes, Butter Corn, Peaches, Milk	<b>Hamburgers with Cheese</b> Homemade Bun *Lettuce, *Tomato, *Onion, (3-12) Pickles Cucumbers with Ranch French Fries, Raisens, Milk	<b>Chicken &amp; Cheese Fajita</b> (3-12) Sautéed Peppers & Onions Mixed Greens with Ranch *Sour Cream, *Spanish Rice Salsa, Baked Beans, Bananas, Milk	

Reimbursable meal consists of 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)