



SW Menu ~ November 2018

Romaine Lettuce, Fresh Veggies, Ranch and French Dressing
will be available Daily @ HS

			UBR ***** Tangerine Chicken and Rice Fresh Broccoli & Cauliflower Dinner Roll Banana	Muffin ***** Frozen Pizza Corn Lettuce/Dressing Pineapple Cookie
			1	2
Egg Omelet & Toast ***** Chicken Nuggets Fresh Carrots & Dressing Broccoli (Steamed) 1 sl. WG Bread Grapes	Breakfast Pizza ***** Char Patty Curly Fries Applesauce Tomato, Cheese Slice Bun	Saus. Pancake Stick ***** BBQ Glazed Chicken WG Bun Green Beans Orange Apple Crisp	UBR ***** Spaghetti w/Meat Sauce R. Lettuce & Dressing Breadstick (6-12) Marinara Cup Pears	Muffin ***** Baked Fish WG Bun French Fries Coleslaw Peaches
5	6	7	8	9
Egg Omelet & Toast ***** Country Fried Beef Patty, Scalloped Potatoes, Fresh Carrots, Apple and Bread	Breakfast Pizza ***** Chicken Alfredo Green Beans Romaine Lettuce (6-12) D. Roll Mandarin Oranges Sidekick ALT: Chix Noodle Soup	Saus. Pancake Stick ***** Bratwurst Sweet Potato Crinkle Cut Applesauce Bun	UBR ***** Mandarin Orange Chicken over Rice Fresh Broccoli & Cauliflower Pears Dinner Roll	Muffin ***** Taco Salad Chips, Lettuce, Tomato, & Cheese Cuban Corn & Black Bean Salsa Bread Peaches
12	13	14	15	16
Egg Omelet & Toast ***** Pork Tenderloin Savory Carrots R. Lettuce/Dressing Pears Bun	Breakfast Pizza ***** Deli Sandwich Lettuce, Tomato, Cheese Tri-Wedge Hashbrown Mandarin Oranges	No School	Thanksgiving Day	No School
19	20	21	22	23
Egg Omelet & Toast ***** Pork Ribbet WG Bun Baked Beans F. Carrots Pineapple	Breakfast Pizza ***** Hot Dog Bun Potato Wedges Broccoli Peaches	Saus. Pancake Stick ***** Chicken Patty Crinkle Cut Sweet Potato Fresh Cauliflower Pears Bun	UBR ***** Hamburger Gravy Mashed Potato Lettuce/Dressing Banana Bread	Muffin ***** Homemade Pizza Corn Romaine Lettuce/Dressing Mixed Fruit Cookie
26	27	28	29	30

Equal Educational Opportunity

It is the policy of the South Winneshiek Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the Superintendent of Schools, 304 S Webster Street, Calmar, Iowa, 563-562-3269 or email keinck@swinn.k12.ia.us

All meals subject to change.

HS/ MS offer a second school meal as well as sandwiches and entrée items for extra charge each day.

"USDA is an equal opportunity provider employer."