



# SW Menu ~ October 2018

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

Egg Omelet & Toast ***** Chicken Nuggets Fresh Carrots & Dressing Broccoli (Steamed) 1 sl. WG Bread Grapes <b>1</b>	Breakfast Pizza ***** Char Patty Curly Fries Applesauce Tomato, Cheese Slice Bun <b>2</b>	Saus. Pancake Stick ***** BBQ Glazed Chicken WG Bun Green Beans Orange Apple Crisp <b>3</b>	UBR ***** Spaghetti w/Meat Sauce R. Lettuce & Dressing Breadstick (6-12) Marinara Cup Pears <b>4</b>	Muffin ***** Baked Fish WG Bun French Fries Coleslaw Peaches <b>5</b>
Egg Omelet & Toast ***** Country Fried Beef Patty, Scalloped Potatoes, Fresh Carrots, Apple and Bread <b>8</b>	Breakfast Pizza ***** Chicken Alfredo Green Beans Romaine Lettuce (6-12) D. Roll Mandarin Oranges Sidekick <b>ALT: Chix Noodle Soup</b> <b>9</b>	Saus. Pancake Stick ***** Bratwurst Sweet Potato Crinkle Cut Applesauce Bun <b>10</b>	UBR ***** Mandarin Orange Chicken over Rice Fresh Broccoli & Cauliflower Pears Dinner Roll <b>11</b>	Muffin ***** Taco Salad Chips, Lettuce, Tomato, & Cheese Cuban Corn & Black Bean Salsa Bread Peaches <b>12</b>
Egg Omelet & Toast ***** Pork Tenderloin Savory Carrots R. Lettuce/Dressing Pears Bun <b>15</b>	Breakfast Pizza ***** Deli Sandwich Lettuce, Tomato, Cheese Tri-Wedge Hashbrown Mandarin Oranges <b>16</b>	Saus. Pancake Stick ***** Chicken Strips Broccoli Orange Cinnamon Roll <b>17</b>	UBR ***** Sloppy Joes Baked Beans Green Beans Pineapple Bun <b>ALT: Chili</b> <b>18</b>	Muffin ***** Chicken Fajitas Lettuce, Tomato, & Cheese Corn & Black Bean Salsa Chips Peaches <b>19</b>
<b>Prof. Development No School</b> <b>22</b>	Breakfast Pizza ***** Hot Dog Bun Potato Wedges Broccoli Peaches <b>23</b>	Saus. Pancake Stick ***** Chicken Patty Crinkle Cut Sweet Potato Fresh Cauliflower Pears Bun <b>24</b>	UBR ***** Hamburger Gravy Mashed Potato Lettuce/Dressing Banana Bread <b>25</b>	Muffin ***** Homemade Pizza Corn Romaine Lettuce/Dressing Mixed Fruit Cookie <b>26</b>
Egg Omelet & Toast ***** BBQ Pork Bun Tator Tots Baked Beans Peaches <b>29</b>	Breakfast Pizza ***** Lil' Smokies, Tri-Wedge Hashbrowns, French Toast Sticks Strawberries <b>30</b>	"Saus. Pancake Stick ***** Popcorn Chicken French Fries Peas 1-sl. Bread (9-12) 2 sl. Bread Apple <b>31</b>		

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](mailto: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."