



North Iowa Community School Menu

Preschool • Elementary • Middle School • High School



May - June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Menu - subject to change. Breakfast - milk/juice served daily; Lunch - milk served daily
2	3 B: Cereal, toast L: Hamburger/bun, French fries, mixed fruit	4 B: Cereal, toast L: Chicken patty, mixed vegetables, apricots	5 B: Muffin, Yogurt L: Scalloped potatoes w/ham, green beans, sandwich, rosy applesauce	6 B: Biscuits & gravy L: Corn dog, baked beans, pears, angel food cake	7 B: Cereal, toast L: Cheeseburger macaroni casserole, peas, pineapple tidbits, sandwich	8
9 Mother's Day	10 B: Breakfast bites L: Sweet & sour chicken nuggets, cheesy broccoli, pears, sandwich	11 B: Cereal, toast L: Tacos w/lettuce, cheese, hamburger, corn applesauce	12 B: French toast sticks, sausage link L: Fish sandwich, whipped potatoes, orange slices	13 B: Cereal, toast L: Sloppy Joe, French fries, banana half	14 B: Breakfast bites L: Chicken Day, mixed vegetables, tropical fruit, peanut butter bar	15 9th-12th has Salad Bar during the week. A variety of fruit & veggies, yogurt or cottage cheese & lettuce w/dressings available. 2nd-5th will have Salad Bar 2-3 times a week.
16	17 B: Cereal, toast L: Rib patty/bun, peas, orange slices	18 B: Cereal, toast L: "Sack Lunch Day" Ham/cheese sandwich, apple, chips, Teddy Grahams (No Salad Bar - BC)	19 B: Breakfast pizza L: Goulash, garlic bread, corn, apple half	20 B: Long John, yogurt L: Chicken fajita, baked beans, pineapple slices	21 B: Cereal, toast L: Hot dog/bun (Brats HS), chips, peaches/grapes, ice cream treat	22
23	24 B: Cereal, toast L: Sub sandwich, baked beans, mixed fruit	25 B: Egg patty, toast L: Pizza, green beans, apple half	26 B: Cereal, toast L: BBQ chicken, mandarin oranges/pineapple, corn	27 B: Muffin, applesauce L: Meatballs w/ gravy, whipped potatoes, rosy applesauce, sandwich	28 B: Cereal, toast L: Mac-n-cheese, carrots, banana half, sandwich	29
30 Memorial Day No School	31	1 Cook's Choice	2 Cook's Choice	3 Cook's Choice	4	5