

# North Iowa Community School Menu

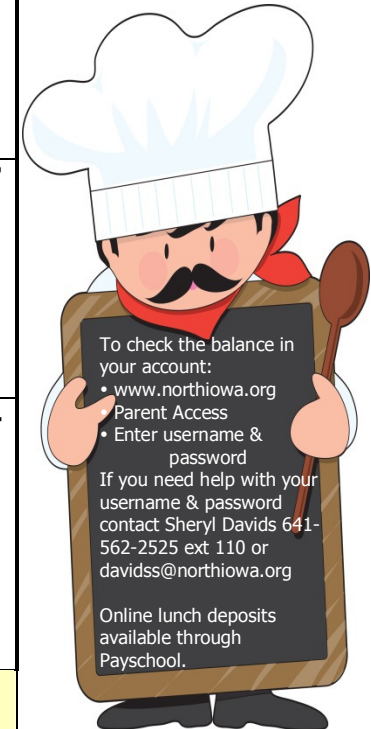


**February  
2012**

Monday	Tuesday	Wednesday	Thursday	Friday
Menu - subject to change. Breakfast - milk/juice served daily; Lunch - milk served daily		1 B: Cereal, toast  L: Turkey noodle soup, baby carrots, rosy applesauce, sandwich	2 B: Long John, yogurt  L: Cheeseburger casserole, broccoli, apple half, sandwich, brownie	3 B: Egg Patty, English muffin  L: Popcorn chicken, fresh veggie with dip, banana half, sandwich
6 B: Breakfast wrap, yogurt  L: Corn dog, cherries, corn, vanilla parfait	7 B: Egg & cheese English muffin, applesauce  L: Chicken fajita, apple half, baked beans	8 B: Cereal, toast  L: Meatball sub, chips, orange wedge, peas	9 B: Pancake, sausage  L: Shrimp poppers, fresh veggie with dip, apple slices, sandwich	10 B: Cereal, toast  L: Sloppy Joe on bun, banana half, French fries, trail mix
13 B: Banana bread square, cheese stick  L: Hamburger hot dish, salad, strawberries, sandwich	14 B: Scrambled eggs with ham, toast  L: BBQ Pork on bun, Jell-O with fruit, cheesy green beans	15 B: Cereal, toast  L: Fish portions on bun, whipped potatoes, orange wedge, fruit snack	16 B: Breakfast bites, yogurt  L: Hard shell taco, banana half, carrots	17 No school
20 No school	21 B: Cereal, toast  L: Goulash, green beans, pineapple rings, garlic bread	22 B: Muffin, cereal  L: Chicken patty on bun, baked beans, apple half, ice cream treat (Optional entrée available today)	23 B: Cereal, toast  L: Turkey gravy over potatoes, sandwich, rosy applesauce	24 B: Cowboy bread, cheese stick  L: Pizza, fresh veggie with dip, pineapple tidbits, peanut butter bar
27 B: Cereal, toast  L: Chili, applesauce, crackers, cinnamon roll	28 B: Long John, yogurt  L: Hamburger on bun, French fries, orange wedge, pudding	29 B: Pop tart, cereal  L: Roasted chicken, cheesy broccoli Normandy, mixed fruit, sandwich		2 <sup>nd</sup> -5 <sup>th</sup> have Salad Bar daily. A variety of fruit & fresh veggies, yogurt or cottage cheese & lettuce w/dressings available.

**Breakfast-Lunch Prices**

	Brkf.	Lunch
Elementary	1.00	1.75
Middle School	1.00	1.85
High School	1.00	1.95
Reduced	.30	.40
Additional Juice	.25	
Additional Milk	.25	.25
Additional entrée	.75	.75
Guest Adult	1.35	2.35



Free & Reduced meal applications can be obtained from school office or NI webpage ([www.northiowa.org](http://www.northiowa.org)) throughout the school year.