

Iowa Valley Menu for November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Elementary alternate: pb sandwich	Menu is subject to change Late Start no alternate at elementary	Two fruits & lettuce are offered daily Buns are Whole Grain. Milk is offered with every meal	This institution is an equal opportunity pro- vider	1 Pizza Coleslaw Fruit Cocktail	2 No School	3
4 Elementary alternate: cheese sandwich	5 Cheese Filled Bread- stick, Marinara Sauce Fresh Broccoli Pineapple	6 Grilled Chicken/Bun Baked Beans Tomato Slice Oranges	7 Hamburger Gravy Mashed Potatoes B & B Sandwich Pears, Yogurt	8 Cheddarwurst/Bun Sauerkraut, Funyuns Baby Carrots Mixed Fruit	9 Shrimp Poppers PBJ Sandwich Green Beans Peaches	10
11 Elementary alternate: pb sandwich	12 Poor Man's Pizza Baby Carrots Tropical Fruit	13 Egg & Cheese/Bun Tator Tots O.J. Rice Krispie Treat	14 Chicken Drumsticks Corn Dinner Roll Spiced Apples	15 Hot Dog/Bun BBQ Beans Apple Baked Cheetoes	16 Salisbury Steak/Bun Country Trio Veggies Mandarin Oranges	17
18 Elementary alternate: cheese sandwich	19 Pizza Green Beans Applesauce	20 Breaded Chicken/Bun Cheesy Broccoli Fruit Cocktail	21 No School	22 No School	23 No School	24
25 Elementary alternate: pb sandwich	26 Garlic Cheese Flat- bread Baked Beans Strawberry Cups	27 Walking Tacos, Cheese, Salsa, Diced Tomatoes, Pineapple Mini Choc. Chip Cookies	28 Breaded Mozzarella Cheesesticks, Mari- nara Sauce, Key West Veggies, Pears	29 BBQ Chicken/Bun Coleslaw Banana	30 Hamburger/Bun Tomato Slices Au Gratin Potatoes Mixed Fruit Granola Bar	