



Monday	Tuesday	Wednesday	Thursday	Friday
Jan 6, Cook's Choice Cheeseburger-Bun Dill Spear Seasoned Green Beans Applesauce Salad Bar will be Limited	7 Breakfast Pizza Chicken Nuggets Mashed Potatoes Gravy/Margarine Diced Peaches Dinner Roll Salad Bar will be Limited	8 Sweet Roll Chicken Fajita Wrap Seasoned Rice Savory Carrots Mandarin Oranges	9 French Toast/Syrup COOK'S CHOICE	10 Sausage Gravy/Biscuit Early Out Pizza Crunchers/Marinara Mixed Vegetables Diced Pears Bread and Butter
13 Pancake Sausage Stick Breaded Pork Patty-Bun Dill Spear, Roasted Vegetables Applesauce	14 Breakfast Pizza Sweet -Sour Chicken Fried Rice Winter Mix Vegetables Pineapple	15 Sweet Roll Spaghetti or Goulash With Meat sauce Peanut Butter Sand Seasoned Corn Peaches	16 Breakfast Sandwich Creamed Chicken Biscuit Peas and Carrots Strawberries	17 Sausage Gravy/Biscuit Early Out Cheesy French Bread Marinara Mixed Vegetables Mixed Fruit
20 No School	21 Breakfast Pizza Grilled Chicken Patty-Bun Dill Spear Seasoned Green Beans Applesauce	22 Sweet Roll COOK'S CHOICE	23 Yogurt Parfait Chicken Alfredo Mozzarella Bread Stick Steamed Broccoli Banana	24 Combo Bar/Toast Not An Early Out Quesadilla Pizza 6-12 Cheese Pizza K-5 Mixed Vegetables Mixed Fruit
27 Pancake/Syrup Breaded Chicken Patty-Bun Dill Spear Seasoned Green Beans Applesauce	28 Breakfast Pizza Walking Taco Seasoned Corn Diced Peas Churro Bar	29 Sweet Roll Chicken Strips Savory Carrots Diced Peaches Bread and Butter	30 Waffles Macaroni and Cheese Smokies Peas Fresh Orange Cornbread	31 Sausage Gravy/Biscuit Early Out Breakfast Pizza Hashbrown 100% Fruit Juice 1 Nutrigrain Bar K-5

All food components are offered with each meal. A choice of Milk is offered daily with Breakfast and Lunch. Breakfast has daily choices of cold cereal, fruit, and 100% fruit juice as well as the written menu items. Fruit and Vegetables Bars are available in each building for Lunch.

Contact karen.ackman@govikes.org or 319*436*5771 with any questions or concerns

Reimbursable Breakfast and Lunches are free for all students this school year. Extras/ala-carte, and incomplete meals will have a charge.

This Institution is an Equal Opportunity Provider