



Vinton-Shellsburg August and September 2023. *Menus are subject to change with little notice.*

Monday	Tuesday	Wednesday	Thursday	Friday
		23 <u>Pop Tart/Cereal Bar</u> Cheeseburger- Bun Dill Spear Seasoned Green Beans Applesauce <u>Early Out</u>	24 <u>Breakfast Pizza</u> Corn Dog Savory Carrots Pears Graham Snack <u>Early Out</u>	25 <u>PBJ</u> Cheese Pizza Seasoned Mixed Vegetables Mixed Fruit 1st Full Day of School
28 <u>Pancake/Syrup</u> BBQ Pork -Bun Seasoned Green Beans Applesauce	29 <u>Pop Tart/Cereal Bar</u> Chicken Alfredo Br. Mozzarella Bread Stick Seasoned Peas Peaches	30 <u>Sweet Roll</u> Walking Taco Seasoned Corn Mandarin Oranges Churro Bar	31 <u>Breakfast Pizza</u> Deli Sub Sandwich Fresh Vegetables Fresh Strawberries Baked Chip	1 <u>Sausage Gravy-Biscuit</u> Pepperoni Pizza Seasoned Mixed Vegetables Mixed Fruit <u>Early Out</u>
4 <u>NO SCHOOL</u> 	5 <u>Pop Tart/Cereal Bar</u> Hot Dog -Bun Seasoned Green Beans Applesauce	6 <u>Sweet Roll</u> Creamed Chicken- Biscuits Seasoned Peas & Carrots Peaches	7 <u>Breakfast Pizza</u> Teriyaki Beef Bite Fried Rice Savory Carrots Banana Bread and Butter	8 <u>Combo Bar-Toast</u> Sausage Pizza Seasoned Mixed Vegetables Mixed Fruit <u>Early Out</u>
11 <u>Pancake/Syrup</u> Breaded Chicken Patty- Bun Dill Spear Seasoned Green Beans Applesauce	12 <u>Pop Tart/Cereal Bar</u> Breakfast Pizza/Yogurt Hash Browns Orange Juice Blueberry Muffin Muffin	23 <u>Sweet Roll</u> Macaroni and Cheese Smokies Seasoned Peas Peaches Bread and Butter	14 <u>Breakfast Pizza</u> Chicken Nuggets Mashed Potatoes-Gravy- Margarine Fresh Fruit Dinner Roll	15 <u>Sausage Gravy-Biscuit</u> Pizza Crunchers-Marinara Sauce Seasoned Mixed Vegetables Mixed Fruit <u>Early Out</u>
18 <u>French Toast/Syrup</u> Cheeseburger-Bun Dill Spear Seasoned Green Beans Applesauce	19 <u>Pop Tart/Cereal Bar</u> Chicken Drumstick Mashed Potato-Gravy Mandarin Oranges Dinner Roll	20 <u>Sweet Roll</u> Spaghetti and Meat Sauce Garlic Bread Stick Seasoned Corn Peaches	21 <u>Breakfast Pizza</u> Chicken Fajita Wrap Fresh Lettuce and Peppers Strawberries Pasta Salad	22 <u>Combo Bar-Toast</u> Stuffed Crust Pizza Seasoned Mixed Vegetables Mixed Fruit Snack Cookie <u>Early Out</u>
25 <u>Pancake/Syrup</u> Breaded Pork -Bun Dill Spear Seasoned Green Beans Apples	26 <u>Pop Tart/Cereal Bar</u> Popcorn Chicken Fried Rice Steamed Broccoli Pineapple	27 <u>Sweet Roll</u> <u>Cook's Choice- Check with your building.</u>	28 <u>Breakfast Pizza</u> Chicken Strips French Fries Banana Peanut Butter Bar	29 <u>Sausage Gravy-Biscuit</u> Pizza Seasoned Mixed Vegetables Mixed Fruit <u>Early Out</u>

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 menu items.
Remember no breakfast is served on late start days.
Salad Bars are available in all buildings for Lunch daily.

Meal Prices 2023-2024

Student Breakfast: **\$1.80**, Second Meal (No Free/Reduced Waiver): **\$1.85** Adult Breakfast: **\$2.25**

Student lunch: **\$2.95**, Second Meal (No Free/Reduced Waiver): **\$3.10** Adult Lunch: **\$4.85**

Extra milk (No Waiver): \$0.55 Ala Carte Items: \$0.50 & up

**Please reach out to Karen Ackman with any food service-related questions, comments, or concerns at
Karen.ackman@vscsd.org or 319*436*5771**

Your children may qualify for free meals/milk or for reduced price Meals. [CLICK HERE](#) to apply, Reduced price is \$.30 for breakfast and \$.40 for lunch. If you need assistance completing this web-based application contact: Lori Werning, 319-436-5900 or lori.werning@vscsd.org. Please visit our website to complete an application at:

<https://onlineapp.totalk12.com/bstDGSbU6FcmsfvhwXg/App/Before?fbclid=IwAR3dSAvsGJ5rbsG7hyiQKgN7LMUgZVFEGueGXwfW0-iRVJgToOA62Bs9GWM>

USDA Nondiscrimination Statement

Revised 5-5-22

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410; or
2. Fax:
(833) 256-1665 or (202) 690-7442; or
3. Email:
program.intake@usda.gov

This institution is an equal opportunity provider.

[Declaración de no discriminación del Departamento de Agricultura \(USDA\)](#)

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Iowa Nondiscrimination Statement

In accordance with state and federal law, the Vinton-Shellsburg school district adopts the following policy to ensure school district employees, families, and students have a shared understanding of expectations regarding meal charges. The policy seeks to allow

students to receive the nutrition they need to stay focused during the school day, prevent the overt identification of students with insufficient funds to pay for school meals, and maintain the financial integrity of the nonprofit school nutrition program.

Payment of Meals

Students have use of a meal account. When the balance reaches \$0.00 a student may charge no more than 3 meals to this account. When an account reaches this limit, a student will not be allowed to charge further meals or a la carte items until the negative account balance is paid. Parents may add dollars using our electronic payment options or having money paid at the school offices.

Students who qualify for free meals shall never be denied a reimbursable meal, even if they have accrued a negative balance from previous purchases. Students with outstanding meal charge debt will be allowed to purchase a meal if the student pays for the meal when it is received.

Employees may use a charge account for meals but may not charge to this account. When an account reaches a negative balance of - \$5.00, an employee will not be allowed to charge further meals or a la carte items until there is money in the account.

Negative Account Balances

The school district will make reasonable efforts to notify families when meal account balances are low. Additionally, the school district will make reasonable efforts to collect unpaid meal charges classified as delinquent debt. The school district will coordinate communications with families to resolve the matter of unpaid charges. Families will be notified of an outstanding negative balance once the negative balance reaches \$55. Families will be notified by phone, email and or letter. Negative balances of more than \$55, not paid prior to third day of the following month will be turned over to the superintendent or superintendent's designee for collection. Options may include: collection agencies, small claims court, or any other legal method permitted by law.

Unpaid Student Meals

The district will establish an unpaid student meals account in a school nutrition fund. Funds from private sources, and funds from the district flexibility account may be deposited into the unpaid school meals account in accordance with the law. Funds shall be used only to pay individual student meal debt.

Communication of the Policy

The policy and supporting information regarding meal charges will be provided in writing or electronically to:
All households at or before the start of each school year;

- Students and families who transfer into the district, at time of transfer; and
- All staff responsible for enforcing any aspect of the policy.

Records of how and when the policy and supporting information was communicated to households and staff will be retained.

It is the responsibility of the superintendent to develop an administrative process to implement this policy.