

SEPTEMBER 2024

Heron Lake Okabena #330

This Year we are offering a Ham Sandwich everyday as a substitute for the Main Entrée item only and a full meal must still be taken!

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Ö	Monday	Tuesday	Wednesday	Thursday	Friday
	2	Chicken Nuggets Mac N Cheese Carrots Fruit/Veggie Bar Milk	Crispitos Corn Bread Fruit/Veggie Bar Milk	Bison Burger on Bun5 Fries Fruit/Veggie Bar Milk	Shrimp Poppers Baked Beans Bread Fruit/Veggie Bar Milk
	Goulash Green Beans Bread Fruit/Veggie Bar Milk	Rib B Que on Bun 10 Baked Potato Beets Fruit/Veggie Bar Milk	Shredded Pork Mash potatoes/Gravy Bread Fruit/Veggie Bar Milk	Nachos Corn Fruit/Veggie Bar Bread Milk	Chicken Noodle Hotd 13 Peas Egg Salad Sand. Fruit/Veggie Bar Milk
	BBQ on Bun Green Beans Fruit/Veggie Bar Milk	Chicken Strips Corn Bread Fruit/Veggie Bar Milk	Hot Dog Baked Beans Fruit/Veggie Bar Milk	Cheddar Roast on Bull9 Tator tots Fruit/Veggie Bar Milk	Pizza Roasted Broccoli Fruit/Veggie Bar Milk
	Chicken Patty Sweet Potato Fries Fruit/Veggie Bar Milk	Spaghetti Garlic Toast Green Beans Fruit/Veggie Bar Milk	Chicken Tacos Corn Bread Fruit/Veggie Bar Milk	Hamburgers Fries Fruit/Veggie Bar Milk	Cheese Stix Roasted Broccoli Fruit/Veggie Bar Milk
	Corn Dog Green Beans Fruit/Veggie Bar Milk				

Our School District participates in the USDA Child Nutrition Programs. The U.S. Department of Agriculture (USDA) has developed a civil rights statement for use in its various programs. The purpose of the civil rights statement is to inform applicants, participants and potentially eligible persons of the policy of nondiscrimination and the procedure for filing a civil rights complaint to the USDA.

USDA Child Nutrition Programs Nondiscrimination Statement:

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, audiotape, 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/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, 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, D.C. 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.