



DECEMBER 2024

HERON LAKE OKABENA #330

A ham sandwich will be substituted daily as a second choice if you prefer not to take the main entree

Monday

Chicken Nuggets **2**
Mac N Cheese
Steamed Carrots
Veggie Bar/ Fruit
Milk

Rib B Que **9**
Baked Potato
Veggie Bar/ Fruit
Milk

Cheese Pizza **16**
Roasted Broccoli
Veggie Bar/ Fruit
Milk

No School **23**

No School **30**

Tuesday

Crispitos **3**
Corn
Bread
Veggie Bar/ Fruit
Milk

Hot Ham N Cheese **10**
Mashed Potatoes
Veggie Bar/ Fruit
Milk

Hot Dog on Bun **17**
Baked Beans
Veggie Bar/ Fruit
Milk

No School **24**

No School **31**

Wednesday

Bison Burger **4**
Fries
Veggie Bar/ Fruit
Milk

Nachos **11**
Corn
Bread
Veggie Bar/ Fruit
Milk

Spaghetti **18**
Garlic Toast
Green Beans
Veggie Bar/ Fruit
Milk

No School **25**

Thursday

Shrimp Poppers **5**
Baked Beans
Parfait
Veggie Bar/ Fruit
Milk

Chicken Strips **12**
Broccoli Cheese Soup
Bread
Veggie Bar/ Fruit
Milk

Chicken Tacos **19**
Corn
Bread
Veggie Bar/ Fruit
Milk

No School **26**

Friday

Goulash **6**
Green Beans
Bread
Veggie Bar/ Fruit
Milk

BBQ on Bun **13**
Green Beans
Veggie Bar/ Fruit
Milk

Bison Roast W/ Cheddar **20**
On Bun
Tator Tots
Veggie Bar/ Fruit
Milk

No School **27**

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE

Allergy information: Menus may contain one or more of the following ingredients-

Milk, eggs, soybeans, wheat, or tree nuts.

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

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