

## OCTOBER 2024

Heron Lake Okabena #330

his 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!

	Monday	Tuesday	Wednesday	Thursday	Friday
		Italian Dunkers Peas Veggie Bar/Fruit Milk	Chicken Fajita Wrap 2 Corn Bread Veggie Bar/Fruit Milk	Tator Tot Hotdish Green Beans Bread Veggie Bar/Fruit Milk	Rib B Que on Bun Baked Potato Veggie Bar/Fruit Milk
	Chicken Penne Alfredo Roasted Broccoli Garlic Toast Veggie Bar/Fruit Milk	Chicken Strips Broccoli Cheese Soup Bread Veggie Bar/Fruit Milk	Sliders  Baked Beans  Veggie Bar/Fruit  Milk	Potato Ole's Corn Bread Veggie Bar/Fruit Milk	Bison Burgers Fries Veggie Bar/Fruit Milk
	Hot Ham N Cheese 14 Steamed Carrot Veggie Bar/Fruit Milk	Chicken Wings Tator Tots Veggie Bar/Fruit Milk	Pulled Pork on Bun Baked Beans Veggie Bar/Fruit Milk	No School	No School
	Pancakes Sausage Hashbrown Veggie Bar/Fruit Milk	Popcorn Chicken Bow <mark>l22</mark> Corn Bread Veggie Bar/Fruit Milk	BBQ on Bun Pasta Salad Veggie Bar/Fruit Milk	Chicken Pot Pie On Biscuit Green Beans Veggie Bar/Fruit Milk	Corn Dog  Baked Beans  Veggie Bar/Fruit  Milk
	Cheese Pizza Roasted Broccoli Veggie Bar/Fruit Milk	Hamburger Hotdish 29 Green Beans Bread Veggie Bar/Fruit Milk	Chicken Patty Sweet Potato Fries Veggie Bar/Fruit Milk	Walking Tacos Corn Bread Veggie Bar/Fruit 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: <a href="https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf">https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf</a>, 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.