

Heron Lake Okabena #330

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets **6**
Mac N Cheese
Steamed Carrots
Veggie Bar/ Fruit
Milk

Chicken Fajita Wrap **7**
Corn
Veggie Bar/ Fruit
Milk

Goulash **8**
Green Beans
Bread
Veggie Bar/ Fruit
Milk

BBQ on Bun **9**
Corn
Veggie Bar/ Fruit
Milk

Pulled Pork Sandwich **10**
Baked Beans
Veggie Bar/ Fruit
Milk

Bergen Burger/ Bun **13**
Fries
Veggie Bar/ Fruit
Milk

Soft Shell Beef Taco **14**
Corn
Bread
Veggie Bar/ Fruit
Milk

Hamburger Hotdish **15**
Peas
Bread
Veggie Bar/ Fruit
Milk

Scrambled Eggs **16**
Sausage/Hash Brown
Cinnamon Roll
Veggie Bar/ Fruit
Milk

Chicken Patty **17**
Sweet Potato Fries
Veggie Bar/ Fruit
Milk

Corn Dog **20**
Green Beans
Veggie Bar/ Fruit
Milk

PizzaBon **21**
Marinara sauce
Steamed Carrots
Veggie Bar/ Fruit
Milk

Sliders **22**
Steamed Broccoli
Veggie Bar/ Fruit
Milk

French Dip Sandwich **23**
Baked Beans
Veggie Bar/ Fruit
Milk

Chicken Tacos **24**
Corn
Bread
Veggie Bar/ Fruit
Milk

NO SCHOOL **27**

Hot Dogs **28**
Baked Beans
Veggie Bar/ Fruit
Milk

Cook's Choice **29**
Veggie Bar/ Fruit
Milk

30

31



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.