



MAY 2025

HERON LAKE OKABENA

A HAM SANDWICH SUBSTITUTE IS
OFFERED DAILY IN PLACE OF
MAIN ENTRÉE ITEM

Monday

Tuesday

Wednesday

Thursday

Friday

5
Chicken Nuggets
Mac N Cheese
Peas
Veggie Bar/ Fruit
Milk

6
Chicken Fajita Wrap
Corn
Bread
Veggie Bar/ Fruit
Milk

7
Goulash
Green Beans
Garlic Toast
Veggie Bar/ Fruit
Milk

1
Cheese Stix
Marinara
Roasted Broccoli
Veggie Bar/ Fruit
Milk

2
Ham/Turkey/Cheese
Sandwich or Uncrustable
Chips
Veggie/Fruit
Milk

12
Bison Burger
Fries
Veggie Bar/ Fruit
Milk

13
Nachos
Corn
Bread
Veggie Bar/ Fruit
Milk

14
Grilled Cheese
Tomato Soup
Peas
Veggie Bar/ Fruit
Milk

8
BBQ on Bun
Baked Beans
Pasta Salad
Veggie Bar/ Fruit
Milk

9
Mini Corn Dogs
Steamed Carrots
Veggie Bar/ Fruit
Milk

15
Pancakes
Sausage
Hash Brown
Veggie Bar/ Fruit
Milk

16
Cheese Pizza
Roasted Broccoli
Veggie Bar/ Fruit
Milk

19
Corn Dog
Potato Wedges
Veggie Bar/ Fruit
Milk

20
Crispito
Corn
Bread
Veggie Bar/ Fruit
Milk

21
Sliders
Green Beans
Veggie Bar/ Fruit
Milk

22
Chicken Strips
Broccoli Cheese Soup
Bread
Veggie Bar/ Fruit
Milk

23
Pizza Crunchers
Marinara
Steamed Carrots
Veggie Bar/ Fruit
Milk

26
NO SCHOOL

27
Hot Dog
Baked Beans
Veggie Bar/ Fruit
Milk

28
Meatball Sub
Green Beans
Veggie Bar/ Fruit
Milk

29
Cooks Choice

30
Cooks Choice

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, 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/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.