

January 2023

Fruit Served with Every Meal
Each day, 1% and fat-free milk is offered with all meals.

Elementary Lunch Schedule
PreK-5th
10:50 - 12:30
Jr. High School Lunch Schedule
11:33 - 12:03
High School Lunch Schedule
12:28 - 12:58

Iola ISD

Lunch Menu

LUNCH PRICES

Pre-k - 5th
2.70

6th - 12th
2.95

Adults
5.00

1% or nonfat milk served with every meal.

Mon	Tue	Wed	Thu	Fri
Pre-k				
8	9 Corndog Green Beans Glazed Carrots Fruit	10 Cheese Sticks Garden Salad Veggie Sticks Ranch Dressing Fruit	11 Chicken Quesadilla Pinto Beans Garden Salad Ranch Dressing Fruit	12 Cheeseburger Tator Tots Lettuce/Tomato/ Onions, Pickle Spears Mayo, Mustard, Ketchup Fruit
15 M.L. King Holi-	16 Frito Pie Veggie Sticks Garden Salad Ranch Dressing Fruit	17 Beef Spaghetti Garlic Toast Garden Salad Veggie Sticks Ranch Dressing Fruit	18 Beef Nacho's Pinto Beans Garden Salad Ranch dressing Fruit	19 Cheeseburger Tator Tots Lettuce/Tomato/ Onions, Pickle Spears Mayo, Mustard, Ketchup Fruit
22 Chicken Tenders Mashed Potatoes Gravy Green Beans Whole Wheat Roll Fruit	23 Pizza Corn Garden Salad Ranch Dressing Fruit	24 Corndogs Veggie Sticks Garden Salad Ranch Dressing Fruit	25 Beef Taco's Pinto Beans Garden Salad Ranch Dressing Fruit	26 Cheeseburger Tator Tots Lettuce/ Tomato/ Onion Pickle Spears, Mayo, Mustard, Ketchup Fruit Fruit
29 Chicken Nuggets Mashed Potatoes Gravy Broccoli & Cheese Whole Wheat Roll	30 Corndog Veggie Sticks Garden Salad Ranch Dressing	31 Turkey Cheese Wrap Garden Salad Veggie Sticks Ranch Dressing		

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800)7953272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer."