





l Prices Student	Monday	Tuesday	Wednesday	Thursday	Friday	Pruits Gra
fast \$1.70 educed .30 nch \$2.70 educed .40 <u>Adult</u> fast \$2.00 nch \$3.30 rra Milk .50			R R R R R R R R R R R R R R R R R R R	I VARIETY CEREAL PACKS FRUIT VARIETY	2 PILLSBURY GRAPE FILLED CRESCENT ROLL FRUIT VARIETY	Choose MyP My Plate is on new die guidelines
CRIMINATION: are treated the dless of ability e operation of ling programs, vill be discrimi- nst because of color, religion, l origin, age or . If you believe en discriminat- write immedi-	5 EGG & CHEESE ON ENGLISH MUFFIN FRUIT VARIETY	б VARIETY CEREAL PACKS FRUIT VARIETY	7 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	8 VARIETY CEREAL PACKS FRUIT VARIETY	9 SIMPLY STRAWBERRY CHEX MIX STRAW/BAN YOGURT FRUIT VARIETY	released by governmer January, wi encourages Americans more fruits vegetables whole grain
he USDA, Direc- ice of Adjudica- Dindependence W, Washington, C. 20250-9410 Served With Ailk: Vhite	12 WG STRAWBERRY POP TART MOZZ STRING CHEESE FRUIT VARIETY	13 VARIETY CEREAL PACKS FRUIT VARIETY	14 TRKY SAU BREAKFAST PIZZA FRUIT VARIETY	15 VARIETY CEREAL PACKS FRUIT VARIETY	16 PILLSBURY GRAPE FILLED CRESCENT ROLL FRUIT VARIETY	fewer proo foods. It is a concerte by the Departmen Agriculture the First La
Free Strawberry Free Chocolate % Fortified Juice red Cereals are igar and whole	19 HAPPY * PRESIDENTS DAY	20 NO SCHOOL	21 WHOLE GRAIN GLAZED DONUT FRUIT VARIETY	22 VARIETY CEREAL PACKS FRUIT VARIETY	23 SIMPLY STRAWBERRY CHEX MIX STRAW/BAN YOGURT FRUIT VARIETY	improve n especially children. Money m deposited in students mea by sending
h Fruits egetable Offered Daily.	26 WG STRAWBERRY POP TART MOZZ STRING CHEESE FRUIT VARIETY	27 VARIETY CEREAL PACKS FRUIT VARIETY	28 TRKY SAU BREAKFAST PIZZA FRUIT VARIETY			personal chec to the school center or by online w credit/debit <u>Mypayments</u>

Independence School District Nutrition Service Department, 1400 West Geo Space Drive, Independence, MO 64056 816.521.5371

USDA This menu meets and has been certified under the NEW USDA GUIDELINES

We reserve the right to make menu substitutions as necessary



Middle School Lunch Menu

Meal Prices	Monday	Tuesday	Wednesday	Thursday	Friday	My Plate is on new die
struces reakfast \$1.70 Reduced .30 Lunch \$2.70 Reduced .40 <u>Adult</u> reakfast \$2.00 Lunch \$3.30 Extra Milk .50				I ROASTED CHICKEN, HOT ROLL MASHED POTATOES & GRAVY OR OR SPICY CHICKEN SANDWICH, CHEETO PUFFS OR HAM & CHEESE ROLLUP OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL *CHERRY CRISP	2 BAKED ZITI, BREADSTICK OR CHICKEN & WAFFLES, SYRUP OR BEAN & CHEESE BURRITO, CHIPS & SALSA OR GRAB N GO PB&J SANDWICH	guidelines released b governmen January, w encourage Americans more fruits
DISCRIMINATION: en are treated the gardless of ability n the operation of eeding programs, d will be discrimi- gainst because of ex, color, religion, nal origin, age or	5 BREADED CHICKEN SANDWICH AUGRATIN POTATOES OR FISH SANDWICH GOLDFISH CRACKERS OR TWISTED MOZZ BREADSTICK, MARINARA APPLES & SUNBUTTER OR GRAB N GO PB&J SANDWICH	6 BEEFY NACHOS, SALSA OR CHICKEN NUGGETS, MAC N CHEESE OR PEPPERONI STROMBOLI OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL BIRTHDAY TREAT DAY	7 ASIAN MEATBALL STIR-FRY OR CHEESE PIZZA OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH	8 MEATLOAF, HOT ROLL MASHED POTATOES & GRAVY OR GRILLED CHICKEN SANDWICH, NACHO DORITOS OR NACHO BITES, SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL	9 CHILI W/CRACKERS CINNAMON ROLL OR SPICY CHICKEN SANDWICH BAKED FRIES OR CHEESE PIZZA OR GRAB N GO PB&J SANDWICH	vegetables whole grain fewer proce foods. It is a concerter by the Departmer Agriculture
cap. If you believe been discriminat- nst, write immedi- o the USDA, Direc- Office of Adjudica- 100 Independence , SW, Washington, D.C. 20250-9410	12 CHEESEBURGER W/ BAKED FRIES OR ROASTED BBQ CHICKEN MAC N CHEESE OR CHICKEN QUESADILLAS W/SALSA OR GRAB N GO PB&J SANDWICH	13 QUESO BLANCO BEEF ENCHILADAS MEXICAN RICE OR CHICKEN N WAFFLES, SYRUP OR NACHOS OR GRAB N GO HAM SANDWICH OR GRAB N GO YOGURT MEAL	14 MANDARIN ORANGE CHICKEN STEAMED RICE OR HOT DOG OR HAMBURGER PIZZA OR GRAB N GO PB&J SANDWICH *HOLIDAY COOKIES	15 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR MEATBALL SUB SANDWICH OR BEAN & CHEESE BURRITO, CHIPS & SALSA OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL	16 CHICKEN & NOODLES BISCUIT OR SLOPPY JOE ON BUN, TATER TOTS OR CHEESEBURGER OR GRAB N GO PB&J SANDWICH	the First La improve nu especially a children.
s Served With Milk:	19 PRODUCTION	20 NO SCHOOL	21 CHERRY BLOSSOM CHICKEN STEAMED RICE OR CANADIAN BACON PIZZA OR GRILLED CHEESE, SALSA SUNCHIPS OR GRAB N GO PB&J SANDWICH	22 COUNTRY STYLE STEAK, DINNER ROLL MASHED POTATOES & GRAVY OR GRILLED CHICKEN SANDWICH, SPICY FRIES OR TUNA SALAD SANDWICH COOL RANCH DORITOS OR GRAB N GO TURKEY SANDWICH OR GRAB N GO YOGURT MEAL	23 SPAGHETTI W/ ZESTY MEATSAUCE, BREADSTICK OR FISH SANDWICH GOLDFISH CRACKERS OR NACHO BITES, SALSA OR GRAB N GO PB&J SANDWICH	Choose MyPI Money m deposited in students mea by sending personal chec
 White Free Strawberry Free Chocolate Fortified Juice Fered t Cereals are sugar and whole 	26 TERIVAKI CHICKEN LO MEIN NOODLES OR CHILI DOG, BAKED FRIES OR NACHOS OR GRAB N GO PB&J SANDWICH	27 MONTEREY CHEESE ENCHILADAS, MEXICAN RICE OR CHICKEN FAJITA, CHIPS SALSA OR MEATBALL SUB SANDWICH OR GRAB N GO HAM SANDWICH OR	28 CHEESEBURGER, TATER TOTS OR BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR HAMBURGER PIZZA OR GRAB N GO PB&J SANDWICH			to the school center or by online w credit/debit c <u>Mypayments</u> Fresh F

Daily.

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816.521.5371

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	Finder School Shuck Field						
Meal Prices	Monday	Tuesday	Wednesday	Thursday	Friday	Fruits	
Student Breakfast \$1.70 Reduced .30 Lunch \$2.70 Reduced .40 <u>Adult</u> Breakfast \$2.00 Lunch \$3.30 Extra Milk .50		E Contraction of the second se		I LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	2 GOLDFISH CRACKERS MILK CHOICE	Choose My My Plate on new d guideline	
DN-DISCRIMINATION: ildren are treated the eregardless of ability y. In the operation of ild feeding programs, child will be discrimi- ed against because of a sex, color, religion.	5 ORIGINAL GRAHAMS MILK CHOICE	6 CHEEZ-IT CRACKERS MILK CHOICE	7 CINNAMON APPLESAUCE CUP MILK CHOICE	8 GRANOLA BAR SMORE MILK CHOICE	9 SUNFLOWER SEED KERNELS MILK CHOICE	 released I governme January, v encourag American more frui vegetable whole gra 	
, sex, color, religion, ational origin, age or ndicap. If you believe we been discriminat- gainst, write immedi- y to the USDA, Direc- r, Office of Adjudica- 1400 Independence ue, SW, Washington, D.C. 20250-9410	12 SPICY GOLDFISH CRACKERS MILK CHOICE	13 LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	<i>14</i> STRAW NUTRIGRAIN BAR MILK CHOICE	15 BLUE RASPBERRY APPLESAUCE CUP MILK CHOICE	16 STRAWBERRY RICE CHEX MILK CHOICE	fewer pro foods. It i a concert by the Departme Agricultur the First I	
picing Greatness	19	20 NO SCHOOL	21 ORIGINAL GRAHAMS MILK CHOICE	22 STRAWBERRY CUP MILK CHOICE	23 CHEETO PUFFS MILK CHOICE	improve r especially children. Money deposited students me by sendin	
resh Fruits Vegetable ar Offered Daily.	26 PRETZEL HEARTS MILK CHOICE	27 CINNAMON CRISPS MILK CHOICE	28 MIXED FRUIT CUP MILK CHOICE			personal che to the schoo center or l online credit/debit <u>Mypaymen</u>	

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