



Middle School Breakfast Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.70
Reduced .30
Lunch \$2.55
Reduced .40

Adult

Breakfast \$2.00
Lunch \$2.95
Extra Milk .50

NONDISCRIMINATION:

All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All meals are served with a choice of

- 1% White Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk
- 100% Fortified Juice (breakfast only)

Breakfast cereals are reduced sugar and whole grain.

Fresh Fruits & Vegetable Bar Offered Daily.

2	3	4	5	6
NO SCHOOL	WG Mini Cinnis String Cheese	WG Cereal Variety Sunflower Seeds	WG Mini Maple Pancakes String Cheese	Turkey Sausage Pancake Wrap Sunflower Seeds
9	10	11	12	13
WG Apple Frudel Sunflower Seeds	WG Choc. Chip French Toast Mini String Cheese	WG Cereal Variety Cheese Stick Cheddar	WG Turkey Sausage Breakfast Wrap String Cheese	WG Strawberry Pop Tart Cheddar Cheese Stick
16	17	18	19	20
WG Cereal Variety Sunflower Seeds	WG Mini Cinnis String Cheese	WG Cereal Variety Sunflower Seeds	WG Mini Maple Pancakes String Cheese	Turkey Sausage Pancake Wrap Sunflower Seeds
23	24	25	26	27
WG Apple Frudel Sunflower Seeds	WG Choc. Chip French Toast Mini String Cheese	 Happy Thanksgiving		
30				
WG Cereal Variety Sunflower Seeds				



MyPlate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

- LF- Low Fat
- RF- Reduced Fat
- FF- Fat Free
- RS- Reduced Sugar
- LS- Low Sodium

WG- Whole Grain

****We reserve the right to make menu substitutions as necessary****



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

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using

Independence School District Nutrition Service Department

1400 West Geo Space Drive Independence . MO . 64056

816.521.5371

MypaymentsPlus.com



November

Middle School Lunch Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.70

Reduced .30

Lunch \$2.55

Reduced .40

Adult

Breakfast \$2.00

Lunch \$2.95

Extra Milk .50

NONDISCRIMINATION:

All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All meals are served with a choice of

- 1% White Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk
- 100% Fortified Juice (breakfast only)

Breakfast cereals are reduced sugar and whole grain.

Fresh Fruits & Vegetable Bar Offered Daily.

NO SCHOOL	<p>2 WG Spaghetti & Zesty Meat Sauce WG Bread Stick OR WG Cheese Pizza OR WG Trout Melt on WG Bun OR Grab n Go Ham OR Grab n Go Yogurt Meal</p>	<p>3 4 WG Baked Chicken Patty, Mashed Potatoes, Gravy, WG Roll OR WG Beef Fingers, Roll OR Spicy Chicken Sandwich OR Grab n Go PB&J</p>	<p>5 Fiestada Pizza OR WG Chicken Nuggets Dinner Roll OR Bean, Cheese, Salsa Burrito OR Grab n Go Turkey OR Grab n Go Yogurt Meal</p>	<p>6 WG Sloppy Joe Sliders Macaroni & Cheese OR WG Mozz. Twisted Bread Stick, Apples & Sunbutter OR Fish Nuggets, Baked Spicy Fries OR Grab n Go PB&J</p>
<p>9 WG Trout Melt OR WG Chicken Nuggets, WG Dinner Roll OR WG Spicy Chick. Sandwich OR WG Grab n Go PB&J</p>	<p>10 WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR WG Grill Cheese Sand. w/ Baked Spicy Fries OR WG Chick. Quesadilla OR Grab n Go Ham or Grab n Go Yogurt Meal</p>	<p>11 BBQ Turkey Sandwich, Baked Fries OR WG Corn Dog OR WG Hamburger OR Grab n Go PB&J</p>	<p>12 Meat Loaf w/ WG Dinner Roll, Mashed Potatoes w/ Beef Gravy OR WG Rib Q Sand. w/ Roasted Potatoes OR Mozz. Cheese Stick w/ Marinara Sauce OR Grab n Go Turkey OR Grab n Go Yogurt Meal</p>	<p>13 Queso Blanco Beef Enchilada w/ Mexican Rice OR WG Cheese Pizza OR WG Chicken Sandwich OR Grab n Go PB&J</p>
<p>16 WG Turkey Mini Corn Dogs Macaroni & Cheese OR WG BBQ Pork Sand. OR WG Cheeseburger OR Grab n Go PB&J</p>	<p>17 Salisbury Steak w/ WG Roll, Mashed Potatoes w/ Gravy OR WG Cheese Pizza OR Tuna Salad Sandwich OR Grab n Go Ham or Grab n Go Yogurt Meal</p>	<p>18 WG Lasagna, WG Breadstick OR WG Beef Fingers w/ WG Dinner Roll OR Spicy Chick. Sandwich OR Grab n Go PB&J</p>	<p>19 Turkey, WG Hot Roll, Mashed Potatoes, Gravy, Pumpkin Mousse OR WG Cheese Pizza OR WG Grilled Chicken Sand. OR Grab n Go PB&J</p>	<p>20 Chicken Strips, Baked Potato OR WG Mozz. Twisted Bread Stick w/ Apples & Sunbutter Cup OR Fish Nuggets w/ Spicy Fries OR Grab n Go PB&J</p>
<p>23 Chicken & Noodles WG Dinner Roll OR WG Pep Calzone OR WG Spicy Chicken Sandwich OR Grab n Go PB&J Meal</p>	<p>24 WG Chicken Nuggets Roasted Sweet Potato OR WG Grill Cheese Sandwich Baked Spicy Fries OR WG Chicken Quesadilla OR Grab n Go Ham OR Grab n Go Yogurt Meal</p>	<p>25 26 27</p>		
<p>30 Tangerine Chicken Steamed Rice OR WG Pork Sandwich, Fries OR WG Hamburger on Bun OR Grab n Go PB&J</p>				



MyPlate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

- LF- Low Fat
- RF- Reduced Fat
- FF- Fat Free
- RS- Reduced Sugar
- LS- Low Sodium
- WG- Whole Grain

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using

****We reserve the right to make menu substitutions as necessary****

NOVEMBER



Middle School Snack Menu

Monday Tuesday Wednesday Thursday Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices	2	3	4	5	6
Student					
Breakfast \$1.70	NO SCHOOL	Applesauce Cup LF Milk Choice	Strawberry Nutrigrain Bar LF Milk Choice	Scooby Doo Snacks LF Milk Choice	Cheddar Sun Chips LF Milk Choice
Reduced .30					
Lunch \$2.55					
Reduced .40					
Adult					
Breakfast \$2.00					
Lunch \$2.95	9	10	11	12	13
Extra Milk .50					
NONDISCRIMINATION:					
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410	Smart Cookie LF Milk Choice	Smores Granola Bar LF Milk Choice	Applesauce LF Milk Choice	Pretzel Twists LF Milk Choice	Choc. Chip Gripz LF Milk
	16	17	18	19	20
	Scooby Graham Snacks LF Milk Choice	Cheddar Sunchips LF Milk Choice	WG Cheddar Goldfish LF Milk Choice	Apple Sauce Cup LF Milk Choice	Blueberry Nutri- Grain Bar LF Milk Choice
	23	24	25	26	27
All meals are served with a choice of	WG Salsa Sunchips LF Milk Choice	Applesauce Cup LF Milk Choice			
<ul style="list-style-type: none"> 1% White Milk Fat Free Strawberry Milk Fat Free Chocolate Milk 100% Fortified Juice (breakfast only) 					
Breakfast cereals are reduced sugar and whole grain.	30				
Fresh Fruits & Vegetable Bar Offered Daily.	WG Spicy Goldfish LF Milk Choice				



MyPlate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

- LF- Low Fat
- RF- Reduced Fat
- FF- Fat Free
- RS- Reduced Sugar
- LS- Low Sodium
- WG- Whole Grain

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using

****We reserve the right to make menu substitutions as necessary****