

October



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.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			WG Turkey Sausage Breakfast Wrap String Cheese	WG Strawberry Pop Tart Cheddar Cheese Stick
	5	6	7	8
WG Cereal Variety Sunflower Seeds	WG Mini Cinnis String Cheese	WG Cereal Variety Sunflower Seeds	WG Cereal Variety String Cheese	WG Cereal Variety Sunflower Seeds
	12	13	14	15
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
	19	20	21	22
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
	26	27	28	29
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	NO SCHOOL



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](https://www.mypaymentsplus.com)



OCTOBER

JOIN US IN CELEBRATING
NATIONAL SCHOOL LUNCH WEEK

OCTOBER 12-16, 2015

Visit the Nutrition Service Webpage for more information. www.nutrition.isdschools.org

Middle School Lunch Menu

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Reduced .30

Lunch \$2.55

Reduced .40

Adult

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Lunch \$2.95

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5 Tangerine Chicken Steamed Rice OR WG Pork Sandwich w/Fries OR WG Hamburger on Bun OR Grab n Go PB&J	6 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	7 WG Baked Chicken Patty, Mashed Potatoes, Gravy, WG Roll OR WG Beef Fingers, Roll OR Spicy Chicken Sandwich OR Grab n Go PB&J	8 Chicken Strips, WG Hot Roll, Mashed Potatoes, Country Gravy OR WG Rib Q Sandwich Roasted Red Potatoes OR Mozz Stick Breaded & Marinara Sauce OR Grab n Go Turkey OR Grab n Go Yogurt Meal	9 Turkey Hot Dog w/WG Bun OR WG Cheese Pizza OR WG Chicken Nuggets w/ Roll OR Grab n Go PB&J
12 WG Trout Melt OR WG Chicken Nuggets, WG Dinner Roll OR WG Spicy Chick. Sandwich OR WG Grab n Go PB&J	13 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	14 BBQ Turkey Sandwich, Baked Fries OR WG Corn Dog OR WG Hamburger OR Grab n Go PB&J	15 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	16 Queso Blanco Beef Enchilada w/Mexican Rice OR WG Cheese Pizza OR WG Chicken Sandwich OR Grab n Go PB&J
19 WG Turkey Mini Corn Dogs Macaroni & Cheese OR WG BBQ Pork Sand. OR WG Cheeseburger OR Grab n Go PB&J	20 Salisbury Steak w/WG Hot Roll, Mashed Potatoes w/ Gravy OR WG Cheese Pizza OR Tuna Salad Sandwich OR Grab n Go Ham or Grab n Go Yogurt Meal	21 WG Lasagna, WG Breadstick OR WG Beef Fingers w/WG Dinner Roll OR Spicy Chick. Sandwich OR Grab n Go PB&J	22 Taco Salad w/ Salsa OR WG Chicken Nuggets w/ Dinner Roll OR Bean, Cheese & Salsa Burrito OR Grab n Go Turkey or Grab n Go Yogurt Meal	23 Chicken Strips, Baked Potatoes OR WG Mozz. Twisted Bread Stick w/ Apples & Sunbutter Cup OR Fish Nuggets w/Spicy Fries OR Grab n Go PB&J
26 Chicken & Noodles WG Dinner Roll OR WG Pep Calzone OR WG Spicy Chicken Sandwich OR Grab n Go PB&J Meal	27 WG Chicken Nuggets Confetti Fries w/Ketchup OR WG Grill Cheese Sandwich Baked Spicy Fries OR WG Chicken Quesadilla OR Grab n Go Ham OR Grab n Go Yogurt Meal	28 Hard Shell Taco Mexican Rice OR WG Chicken Corn Dog Baked Fries OR WG Hamburger OR Grab n Go PB&J	29 Chicken Strips, WG Hot Roll, Mashed Potatoes, Country Gravy OR WG Rib Q Sandwich Roasted Red Potatoes OR Mozz Stick Breaded & Marinara Sauce OR Grab n Go Turkey OR Grab n Go Yogurt Meal	30 NO SCHOOL



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Middle School Snack Menu

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Adult

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Fresh Fruits & Vegetable Bar Offered Daily.

			1	2
	Applesauce Cup LF Milk Choice	WG Smart Cookie LF Milk Choice	Sunflower Seeds LF Milk Choice	Smores Granola Bar LF Milk Choice
5	6	7	8	9
WG Spicy Goldfish LF Milk Choice	Applesauce Cup LF Milk Choice	Original Grahams LF Milk Choice	Peach Cup LF Milk Choice	WG Gripz Choc Chip LF Milk Choice
12	13	14	15	16
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
19	20	21	22	23
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
26	27	28	29	30
WG Salsa Sunchips LF Milk Choice	Applesauce Cup LF Milk Choice	WG Smart Cookie LF Milk Choice	Sunflower Seeds LF Milk Choice	NO SCHOOL



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