



FEBRUARY

High School Breakfast Menu 2020



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Meal Prices	
Student	
Breakfast	\$1.80
Reduced	.30
Lunch	\$2.90
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.70
Extra Milk	.50


NON-DISCRIMINATION:
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 Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
3 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	4 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	5 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	6 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	7 EGG & CHEESE BISCUIT OR CINNAMON TOAST CRUNCH FILLED PASTRY DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
10 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	11 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	12 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	13 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	14 EGG & CHEESE BISCUIT OR CINNAMON TOAST CRUNCH FILLED PASTRY DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
17 	18 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	19 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	20 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	21 EGG & CHEESE BISCUIT OR CINNAMON TOAST CRUNCH FILLED PASTRY DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
24 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	25 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	26 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	27 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	28 EGG & CHEESE BISCUIT OR CINNAMON TOAST CRUNCH FILLED PASTRY DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS

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 www.myschoolbucks.com





February

High School Lunch 2020

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All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered Daily.

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
BBQ Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Chicken Sandwich	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger	Lasagna Rollup, Breadstick Or Chili dog Or Spicy Chicken Sandwich	Chicken Patty, Dinner Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara Or Cheeseburger	Tyson Nashville Hot Breaded Chicken Bites, Garlic Texas Toast Or Rib-Q Or Chicken Sandwich
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Tyson Sriracha Chicken Stir Fried Rice Or Chicken Sandwich	Fiesta Meat Nachos Mexican-Style Rice, Salsa Or Fish Sandwich Or Cheeseburger	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs Or Spicy Chicken Sandwich	Tyson Hot & Spicy Drumstick Cheesy Au Gratin Potatoes Dinner Roll Or Queso Nachos Or Cheeseburger	Chili, Crackers, Cinnamon Roll Or Fiestada Pizza Or Chicken Sandwich * Celebration Sidekick FRZ Juice Cup
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
 Presidents Day	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger	Chicken & Noodles, Breadstick Or Chili dog Or Spicy Chicken Sandwich	Chicken Patty, Dinner Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara Or Cheeseburger	Tyson Nashville Hot Breaded Chicken Bites, Garlic Texas Toast Or Rib-Q Or Chicken Sandwich
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Tyson Sriracha Chicken Stir Fried Rice Or Chicken Sandwich	Fiesta Meat Nachos Mexican-Style Rice, Salsa Or Fish Sandwich Or Cheeseburger	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs Or Spicy Chicken Sandwich	Tyson Hot & Spicy Drumstick Cheesy Au Gratin Potatoes Dinner Roll Or Queso Nachos Or Cheeseburger	Chicken N Waffles, Syrup Or Fiestada Pizza Or Chicken Sandwich

* implies that item can be served with every entrée choice

Meal Prices

Student	Adult
Breakfast \$1.80	Breakfast \$2.15
Reduced .30	Reduced \$2.15
Lunch \$2.90	Lunch \$3.70
Reduced .40	Reduced \$3.70
	Extra Milk .50

Grab N Go Meals

- Salad Bar- Daily
- Yogurt Meal- M,W,F
- Smuckers Uncrustables- M,W,F
- Deli Sub- M,W,F
- Turkey & Cheese Sandwich- T,Th
- Chicken Salad Sandwich- W
- Tuna Salad Sandwich- T, Th

Daily Smart Mouth Options

- Cheese Pizza
- Pepperoni Pizza
- Sausage Calzone
- Cheesy Bread



Independence School District Nutrition Service Department, 14001 E 32nd St South, Independence, MO 64055
816.521.5371

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

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