



February

Independence Academy Breakfast Menu 2020

Meal Prices
Student
 Breakfast \$1.80
 Reduced .30
 Lunch \$2.90
 Reduced .40
Adult
 Breakfast \$2.15
 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 APPLE CINNAMON TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	4 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE	5 CINNAMON TOAST CRUNCH FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE	6 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE	7 ASSORTED YOGURT CINNAMON CRISPS OR CEREAL VARIETY MOZZ STRING CHEESE
10 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	11 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE	12 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE	13 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE	14 ASSORTED YOGURT CINNAMON GRANOLA OR CEREAL VARIETY MOZZ STRING CHEESE
17  STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	18 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE	19 CINNAMON TOAST CRUNCH FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE	20 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE	21 ASSORTED YOGURT CINNAMON CRISPS OR CEREAL VARIETY MOZZ STRING CHEESE
24 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	25 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE	26 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE	27 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE	28 ASSORTED YOGURT CINNAMON GRANOLA OR CEREAL VARIETY MOZZ STRING CHEESE



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.

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

Independence Academy Lunch Menu 2020

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


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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

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHICKEN SANDWICH SWEET POTATO TRAX OR GRAB N GO PB&J SANDWICH	4 BEEF ENCHILADAS, SALSA MEXICAN-STYLE RICE OR GRAB N GO TURKEY SANDWICH	5 CHICKEN & NOODLES MINI BISCUIT OR GRAB N GO PB&J SANDWICH	6 MEATLOAF, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH	7 CHICKEN & WAFFLES, SYRUP OR GRAB N GO PB&J SANDWICH
10 MANDARIN CHICKEN STIR FRIED RICE FORTUNE COOKIE OR GRAB N GO TURKEY SANDWICH	11 HARD SHELL BEEF TACOS LETTUCE/TOMATO/SALSA MEXICAN-STYLE RICE OR GRAB N GO PB&J SANDWICH	12 CHEESEBURGER, BAKED FRIES OR GRAB N GO HAM SANDWICH	13 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	14 CHILI, CRACKERS, CINNAMON ROLL OR GRAB N GO TURKEY SANDWICH *CELEBRATION SIDEKICK FRZ JUICE CUP
17 	18 CHICKEN NACHOS REFRIED BEANS, SALSA OR GRAB N GO TURKEY SANDWICH	19 LASAGNA ROLLUP, BREADSTICK OR GRAB N GO PB&J SANDWICH	20 CHICKEN NUGGETS, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH *KIWI-STRAWBERRY SIDEKICK FRZ JUICE CUP	21 FIESTADA PIZZA OR GRAB N GO PB&J SANDWICH
24 SPAGHETTI W/ZESTY MEATSAUCE BREADSTICK OR GRAB N GO TURKEY SANDWICH	25 FIESTA NACHOS REFRIED BEANS, SALSA OR GRAB N GO PB&J SANDWICH	26 CHICKEN TERIYAKI STIR-FRY FORTUNE COOKIE OR GRAB N GO HAM SANDWICH	27 BREADED BEEF FINGERS MASHED POTATOES & GRAVY DINNER ROLL OR GRAB N GO PB&J SANDWICH	28 PEPPERONI PIZZA OR GRAB N GO TURKEY SANDWICH



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