



FEBRUARY



Middle School 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


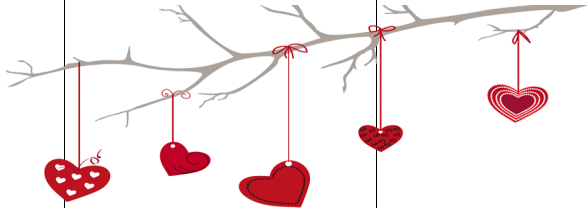
NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately 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 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	4 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	5 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	6 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR FRUIT VARIETY	7 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
10 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	11 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	12 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	13 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR FRUIT VARIETY	14 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
17 	18 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	19 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	20 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR FRUIT VARIETY	21 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
24 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	25 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	26 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	27 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR FRUIT VARIETY	28 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
				



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

Middle School Lunch 2020

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- 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.

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

* implies that item can be served with every entrée choice

Meal Prices

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

Grab N Go Meals

PB&J Uncrustable- M,W,F
Chicken Salad Sandwich-M, W, F
Turkey & Cheese Sandwich- T,Th
Yogurt Meal- T, Th

Daily Pizza

Cheese
Pepperoni
Veggie

Offered Weekly

Hamburger- M,W,F
Spicy Chicken Sandwich- M,W,F
Cheeseburger- T, Th
Crispy Chicken Sandwich- T, Th



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