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<th>Monday</th>
<th>Tuesday</th>
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<td>7</td>
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<tr>
<td>PRETZEL HEARTS</td>
<td>CINNAMON CRISPS</td>
<td>CRISPY VEGGIE CRACKERS</td>
<td>BLUEBERRY LEMON CRISPY BITES</td>
<td>GOLDFISH CRACKERS</td>
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<td>PEANUT BUTTER CUP</td>
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**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

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.

**Interesting Fact:** 2022 is the 38th year of the Groundhog Day tradition. April 1 was originally chosen because it was a pun on the month of April being the end of winter. In 1840, Joseph G. LaFollette and his son hosted the first Groundhog Day celebration, which included a performance of the play “The Buried Giant.”

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**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**

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**Special Events:**
- **February 2:** Groundhog Day
- **February 10:** President's Day

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

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

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**Additional Information:**
- **Meal Prices:**
  - Student Breakfast $1.80
  - Reduced .30
  - Lunch $2.90
  - Reduced .40
  - Adult Breakfast $2.15
  - Lunch $3.70
  - Extra Milk .50