ready SET GO!	play learn run <sup>re</sup> am	JA	TOWN DWOOLFOST		9 ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( (	take time for Chool REAKFAST
Meal Prices Student	Monday	<u>EICIIICII</u> Tuesday	<u>tary Breakfast M</u> Wednesday	Thursday	Friday	Prutts Grains Da
Breakfast \$1.70 Reduced .30 Lunch \$2.75 Reduced .40 <u>Adult</u> Breakfast \$2.15 Lunch \$3.60 Extra Milk .50			l happy New Year	2 OPEN SITE MENU: CEREAL VARIETY	3 <u>OPEN SITE MENU:</u> CEREAL VARIETY	Choose MyPlate.or My Plate is based of the current dietary guidelines released the government, w
NON-DISCRIMINATION: children are treated the ame regardless of ability pay. In the operation of child feeding programs, no child will be discrimi- nated against because of ace, sex, color, religion, national origin, age or handicap. If you believe u have been discriminat-	6 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	7 WHOLE GRAIN DONUT OR CEREAL VARIETY	8 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	9 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	10 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	encourages Americ to eat more fruits, vegetables, whole grains, and fewer processed foods. If reminder to find yo healthy eating style build it throughout lifetime.
l against, write immedi- tely to the USDA, Direc- tor, Office of Adjudica- ns, 1400 Independence zenue, SW, Washington, D.C. 20250-9410 Meals Served With pice of Milk: 1% White	13 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	<i>14</i> WHOLE GRAIN DONUT OR CEREAL VARIETY	15 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	16 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	17 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	
Fat Free Strawberry Fat Free Chocolate 100% Fortified Juice Offered akfast Cereals are uced sugar and whole in	<sup>20</sup> Martin Luther King Day	21 WHOLE GRAIN DONUT OR CEREAL VARIETY	22 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	23 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	24 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	Money may be deposited into yo students meal acco by sending cash personal checks pa
Fresh Fruits & Vegetable Bar Offered	27 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	28 WHOLE GRAIN DONUT OR CEREAL VARIETY	29 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	30 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	31 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	to the school nutrit center or by payin online with a credit/debit card u www.myschoolbucks.



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

USDA This menu meets and has been certified under the NEW USDA GUIDELINES

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

January

CHECK OUT THE NEW MUNCHABLE MEALS OFFERED EACH DAY AT LUNCH!

## **Elementary Lunch Menu 2020** Tuesday Friday Monday Wednesday Thursday Meal Prices Student 3 Breakfast \$1.70 **OPEN SITE MENU:** Reduced .30 **OPEN SITE MENU:** Lunch \$2.75 CHEESE PIZZA Choose MyPlate. **TURKEY & CHEESE SANDWICH** Reduced .40 SMART COOKIES CHEEZ-IT CRACKERS Adult COOKED CORN CARROTS My Plate is based on Breakfast \$2.15 PEARS the current dietary APPLESAUCE CUP Lunch \$3.60 guidelines released by CHOICE MILK MILK Extra Milk .50 the government, which encourages Americans 7 9 6 8 10 NON-DISCRIMINATION: to eat more fruits. CHICKEN PATTY All children are treated the FIFSTADA PI77A vegetables, whole CHICKEN & WAFFLES. SYRUP **GRILLED CHEESE, TATER TOTS** SPAGHETTI, BREADSTICK **MASHED POTATOES & GRAVY** same regardless of ability OR grains, and fewer OR to pay. In the operation of OR **DINNER ROLL** OR SAUSAGE & EGGS processed foods. It is a child feeding programs. **RIB-Q ON BUN. CHEETO PUFFS** MINI CORN DOGS QUESO CHICKEN NACHOS, SALSA OR no child will be discrimi-BISCUIT reminder to find your OR OR nated against because of OR **BEAN & CHEESE BURRITO** healthy eating style and OR race, sex, color, religion, YOGURT MUNCHABLE PIZZA MUNCHABLE SUNBUTTER & JELLY MUCHABLE OR build it throughout your national origin, age or SUNBUTTER & JELLY MUNCHABLE YOGURT MUNCHABLE handicap. If you believe lifetime. you have been discriminated against, write immedi-17 13 14 15 16 **BEEF ENCHILADAS** MEATLOAF ately to the USDA, Direc-CHILI, CRACKERS FISH NUGGETS tor, Office of Adjudica-CHICKEN & NOODLES, BISCUIT MEXICAN-STYLE RICE MASHED POTATOES & GRAVY **CINNAMON ROLL** MAC N CHEESE tions, 1400 Independence OR OR HOT ROLL Avenue, SW, Washington, OR OR CHICKEN SANDWICH HOT DOG OR D.C. 20250-9410 CHEESE PIZZA CHEESEBURGER OR OR NACHO BITES, SALSA OR OR SUNBUTTER & JELLY MUCHABLE YOGURT MUNCHABLE OR SUNBUTTER & JELLY MUNCHABLE PIZZA MUNCHABLE **\*BIRTHDAY TREAT** YOGURT MUNCHABLE 20 21 22 23 24 HOT HAM & CHEESE PANINI **BREADED CHICKEN DRUMSTICK** CHEESE PIZZA LASAGNA ROLLUP SWEET POTATO TRAX **MASHED POTATOES & GRAVY** OR OR Money may be OR DINNER ROLL CHEESY SCRAMBLED EGGS MINI CORN DOGS All Meals Served With deposited into your FIESTA NACHOS OR FRENCH TOAST STICKS Choice of Milk: students meal account OR OR **RIB-Q ON BUN** OR by sending cash or 1% White **PIZZA MUNCHABLE** SUNBUTTER & JELLY MUCHABLE OR SUNBUTTER & JELLY MUNCHABLE personal checks payable Fat Free Strawberry YOGURT MUNCHABLE to the school nutrition center or by paying Fat Free Chocolate 27 29 31 28 30 **BREADED BEEF FINGERS** online with a 100% Fortified Juice HARD SHELL TACOS, SALSA CHICKEN TERIYAKI CHEESEBURGER, BAKED FRIES CHICKEN SANDWICH credit/debit card using MASHED POTATOES & GRAVY Offered MEXICAN-STYLE RICE LO MEIN NOODLES OR www.myschoolbucks.com OR HOT ROLL OR PEPPERONI PIZZA OR Breakfast Cereals are MAC N CHEESE OR CHEESE RIPPER. MARINARA **RIB-Q ON BUN, CHEETO PUFFS** OR reduced sugar and whole OR NACHO BITES. SALSA grain OR OR SUNBUTTER & JELLY MUNCHABLE YOGURT MUNCHABLE OR SUNBUTTER & JELLY MUNCHABLE Fresh Fruits **PIZZA MUNCHABLE** YOGURT MUNCHABLE

& Vegetable **Bar Offered** Daily.

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USDA