



January

Middle 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	
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
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

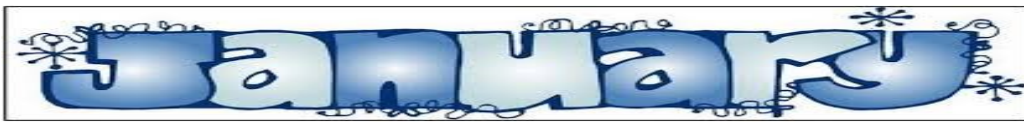
Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY *FRUIT VARIETY	7 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR *FRUIT VARIETY	8 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY *FRUIT VARIETY	9 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR *FRUIT VARIETY	10 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY *FRUIT VARIETY
13 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY *FRUIT VARIETY	14 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR *FRUIT VARIETY	15 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY *FRUIT VARIETY	16 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR *FRUIT VARIETY	17 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY *FRUIT VARIETY
20 	21 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR *FRUIT VARIETY	22 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY *FRUIT VARIETY	23 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR *FRUIT VARIETY	24 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY *FRUIT VARIETY
27 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY *FRUIT VARIETY	28 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR *FRUIT VARIETY	29 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY *FRUIT VARIETY	30 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR *FRUIT VARIETY	31 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY *FRUIT VARIETY

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





Middle 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.

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		Wednesday, January 1	Thursday, January 2	Friday, January 3
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Breakfast Meal: French Toast, Cheesy Eggs, Sausage	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers	Lasagna Rollup, Breadstick Or ChiliDog	Chicken Patty, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara	Tyson Nashville Hot Breaded Chicken Bites Garlic Texas Toast Or Rib-Q on Bun
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
Tyson Sriracha Honey Chicken Stir Fried Rice Or Breakfast Meal: Biscuit, Cheesy Eggs, Sausage	Hard Shell Tacos Mexican-Style Rice Or Fish Sandwich	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Hot & Spicy Drumstick Au Gratin Potatoes, Dinner Roll Or Queso Nachos	Chili, Crackers Cinnamon Roll Or Fiestada Pizza
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers	Chicken & Noodles, Breadstick Or ChiliDog	Chicken Patty, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara	Tyson Nashville Hot Breaded Chicken Bites Garlic Texas Toast Or Rib-Q on Bun
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
Tyson Sriracha Honey Chicken Stir Fried Rice Or Breakfast Meal: Biscuit, Cheesy Eggs, Sausage	Hard Shell Tacos Mexican-Style Rice Or Fish Sandwich	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Hot & Spicy Drumstick Au Gratin Potatoes, Dinner Roll Or Queso Nachos	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 \$3.60
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****