

October

Elementary Early Education 3-5yr Breakfast Menu 2019



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.



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

WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | 1 WG BANANA PANCAKES BLUEBERRIES MILK | 2 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK | 3 WG CHEERIOS WG TOAST STRAWBERRIES MILK | 4 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK |
| 7 WG STRAWBERRY PANCAKES APPLESAUCE MILK | 8 WG RICE CHEX CEREAL WG TOAST PEARS MILK | 9 WG BISCUITS & GRAVY BANANA MILK | 10 WG BLUEBERRY MUFFIN ASSORTED YOGURT ORANGE WEDGES MILK | 11 WG CHEERIOS WG TOAST PEACHES MILK |
| 14 WG BREAKFAST PIZZA PEARS MILK | 15 WG BANANA PANCAKES BLUEBERRIES MILK | 16 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK | 17 WG CHEERIOS WG TOAST STRAWBERRIES MILK | 18 <i>NO SCHOOL</i> |
| 21 WG STRAWBERRY PANCAKES APPLESAUCE MILK | 22 WG BLUEBERRY MUFFIN ASSORTED YOGURT PEARS MILK | 23 WG BISCUITS & GRAVY BANANA MILK | 24 WG TAC-GO, SALSA ORANGE WEDGES MILK | 25 WG CHEERIOS WG TOAST STRAWBERRIES MILK |
| 28 WG BREAKFAST PIZZA PEARS MILK | 29 WG BANANA PANCAKES BLUEBERRIES MILK | 30 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK | 31 WG CHEERIOS WG TOAST STRAWBERRIES MILK | |



October



Elementary Early Education 3-5 yr Lunch Menu 2019



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National School Lunch Week
October 14-18, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | 1 WG GRILLED CHEESE TATER TOTS COOKED CORN MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK | 2 WG SPAGHETTI W/ ZESTY MEATSAUCE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK | 3 WG CHICKEN PATTY MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK | 4 WG FIESTADA PIZZA COOKED CARROTS MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK |
| 7 WG CHICKEN & NOODLES WG BISCUIT MIXED VEGETABLES MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK | 8 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK | 9 WG FISH STICKS WG MAC N CHEESE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING MIXED BERRIES MILK | 10 MEATLOAF MASHED POTATOES & GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK | 11 CHILI, WG CRACKERS WG CORNBREAD MUFFIN MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK |
| 14 WG MANDARIN CHICKEN WG STIR-FRIED FRICE PEAS & CARROTS MIXED GREEN SALAD RANCH DRESSING PEACHES MILK | 15 HOT HAM & CHEESE SANDWICH SWEET POTATO TRAX STEAMED BROCCOLI MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK | 16 WG LASAGNA ROLLUP WG BREADSTICK COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK | 17 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK | 18 <i>NO SCHOOL</i> |
| WG - Whole Grain 21 WG CHICKEN SANDWICH MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEACHES MILK | 22 WG SOFT SHELLED TACO SALSA COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK | 23 CHICKEN TERIYAKI WG LO MEIN NOODLES STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PINEAPPLE TIDBITS MILK | 24 WG COUNTRY STYLE STEAK MASHED POTATOES & GRAVY WG HOT ROLL PEAS MIXED SALAD GREENS RANCH DRESSING PEARS | 25 WG CHEESEBURGER BAKED FRIES GREEN BEANS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK |
| 28 WG CHICKEN N WAFFLES SYRUP BAKED BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK | 29 WG GRILLED CHEESE TATER TOTS COOKED CORN MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK | 30 WG SPAGHETTI W/ ZESTY MEATSAUCE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK | 31 WG SPOOK-TACULAR CHICKEN NUGGETS, MASHED POTATOES & GRAVY, WG DINNER ROLL GREEN BEANS, MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK *CELEBRATION SIDEKICK FRN 100% JUICE CUP | |

**Fresh Fruits
& Vegetable
Offered Daily.**

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OCTOBER

Elementary Early Education 3-5 yr Snack Menu 2019



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WG - Whole Grain

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | 1 APPLE SLICES MILK | 2 WG CRISPY CHEDDAR CRACKERS MILK | 3 WG SIMPLY STRAWBERRY CHEX MILK | 4 WG BLUEBERRY MUFFIN MILK |
| 7 WG CRISPY VEGGIE CRACKERS MILK | 8 BLUEBERRY/LEMON CRISPY BITES MILK | 9 WG CHEDDAR GOLDFISH MILK | 10 SLICED APPLES MILK | 11 WG ORIGINAL GRAHAMS MILK |
| 14 WG ANIMAL CRACKERS MILK | 15 APPLE SLICES MILK | 16 WG SIMPLY STRAWBERRY CHEX MILK | 17 WG APPLE CINNAMON MUFFIN MILK | 18 <i>NO SCHOOL</i> |
| 21 WG RASPBERRY MINI BITES MILK | 22 WG CHEDDAR GOLDFISH MILK | 23 APPLESAUCE CUP MILK | 24 WG ORIGINAL GRAHAMS MILK | 25 WG BLUEBERRY/LEMON CRISPY BITES MILK |
| 28 WG ANIMAL CRACKERS MILK | 29 APPLE SLICES MILK | 30 WG CRISPY CHEDDAR CRACKERS MILK | 31 WG SIMPLY STRAWBERRY CHEX MILK | |



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