



# October

## High School Breakfast Menu



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	\$2.90
Reduced	.40
Adult	
Breakfast	\$2.00
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 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	2 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	3 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	4 EGG & CHEESE BISCUIT OR COCOA PUFFS FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
7 BLUEBERRY PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	8 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	9 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	10 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	11 EGG & CHEESE BISCUIT OR COCOA PUFFS FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
14 BLUEBERRY PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	15 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	16 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	17 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	18 <b>NO SCHOOL</b>
21 BLUEBERRY PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	22 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	23 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	24 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	25 EGG & CHEESE BISCUIT OR COCOA PUFFS FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
28 BLUEBERRY PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	29 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	30 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	31 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	

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](http://www.myschoolbucks.com)





# OCTOBER

# High School Lunch 2019

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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.**

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](http://www.myschoolbucks.com)

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
<b>National School Lunch Week October 14-18, 2019</b>	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers	Lasagna Rollup, Breadstick Or Hot Dog	Country Style Steak, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara	Tyson Nashville Hot Breaded Chicken Bites Garlic Texas Toast Or Rib-Q on Bun
<b>Monday, October 7</b>	<b>Tuesday, October 8</b>	<b>Wednesday, October 9</b>	<b>Thursday, October 10</b>	<b>Friday, October 11</b>
Tyson Sriracha Chicken Stir Fried Rice Or Breakfast Meal: Biscuit, Cheesy Eggs, Sausage	Fiesta Meat Nachos Mexican-Style Rice, Salsa Or Fish Sandwich	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Tyson Hot & Spicy Drumstick Cheesy Au Gratin Potatoes Dinner Roll Or Queso Nachos	Chili, Crackers, Cinnamon Roll Or Fiestada Pizza
<b>Monday, October 14</b>	<b>Tuesday, October 15</b>	<b>Wednesday, October 16</b>	<b>Thursday, October 17</b>	<b>Friday, October 18</b>
BBQ 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 Hot Dog	Country Style Steak, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara	<b>NO SCHOOL</b>
<b>National School Lunch Week October 14-18, 2019</b>				
<b>Monday, October 21</b>	<b>Tuesday, October 22</b>	<b>Wednesday, October 23</b>	<b>Thursday, October 24</b>	<b>Friday, October 25</b>
Tyson Sriracha Chicken Stir Fried Rice Or Breakfast Meal: Biscuit, Cheesy Eggs, Sausage	Fiesta Meat Nachos Mexican-Style Rice, Salsa Or Fish Sandwich	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Tyson Hot & Spicy Drumstick Cheesy Au Gratin Potatoes Dinner Roll Or Queso Nachos	Chicken N Waffles, Syrup Or Fiestada Pizza
<b>Monday, October 28</b>	<b>Tuesday, October 29</b>	<b>Wednesday, October 30</b>	<b>Thursday, October 31</b>	
BBQ 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 Hot Dog	Country Style Steak, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara *Sidekick Celebration Frz Juice Cup*	
* 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

Salad Bar- Daily  
Yogurt Meal- M,W,F  
Smuckers Uncrustables- M,W,F  
Deli Sub- M,W,F  
Turkey & Cheese Sandwich- T,Th  
Chicken Salad Sandwich- W  
Tuna Salad Sandwich- T, Th

## Daily Pizza

Cheese  
Pepperoni  
Veggie

## Offered Daily

Hamburger  
Spicy Chicken Sandwich  
Cheeseburger  
Crispy Chicken Sandwich



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\*\***