



OCTOBER



Independence Arts & Technology 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.

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



Meal Prices
Student
 Breakfast \$1.80
 Reduced .30
 Lunch \$2.90
 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 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE | 2 COCOA PUFFS FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE | 3 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE | 4 ASSORTED YOGURT CINNAMON GRANOLA OR CEREAL VARIETY MOZZ STRING CHEESE |
| 7 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE | 8 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE | 9 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE | 10 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE | 11 ASSORTED YOGURT CINNAMON CRISPS OR CEREAL VARIETY MOZZ STRING CHEESE |
| 14 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY MOZZ STRING CHEESE | 15 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE | 16 COCOA PUFFS FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE | 17 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE | 18 NO SCHOOL |
| 21 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE | 22 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE | 23 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE | 24 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE | 25 ASSORTED YOGURT CINNAMON CRISP OR CEREAL VARIETY MOZZ STRING CHEESE |
| 28 APPLE CINNAMON TOAST OR CEREAL VARIETY MOZZ STRING CHEESE | 29 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE | 30 COCOA PUFFS FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE | 31 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE | |

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



October

Independence Arts & Technology Lunch

National
School Lunch Week
October 14-18, 2019



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- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | 1 BEEF ENCHILADAS MEXICAN-STYLE RICE, SALSA OR GRAB N GO TURKEY SANDWICH | 2 CHICKEN & NOODLES MINI BISCUIT OR GRAB N GO PB&J SANDWICH | 3 MEATLOAF, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH | 4 CHICKEN N WAFFLES, SYRUP OR GRAB N GO PB&J SANDWICH |
| 7 MANDARIN CHICKEN STIR FRIED RICE, FORTUNE COOKIE OR GRAB N GO TURKEY SANDWICH | 8 HARD SHELL TACOS LETTUCE/TOMATO/SALSA MEXICAN-STYLE RICE OR GRAB N GO PB&J SANDWICH | 9 CHEESEBURGER, BAKED FRIES OR GRAB N GO HAM SANDWICH | 10 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH | 11 CHILI, CRACKERS, CINNAMON ROLL OR GRAB N GO TURKEY SANDWICH |
| 14 MINI CORN DOGS, MAC N CHEESE OR GRAB N GO PB&J SANDWICH | 15 CHICKEN NACHOS REFRIED BEANS, SALSA OR GRAB N GO TURKEY SANDWICH | 16 LASAGNA ROLLUP, BREADSTICK OR GRAB N GO PB&J SANDWICH | 17 CHICKEN NUGGETS, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH *SIDEKICK KIWI-STRAW FRZ JUICE CUP | 18 NO SCHOOL |
| 21 SPAGHETTI W/ZESTY MEATSAUCE BREADSTICK OR GRAB N GO TURKEY SANDWICH | 22 FIESTA NACHOS REFRIED BEANS, SALSA OR GRAB N GO PB&J SANDWICH | 23 TERIYAKI CHICKEN STIR FRY FORTUNE COOKIE OR GRAB N GO HAM SANDWICH | 24 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY DINNER ROLL OR GRAB N GO PB&J SANDWICH | 25 PEPPERONI PIZZA OR GRAB N GO TURKEY SANDWICH |
| 28 CHICKEN SANDWICH SWEET POTATO TRAX OR GRAB N GO PB&J SANDWICH | 29 BEEF ENCHILADAS MEXICAN-STYLE RICE, SALSA OR GRAB N GO TURKEY SANDWICH | 30 FIESTADA PIZZA OR GRAB N GO PB&J SANDWICH | 31 MEATLOAF, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH *SIDEKICK CELEBRATION FRZ JUICE CUP |  |

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

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