



# October

## Middle 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	\$2.15
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 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	2 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	3 TAC-GO, SALSA OR ASSORTED POP TARTS FRUIT VARIETY	4 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
7 COCOA PUFF FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	8 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	9 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	10 TAC-GO, SALSA OR ASSORTED POP TARTS FRUIT VARIETY	11 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
14 COCOA PUFF FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	15 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	16 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	17 TAC-GO, SALSA OR ASSORTED POP TARTS FRUIT VARIETY	18 <b>NO SCHOOL</b>
21 COCOA PUFF FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	22 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	23 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	24 TAC-GO, SALSA OR ASSORTED POP TARTS FRUIT VARIETY	25 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
28 COCOA PUFF FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	29 TRKY SAU BREAKFAST PIZZA OR ASSORTED POP TARTS FRUIT VARIETY	30 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	31 TAC-GO, SALSA OR ASSORTED POP TARTS 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](http://www.myschoolbucks.com)





# OCTOBER

# Middle School Lunch 2019

**National School Lunch Week**  
October 14-18, 2019

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Breakfast Cereals are reduced sugar and whole grain

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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
	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
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
Tyson Sriracha Honey Chicken Stir Fried Rice Or Breakfast Meal: Biscuit, Cheesy Eggs, Sausage	Fiesta Meat Nachos 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, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
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>
Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Tyson Sriracha Honey Chicken Stir Fried Rice Or Breakfast Meal: Biscuit, Cheesy Eggs, Sausage	Fiesta Meat Nachos 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
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	
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*	

National School Lunch Week October 14-18, 2019



\* 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\*\*