### High School Breakfast Menu 2020

**Monday**

| MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE |
| ROYAL GRAPE JUICE | BLUE Raspberry JUICE | BANANA | ORANGE | BLUE Raspberry JUICE |
| APPLE | MILK | MILK | MILK | MILK |

**Tuesday**

| MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE |
| ROYAL GRAPE JUICE | BLUE Raspberry JUICE | BANANA | ORANGE | BLUE Raspberry JUICE |
| APPLE | MILK | MILK | MILK | MILK |

**Wednesday**

| 15. **WG APPLE CINNAMON TOAST** | 16. **WG CONFETTI PANCAKE** | 17. **WG BANANA BREAD** | 18. **WG APPLE FRUDEL** | 19. **WG TACO-GO EGG WRAP** |
| MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE |
| ROYAL GRAPE JUICE | BLUE Raspberry JUICE | BANANA | ORANGE | BLUE Raspberry JUICE |
| APPLE | MILK | MILK | MILK | MILK |

**Thursday**

| MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE |
| ROYAL GRAPE JUICE | BLUE Raspberry JUICE | BANANA | ORANGE | BLUE Raspberry JUICE |
| APPLE | MILK | MILK | MILK | MILK |

**Friday**

| 25. **WG APPLE CINNAMON TOAST** | 26. **WG CONFETTI PANCAKE** | 27. **WG BANANA BREAD** | 28. **WG APPLE FRUDEL** | 29. **WG TACO-GO EGG WRAP** |
| MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE | MOZZ STRING CHEESE |
| ROYAL GRAPE JUICE | BLUE Raspberry JUICE | BANANA | ORANGE | BLUE Raspberry JUICE |
| APPLE | MILK | MILK | MILK | MILK |

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**Meal Prices**

<table>
<thead>
<tr>
<th>Student</th>
<th>Breakfast $1.80</th>
<th>Lunch $2.90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced</td>
<td>.30</td>
<td>.40</td>
</tr>
</tbody>
</table>

**Adult**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2.00</td>
<td>$3.70</td>
</tr>
</tbody>
</table>

**Extra Milk** .50

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**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.

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**All Meals Served With Choice of Milk:**

- 1% White
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain.

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**Fresh Fruits & Vegetable Offered Daily.**

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**WG= 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**
### High School Lunch 2020

#### October

**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.

#### School Lunch Week

- **October 12 - 16, 2020**

**Fresh Fruits & Vegetable Offered Daily.**

**All Meals Served With Choice of Milk:**
- 1% White
- Fat Free Chocolate
- 100% Fortified Juice

Breakfast Cereals are reduced sugar and whole grain.

<table>
<thead>
<tr>
<th>Monday, October 5</th>
<th>Tuesday, October 6</th>
<th>Wednesday, October 7</th>
<th>Thursday, October 8</th>
<th>Friday, October 9</th>
</tr>
</thead>
</table>
| WG Corn Dogs, Baked Fries  
Or  
Turkey & Cheese Sandwich | Twisted Cheese Bread Stix  
Marinara  
Or  
PB&J Sandwich  
Mozz String Cheese | Rib-Q on WG Bun  
Or  
Chicken Salad Sandwich  
Harvest Cheddar Sunchips | Mandarin Chicken  
Steamed Rice  
Or  
Turkey Ham & Cheese Wrap | Chili, Crackers  
WG Cinnamon Roll  
Or  
PB&J Sandwich  
Mozz String Cheese |

<table>
<thead>
<tr>
<th>Monday, October 12</th>
<th>Tuesday, October 13</th>
<th>Wednesday, October 14</th>
<th>Thursday, October 15</th>
<th>Friday, October 16</th>
</tr>
</thead>
</table>
| WG Corn Dogs, Baked Fries  
Or  
Turkey & Cheese Sandwich | Twisted Cheese Bread Stix  
Marinara  
Or  
PB&J Sandwich  
Mozz String Cheese | Rib-Q on WG Bun  
Or  
Chicken Salad Sandwich  
Harvest Cheddar Sunchips | Mandarin Chicken  
Steamed Rice  
Or  
Turkey Ham & Cheese Wrap | Chili, Crackers  
WG Cinnamon Roll  
Or  
PB&J Sandwich  
Mozz String Cheese |

<table>
<thead>
<tr>
<th>Monday, October 19</th>
<th>Tuesday, October 20</th>
<th>Wednesday, October 21</th>
<th>Thursday, October 22</th>
<th>Friday, October 23</th>
</tr>
</thead>
</table>
| WG Chicken Nuggets  
Sweet Potato Fries  
Or  
Turkey & Cheese Sandwich | Meat & Cheese Nachos  
Or  
PB&J Sandwich  
Mozz String Cheese | Cheeseburger on WG Bun  
Or  
Chicken Salad Sandwich  
Harvest Cheddar Sunchips | Chicken Patty  
Mashed Potatoes & Gravy  
WG Dinner Roll  
Or  
Turkey Ham & Cheese Wrap | NO SCHOOL |

<table>
<thead>
<tr>
<th>Monday, October 26</th>
<th>Tuesday, October 27</th>
<th>Wednesday, October 28</th>
<th>Thursday, October 29</th>
<th>Friday, October 30</th>
</tr>
</thead>
</table>
| WG Chicken Nuggets  
Sweet Potato Fries  
Or  
Turkey & Cheese Sandwich | Meat & Cheese Nachos  
Or  
PB&J Sandwich  
Mozz String Cheese | Cheeseburger on WG Bun  
Or  
Chicken Salad Sandwich  
Harvest Cheddar Sunchips | Chicken Patty  
Mashed Potatoes & Gravy  
WG Dinner Roll  
Or  
Turkey Ham & Cheese Wrap | WG Tony’s Cheese Pizza  
Or  
PB&J Sandwich  
Mozz String Cheese |

**Meals Prices**

<table>
<thead>
<tr>
<th></th>
<th><strong>Student</strong> Breakfast</th>
<th>Reduced</th>
<th>Lunch</th>
<th>Extra Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$1.80</td>
<td>.30</td>
<td>$2.90</td>
<td>.40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>Adult</strong> Breakfast</th>
<th>Lunch</th>
<th>Extra Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$2.15</td>
<td>$3.70</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

**WG** = Whole Grain

*implies that item can be served with every entrée choice*

**National School Lunch Week October 12-16, 2020**

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

**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**

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