# October

## Independence Academy Breakfast Menu 2020

### Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Student</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$1.80</td>
<td>$2.15</td>
</tr>
<tr>
<td>Reduced</td>
<td>$.30</td>
<td>$.40</td>
</tr>
<tr>
<td>Lunch</td>
<td>$2.90</td>
<td>$3.70</td>
</tr>
<tr>
<td>Extra Milk</td>
<td>$.50</td>
<td></td>
</tr>
</tbody>
</table>

### 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 Chocolate
- 100% Fortified Juice

### Breakfast Cereals are reduced sugar and whole grain

### Fresh Fruits & Vegetable Offered Daily.

### **My Plate**

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.

### 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**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. WG Apple Cinnamon Toast Mozzarella String Cheese Apple Orange Juice Milk</td>
<td>6. WG Confetti Pancakes Mozzarella String Cheese Apple Juice Orange Milk</td>
<td>7. WG Banana Bread Mozzarella String Cheese Banana Orange Juice Milk</td>
<td>1. WG Apple Frudel Mozzarella String Cheese Orange Apple Juice Milk</td>
<td>2. WG Tac-Go Egg Wrap Mozzarella String Cheese Apple Slices Orange Juice Milk</td>
</tr>
<tr>
<td>26. WG Apple Cinnamon Toast Mozzarella String Cheese Apple Orange Juice Milk</td>
<td>27. WG Confetti Pancakes Mozzarella String Cheese Apple Juice Orange Milk</td>
<td>28. WG Banana Bread Mozzarella String Cheese Banana Orange Juice Milk</td>
<td>29. WG Apple Frudel Mozzarella String Cheese Orange Apple Juice Milk</td>
<td>30. WG Tac-Go Egg Wrap Mozzarella String Cheese Apple Slices Orange Juice Milk</td>
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</tbody>
</table>
### Independence Academy Lunch Menu 2020

#### Meal Prices
- **Student**
  - Breakfast: $1.80
  - Lunch: $2.90
  - Reduced: $1.10

- **Adult**
  - Breakfast: $2.15
  - Lunch: $3.70
  - Reduced: $1.40
  - Extra Milk: $0.50

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### October 12-16, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td><strong>WG CHICKEN NUGGETS</strong>&lt;br&gt;SWEET POTATO FRIES&lt;br&gt;OR&lt;br&gt;TURKEY &amp; CHEESE SANDWICH</td>
<td><strong>MEAT &amp; CHEESE NACHOS</strong>&lt;br&gt;OR&lt;br&gt;PB&amp;J SANDWICH&lt;br&gt;MOZZ STRING CHEESE</td>
<td><strong>CHEESEBURGER ON WG BUN</strong>&lt;br&gt;OR&lt;br&gt;CHICKEN SALAD SANDWICH&lt;br&gt;HARVEST CHEDDAR SUNCHIPS</td>
<td><strong>MANDARIN CHICKEN</strong>&lt;br&gt;STEAMED RICE&lt;br&gt;OR&lt;br&gt;TURKEY HAM &amp; CHEESE WRAP</td>
<td><strong>WG FIESTADA PIZZA</strong>&lt;br&gt;OR&lt;br&gt;PB&amp;J SANDWICH&lt;br&gt;MOZZ STRING CHEESE</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td><strong>WG MINI CORN DOGS</strong>&lt;br&gt;BAKED FRIES&lt;br&gt;OR&lt;br&gt;TURKEY &amp; CHEESE SANDWICH</td>
<td><strong>TWISTED CHEESE BREAD STIX</strong>&lt;br&gt;MARINARA&lt;br&gt;OR&lt;br&gt;PB&amp;J SANDWICH&lt;br&gt;MOZZ STRING CHEESE</td>
<td><strong>RIB-Q ON WG BUN</strong>&lt;br&gt;OR&lt;br&gt;CHICKEN SALAD SANDWICH&lt;br&gt;HARVEST CHEDDAR SUNCHIPS</td>
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<td><strong>CHICKEN PATTY</strong>&lt;br&gt;MASHED POTATOES &amp; GRAVY&lt;br&gt;WG DINNER ROLL&lt;br&gt;OR&lt;br&gt;TURKEY HAM &amp; CHEESE WRAP</td>
<td><strong>NO SCHOOL</strong></td>
</tr>
<tr>
<td>26</td>
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**Note:**
- **Celebration Sidekick FRZ Juice Cup**
- All meals served with choice of milk:
  - 1% White
  - Fat Free Chocolate
  - 100% Fortified Juice

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

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**FRESH FRUITS & VEGETABLES OFFERED DAILY**

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**INFORMATION:**
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**Mandatory School Lunch Menu Substitutions:**
- **WG FRIED RIBS**
- **WG CHICKEN NUGGETS**
- **WG MINI CORN DOGS**
- **WG BAKED FRIES**
- **WG TURKEY & CHEESE SANDWICH**
- **WG CHERRY BOMB HAM & CHEESE WRAP**

**Additional Information:**
- **WG CHICKEN NUGGETS**
- **WG BAKED FRIES**
- **WG TURKEY & CHEESE SANDWICH**

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**School Lunch Week OCTOBER 12-16, 2020**

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**Miscellaneous:**
- **NO SCHOOL**
- **CELEBRATION SIDEKICK FRZ JUICE CUP**

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