**Middle School Snack Menu 2020**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>ZEE ZEE ORIGINAL GRAHAMS</strong>&lt;br&gt; MIlk Choice</td>
<td>2. <strong>SIMPLY STRAWBERRY CHEX</strong>&lt;br&gt; MIlk Choice</td>
<td>3. <strong>VEGGIE CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
<td>4. <strong>CHEEZ-IT CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
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<tr>
<td>7. <strong>HAPPY LABOR DAY</strong>&lt;br&gt; VEGGIE CRACKERS&lt;br&gt; MIlk Choice</td>
<td>8. <strong>VEGGIE CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
<td>9. <strong>BLUEBERRY/LEMON CRISPY BITES</strong>&lt;br&gt; MIlk Choice</td>
<td>10. <strong>SMORE GRANOLA BAR</strong>&lt;br&gt; MIlk Choice</td>
<td>11. <strong>CRISPY CHEDDAR CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
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<td>14. <strong>ANIMAL CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
<td>15. <strong>VEGGIE CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
<td>16. <strong>BLUEBERRY/LEMON CRISPY BITES</strong>&lt;br&gt; MIlk Choice</td>
<td>17. <strong>SMORE GRANOLA BAR</strong>&lt;br&gt; MIlk Choice</td>
<td>18. <strong>CRISPY CHEDDAR CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
</tr>
<tr>
<td>21. <strong>BLUEBERRY/LEMON CRISPY BITES</strong>&lt;br&gt; MIlk Choice</td>
<td>22. <strong>ZEE ZEE ORIGINAL GRAHAMS</strong>&lt;br&gt; MIlk Choice</td>
<td>23. <strong>SIMPLY STRAWBERRY CHEX</strong>&lt;br&gt; MIlk Choice</td>
<td>24. <strong>VEGGIE CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
<td>25. <strong>NO SCHOOL</strong></td>
</tr>
<tr>
<td>28. <strong>BLUEBERRY/LEMON CRISPY BITES</strong>&lt;br&gt; MIlk Choice</td>
<td>29. <strong>VEGGIE CRACKERS</strong>&lt;br&gt; MIlk Choice</td>
<td>30. <strong>BLUEBERRY/LEMON CRISPY BITES</strong>&lt;br&gt; MIlk Choice</td>
<td></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.

**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**

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**Meal Prices**
- **Student**
  - Breakfast $1.80
  - Reduced .30
  - Lunch $2.90
  - Reduced .40
- **Adult**
  - Breakfast $2.15
  - Lunch $3.70
  - Extra Milk .50

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**ChooseMyPlate.gov**

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.

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**Money may be deposited into your student's 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**

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