



# August



## High School Breakfast Menu 2019

Meal Prices	
Student	
Breakfast	\$1.80
Reduced	.30
Lunch	
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
5			1	2
				9
12	13 <b>SCHOOL BEGINS</b> →	14 SAUSAGE & CHEESE ENGLISH MUFFIN OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	15 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	16 EGG & CHEESE BISCUIT OR COCOA PUFFS FILLED PASTRY OR DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
19 BLUEBERRY PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	20 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	21 SAUSAGE & CHEESE ENGLISH MUFFIN OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	22 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	23 EGG & CHEESE BISCUIT OR COCOA PUFFS FILLED PASTRY OR DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
26 BLUEBERRY PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	27 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	28 SAUSAGE & CHEESE ENGLISH MUFFIN OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	29 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	30 EGG & CHEESE BISCUIT OR COCOA PUFFS FILLED PASTRY OR DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS



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.

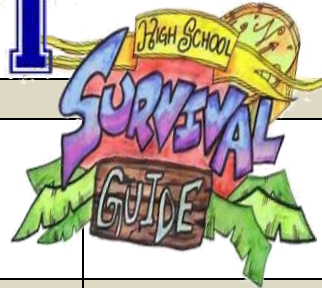
Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [www.myschoolbucks.com](http://www.myschoolbucks.com)





# AUGUST

# High School Lunch 2019



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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.**

			Thursday, August 1	Friday, August 2
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
	<b>SCHOOL BEGINS</b> 	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Chicken Patty, Dinner Roll Mashed Potatoes & Gravy Or Queso Nachos	Chicken N Waffles, Syrup Or Fiestada Pizza
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
Teriyaki Chicken, Stir-Fried Rice 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	Tyson Chicken Nuggets Mac N Cheese Or Pizza Quesadilla, Marinara
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
Cheese Rippers, Marinara Or Breakfast Meal: Biscuit, Eggs, Sausage	Hard Shell Tacos Mexican-Style Rice, Salsa Or Fish Sandwich	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Chicken Patty, Dinner Roll Mashed Potatoes & Gravy Or Queso Nachos	Chicken N Waffles, Syrup Or Fiestada Pizza

## Meal Prices

<b>Student</b>	<b>Adult</b>
Breakfast \$1.80	Breakfast \$2.15
Reduced .30	Lunch \$3.60
Lunch \$2.90	Extra Milk .50
Reduced .40	

## Grab N Go Meals

Salad Bar- Daily  
Yogurt Meal- M,W,F  
Smuckers Uncrustables- M,W,F  
Deli Sub- M,W,F  
Turkey & Cheese Sandwich- T,Th  
Chicken Salad Sandwich- W  
Tuna Salad Sandwich- T, Th

## Daily Pizza

Cheese  
Pepperoni  
Veggie

## Offered Daily

Hamburger  
Spicy Chicken Sandwich  
Cheeseburger  
Crispy Chicken Sandwich

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)

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\*\***

