



# Independence Academy Breakfast Menu 2019

**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  | 2   |
| 5  | 6  |   |  | 9   |
| 12   | 13<br><i>SCHOOL BEGINS</i><br>   | 14<br>COCOA PUFFS FILLED PASTRY<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE | 15<br>TRKY/SAU BREAKFAST PIZZA<br>OR<br>POP TART VARIETY<br>MOZZ STRING CHEESE                 | 16<br>ASSORTED YOGURT<br>CINNAMON GRANOLA<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE |
| 19<br>STRAWBERRY PANCAKES<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE  | 20<br>FRENCH TOAST STICKS<br>SAUSAGE<br>OR<br>POP TART VARIETY<br>MOZZ STRING CHEESE | 21<br>WHOLE GRAIN DONUT<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE         | 22<br>BISCUIT & GRAVY<br>CHEESY SCRAMBLED EGGS<br>OR<br>POP TART VARIETY<br>MOZZ STRING CHEESE | 23<br>ASSORTED YOGURT<br>CINNAMON CRISP<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE   |
| 26<br>APPLE CINNAMON TOAST<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE | 27<br>CHEESY SCRAMBLED EGGS<br>TOAST<br>OR<br>POP TART VARIETY<br>MOZZ STRING CHEESE | 28<br>COCOA PUFFS FILLED PASTRY<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE | 29<br>TRKY/SAU BREAKFAST PIZZA<br>OR<br>POP TART VARIETY<br>MOZZ STRING CHEESE                 | 30<br>ASSORTED YOGURT<br>CINNAMON GRANOLA<br>OR<br>CEREAL VARIETY<br>MOZZ STRING CHEESE |



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



## Independence Academy Lunch Menu 2019

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 Breakfast \$1.80  
 Reduced .30  
 Lunch \$2.90  
 Reduced .40  
**Adult**  
 Breakfast \$2.15  
 Lunch \$3.60  
 Extra Milk .50

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- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered**

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
|   |   |  | 1  | 2   |
| 5   | 6   |  |  | 9   |
| 12  | 13<br><i>SCHOOL BEGINS</i><br>→   | 14<br>CHICKEN SANDWICH<br>BAKED FRIES<br>OR<br>GRAB N GO PB&J SANDWICH | 15<br>MEATLOAF<br>MASHED POTATOES & GRAVY<br>HOT ROLL<br>OR<br>GRAB N GO HAM SANDWICH  | 16<br>CHICKEN & WAFFLES, SYRUP<br>OR<br>GRAB N GO PB&J SANDWICH |
| 19<br>TERIYAKI CHICKEN STIR-FRY<br>FORTUNE COOKIE<br>OR<br>GRAB N GO HAM SANDWICH | 20<br>HARD SHELL TACOS<br>LETTUCE/TOMATO/SALSA<br>MEXICAN-STYLE RICE<br>OR<br>GRAB N GO PB&J SANDWICH | 21<br>CHEESEBURGER, BAKED FRIES<br>OR<br>GRAB N GO HAM SANDWICH        | 22<br>CHICKEN PATTY, DINNER ROLL<br>MASHED POTATOES & GRAVY<br>OR<br>GRAB N GO PB&J SANDWICH   | 23<br>CHEESE PIZZA<br>OR<br>GRAB N GO TURKEY SANDWICH           |
| 26<br>MINI CORN DOGS, MAC N CHEESE<br>OR<br>GRAB N GO PB&J SANDWICH               | 27<br>CHICKEN NACHOS<br>REFRIED BEANS, SALSA<br>OR<br>GRAB N GO TURKEY SANDWICH                       | 28<br>LASAGNA ROLLUP, BREADSTICK<br>OR<br>GRAB N GO PB&J SANDWICH      | 29<br>CHICKEN NUGGETS, HOT ROLL<br>MASHED POTATOES & GRAVY<br>OR<br>GRAB N GO HAM SANDWICH<br><br>*SIDEKICK KIWI-STRAW FRZ JUICE CUP | 30<br>FIESTADA PIZZA<br>OR<br>GRAB N GO PB&J SANDWICH           |



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