

February




We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.isdschools.org/>

Elementary Early Education 3-5yr Breakfast Menu



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 [MypaymentsPlus.com](https://mypaymentsplus.com)

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 WG STRAWBERRY PANCAKES APPLESAUCE MILK	5 WG RICE CHEX WG TOAST BLUEBERRIES MILK	6 WG BISCUITS & GRAVY BANANA MILK	7 WG CONFETTI PANCAKES ORANGE WEDGES MILK	8 WG CHEERIOS WG TOAST PEARS MILK
11 WG BISCUIT CHEESY SCRAMBLED EGGS PEACHES MILK	12 WG BANANA PANCAKES STRAWBERRIES MILK	13 WG TRK/SAU BREAKFAST PIZZA BANANA MILK	14 WG CHEERIOS WG TOAST PEARS MILK	15 MANAGER'S CHOICE
18  WG - Whole Grain	19 WG RICE CHEX WG TOAST BLUEBERRIES MILK	20 WG BISCUIT & GRAVY BANANA MILK	21 WG CONFETTI PANCAKES ORANGE WEDGES MILK	22 WG CHEERIOS WG TOAST STRAWBERRIES MILK
25 WG BISCUIT CHEESY SCRAMBLED EGGS PEACHES MILK	26 WG BANANA PANCAKES STRAWBERRIES MILK	27 WG TRK/SAU BREAKFAST PIZZA BANANA MILK	28 WG CHEERIOS WG TOAST PEARS MILK	



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

WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.



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The Month of Grand Gestures

Elementary Early Education 3-5 yr Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Happy Valentine's Day</i></p>				<p>1 WG PIZZA CRUNCHERS STEAMED BROCCOLI MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK</p>
<p>4 WG FISH STICKS WG TWISTED MAC N CHEESE GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK</p>	<p>5 WG BEEF ENCHILADAS WG MEXICAN RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK</p>	<p>6 WG CHICKEN ALFREDO WG BREADSTICK STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK</p>	<p>7 HOMEMADE MEATLOAF MASHED POTATOES & GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>	<p>8 CHILI, WG CRACKERS WG CORNBREAD MUFFIN MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK</p>
<p>11 CHICKEN TERIYAKI WG LOMEIN NOODLES & VEGGIES COOKED PEAS MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK</p>	<p>12 WG SOFT SHELLED TACO SALSA COOKED CORN MIXED SALAD GREENS RANCH DRESSING PEACHES MILK</p>	<p>13 WG LASAGNA ROLLUP WG BREADSTICK STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>	<p>14 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY WG DINNER ROLL COOKED CARROTS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK *HOLIDAY COOKIE</p>	<p>15 MANAGER'S CHOICE</p>
 <p>Presidents Day</p>	<p>19 WG CHICKEN QUESADILLA SALSA STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK</p>	<p>20 CHICKEN & WG NOODLES WG BISCUIT PEAS & CARROTS MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK</p>	<p>21 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY WG HOT ROLL MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEARS MILK</p>	<p>22 WG CHEESEBURGER COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK</p>
<p>25 WG CHICKEN N WAFFLES, SYRUP BAKED BEANS MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>	<p>26 WG CHEESE PIZZA COOKED CORN MIXED SALAD GREENS RANCH DRESSING ROSY APPLESAUCE MILK</p>	<p>27 ORANGE CHICKEN STIR-FRY WG STEAMED RICE PEAS & CARROTS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK</p>	<p>28 WG CHICKEN PATTY MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK</p>	



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Elementary Early Education 3-5 yr Snack Menu




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WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
				1 GOLDFISH CRACKERS MILK
4 WG CRISPY VEGGIE CRACKERS MILK	5 WG RASPBERRY MINI BITES MILK	6 APPLE SLICES MILK	7 WG GOLDFISH CRACKERS MILK	8 WG ORIGINAL GRAHAMS MILK
11 WG GOLDFISH CRACKERS MILK	12 WG ANIMAL CRACKERS MILK	13 CINNAMON APPLESAUCE MILK	14 WG CRISPY CHEDDAR CRACKERS MILK	15 MANAGER'S CHOICE
18 	19 WG GOLDFISH CRACKERS MILK	20 WG CRISPY VEGGIE CRACKERS MILK	21 APPLE SLICES MILK	22 WG ORIGINAL GRAHAMS MILK
25 WG ANIMAL CRACKERS MILK	26 APPLESAUCE CUP MILK	27 WG CRISPY CHEDDAR CRACKERS MILK	28 STRING CHEESE WG CRACKERS 100% APPLE JUICE	

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