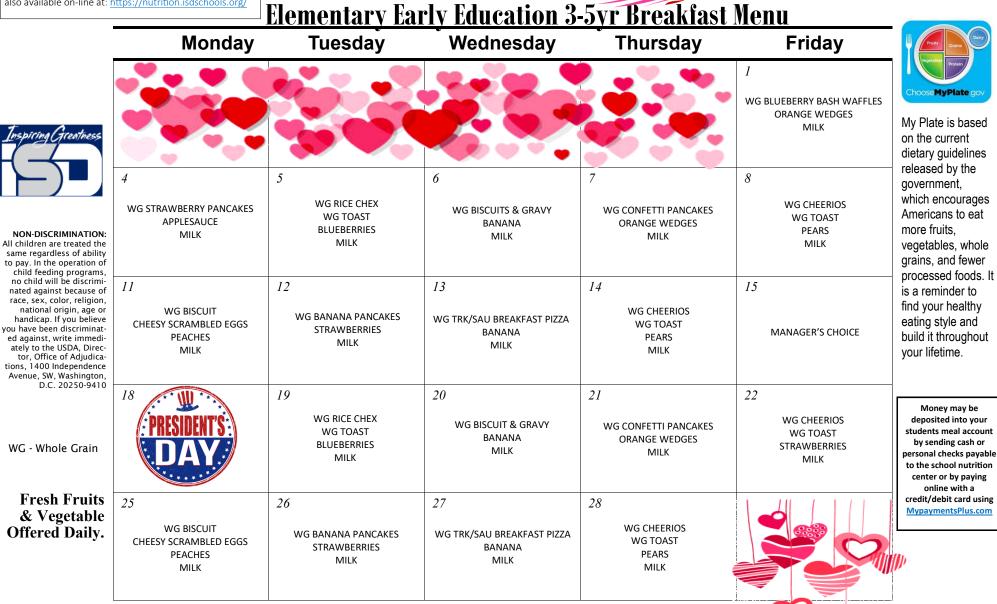
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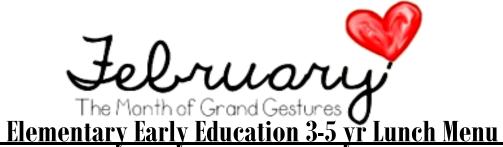




USDA This n

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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	Monday	Tuesday	Wednesday	Thursday	Friday	Fruits Grains
Inspicing Greatness	Happy Valentine's Day				I WG PIZZA CRUNCHERS STEAMED BROCCOLI MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK	Choose MyPlate My Plate is ba on the current dietary guideli
	4 WG FISH STICKS WG TWISTED MAC N CHEESE GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK	5 WG BEEF ENCHILADAS WG MEXICAN RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK	6 WG CHICKEN ALFREDO WG BREADSTICK STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK	7 HOMEMADE MEATLOAF MASHED POTATOES & GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	8 CHILI, WG CRACKERS WG CORNBREAD MUFFIN MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK	 released by the government, which encour Americans to more fruits, vegetables, we grains, and fee processed for the grocessed for the groces are grocessed for the groces are grocessed for the grocessed f
NON-DISCRIMINATION: children are treated the ime regardless of ability pay. In the operation of child feeding programs, no child will be discrimi- ated against because of ace, sex, color, religion, national origin, age or handicap. If you believe have been discriminat-	11 CHICKEN TERIYAKI WG LOMEIN NOODLES & VEGGIES COOKED PEAS MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK	12 _{WG} soft shelled taco salsa cooked corn mixed salad greens ranch dressing peaches milk	13 WG LASAGNA ROLLUP WG BREADSTICK STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	14 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY WG DINNER ROLL COOKED CARROTS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK *HOLIDAY COOKIE	15 MANAGER'S CHOICE	is a reminder find your heal eating style a build it throug your lifetime.
l against, write immedi- tely to the USDA, Direc- tor, Office of Adjudica- ns, 1400 Independence venue, SW, Washington, D.C. 20250-9410	18 Presidents Day	19 _{WG} CHICKEN QUESADILLA SALSA STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK	20 _{CHICKEN & WG NOODLES} WG BISCUIT PEAS & CARROTS MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK	21 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY WG HOT ROLL MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEARS MILK	22 WG CHEESEBURGER COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK	Money may deposited intr students meal a by sending ca personal checks to the school n center or by p online wit
Fresh Fruits & Vegetable Offered Daily.	25 WG CHICKEN N WAFFLES, SYRUP BAKED BEANS MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	26 WG CHEESE PIZZA COOKED CORN MIXED SALAD GREENS RANCH DRESSING ROSY APPLESAUCE MILK	27 _{ORANGE} CHICKEN STIR-FRY WG STEAMED RICE PEAS & CARROTS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK	28 WG CHICKEN PATTY MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK		Credit/debit car MypaymentsPl

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	Monday	Tuesday	Wednesday	Thursday	Friday	Vegetables
ing Greatness	Happy Valentines				I GOLDFISH CRACKERS MILK	Choose MyPlate My Plate is to on the curre dietary guide released by government
DISCRIMINATION: ren are treated the egardless of ability in the operation of feeding programs, ild will be discrimi- against because of	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	which encou Americans to more fruits, vegetables, grains, and processed for is a reminde
sex, color, religion, ional origin, age or icap. If you believe e been discriminat- inst, write immedi- to the USDA, Direc- Office of Adjudica- 400 Independence e, SW, Washington, D.C. 20250-9410	11 WG GOLDFISH CRACKERS MILK	12 WG ANIMAL CRACKERS MILK	13 CINNAMON APPLESAUCE MILK	14 WG CRISPY CHEDDAR CRACKERS MILK	15 MANAGER'S CHOICE	find your hea eating style build it throu your lifetime Money may deposited into
Vhole Grain	18 Providencia	19 WG GOLDFISH CRACKERS MILK	20 WG CRISPY VEGGIE CRACKERS MILK	21 APPLE SLICES MILK	22 WG ORIGINAL GRAHAMS MILK	students meal a by sending ca personal checks to the school n center or by p online witi credit/debit can <u>MypaymentsPl</u>
	25 WG ANIMAL CRACKERS MILK	26 APPLESAUCE CUP MILK	27 WG CRISPY CHEDDAR CRACKERS MILK	28 STRING CHEESE WG CRACKERS 100% APPLE JUICE		

USDA This menu meets and has been certified under the NEW USDA GUIDELINES

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