**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.**

<table>
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<tr>
<th>Monday</th>
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<tr>
<td>3</td>
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</tbody>
</table>
| WG TRKY SAU BREAKFAST PIZZA  
KIWI WEDGES  
MILK | CHEESY SCRAMBLED EGGS  
WG TOAST  
PEACHES  
MILK | WG MINI MAPLE PANCAKES  
BANANA  
MILK | WG MINI BISCUITS & GRAVY  
STRAWBERRIES  
MILK | WG BLUEBERRY MUFFIN  
YOGURT  
PINEAPPLE TIDBITS  
MILK |
| 10     | 11      | 12        | 13       | 14     |
| WG BREAKFAST EGG TAC-GO  
APPLESAUCE  
MILK | WG APPLE CINNAMON OATMEAL  
BLUEBERRIES  
MILK | WG CHEERIOS  
WG TOAST  
BANANA  
MILK | CHEESY SCRAMBLED EGGS  
WG MINI BISCUIT  
ORANGE WEDGES  
MILK | WG STRAWBERRY PANCAKES  
Pears  
MILK |
| 17     | 18      | 19        | 20       | 21     |
| PRESIDENT'S DAY | CHEESY SCRAMBLED EGGS  
WG TOAST  
KIWI WEDGES  
MILK | WG MINI MAPLE PANCAKES  
BANANA  
MILK | WG MINI BISCUITS & GRAVY  
STRAWBERRIES  
MILK | WG BLUEBERRY MUFFIN  
YOGURT  
PINEAPPLE TIDBITS  
MILK |
| 24     | 25      | 26        | 27       | 28     |
| WG BREAKFAST EGG TAC-GO  
APPLESAUCE  
MILK | WG APPLE CINNAMON OATMEAL  
PEARS  
MILK | CHEESY SCRAMBLED EGGS  
WG MINI BISCUIT  
BANANA  
MILK | WG STRAWBERRY PANCAKES  
ORANGE WEDGES  
MILK | WG CHEERIOS  
WG TOAST  
BLUEBERRIES  
MILK |

**WD - Whole Grain**
### Truman Early Education 1-2yr Lunch Menu 2020

#### February

<table>
<thead>
<tr>
<th>Monday</th>
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</tbody>
</table>
| WG FISH BITES  
WG MAC & CHEESE  
MIXED VEGETABLES  
Pears  
Milk | WG FIESTADA PIZZA  
GREEN BEANS  
STRAWBERRIES & BLUEBERRIES  
Milk | WG CHICKEN SANDWICH  
SWEET POTATO TRAX  
MIXED SALAD GREENS  
ITALIAN DRESSING  
STRAWBERRY FRUIT MEDLEY  
Milk | SLICED MEATLOAF  
AU GRATIN POTATOES  
WG HOT ROLL  
STEAMED BROCCOLI  
PEACHES  
Milk | CHEESEBURGER ON WG BUN  
BAKED FRIES  
LETTUCE/TOMATO/PICKLE  
COOKED CARROTS  
ROSY APPLESAUCE  
MILK |
| 10     | 11      | 12        | 13       | 14     |
| WG HOT HAM & CHEESE  
PANINI  
GREEN BEANS  
Pears  
Milk | WG BEEF ENCHILADAS  
WG MEXICAN-STYLE RICE  
COOKED CORN  
BANANA  
SALSA  
MILK | WG SPAGHETTI W/  
ZESTY MEATSauce  
MIXED SALAD GREENS  
ITALIAN DRESSING  
ORANGE WEDGES  
Milk | WG VALENTINE CHICKEN  
NUGGETS  
MASHED POTATOES & GRAVY  
GREEN BEANS  
PEACHES  
MILK | CHILI, WG CRACKERS,  
WG CORNBREAD MUFFIN  
STEAMED BROCCOLI  
HOLIDAY SIDEKICK  
100% FRZ JUICE CUP  
MILK |
| 17     | 18      | 19        | 20       | 21     |
| WG TANGERINE CHICKEN  
WG STEAMED RICE  
COOKED PEAS  
HOT SPICED APPLES  
MILK | WG FIESTADA PIZZA  
GREEN BEANS  
Pears  
Milk | CHICKEN & WG NOODLES  
WG MINI BISCUIT  
MIXED SALAD GREENS  
ITALIAN DRESSING  
PEACHES  
MILK | WG BEEF FINGERS  
MASHED POTATOES & GRAVY  
STEAMED BROCCOLI  
STRAW/POM FRZ JUICE CUP  
MILK | SLOPPY JOE ON WG BUN  
BAKED TATER TOTS  
COOKED CARROTS  
STRAWBERRIES & BLUEBERRIES  
MILK |
| 24     | 25      | 26        | 27       | 28     |
| WG TANGERINE CHICKEN  
WG STEAMED RICE  
COOKED PEAS  
HOT SPICED APPLES  
MILK | WG GRILLED CHEESE SANDWICH  
GREEN BEANS  
STRAWBERRY FRUIT MEDLEY  
Milk | WG SOFT SHELLED TACO  
REFRIED BEANS, SALSA  
COOKED CORN  
BANANA  
Milk | CHICKEN PATTY  
MASHED POTATOES & GRAVY  
WG HOT ROLL  
STEAMED BROCCOLI  
PEACHES  
MILK | WG TANGERINE CHICKEN  
WG STEAMED RICE  
COOKED PEAS  
HOT SPICED APPLES  
MILK |
| 25     | 26      | 27        | 28       |        |
| WG SOFT SHELLED TACO  
REFRIED BEANS, SALSA  
COOKED CORN  
BANANA  
Milk | WG BEEFY MAC & CHEESE  
MIXED SALAD GREENS  
RANCH DRESSING  
Pears  
Milk | CHICKEN PATTY  
MASHED POTATOES & GRAVY  
WG HOT ROLL  
STEAMED BROCCOLI  
PEACHES  
MILK | WG BEEFY MAC & CHEESE  
MIXED SALAD GREENS  
RANCH DRESSING  
Pears  
Milk |        |

**WE reserve the right to make menu substitutions as necessary**

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**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.

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

816.521.5371

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## Truman Early Education 1-2yr Snack Menu 2020

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<tr>
<td>WG CRISPY CHEDDAR CRACKERS</td>
<td>APPLESAUCE CUP</td>
<td>WG BLUEBERRY LEMON CRISPY BITES</td>
<td>ORANGE WEDGES</td>
<td>STRING CHEESE</td>
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<tr>
<td>MILK</td>
<td>MILK</td>
<td>MILK</td>
<td>MILK</td>
<td>WG CRACKERS</td>
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</tr>
<tr>
<td>WG ORIGINAL GRAHAMS</td>
<td>ASSORTED YOGURT</td>
<td>WG APPLE CINNAMON MUFFIN</td>
<td>WG GOLDFISH CRACKERS</td>
<td>BANANA</td>
</tr>
<tr>
<td>MILK</td>
<td>100% APPLE JUICE</td>
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<td>ORANGE WEDGES</td>
<td>WG CHEEZ-IT CRACKERS</td>
<td>WG BLUEBERRY LEMON CRISPY BITES</td>
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**Presidents Day:**

**WG - Whole Grain**

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