

2019

January

High School Breakfast Menu



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/>

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.80
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.45
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 HAPPY New Year	2 NO SCHOOL	3 SAUSAGE & CHEESE WG ENGLISH MUFFIN OR WHOLE GRAIN BREAKFAST BUN DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	4 EGG & CHEESE BISCUIT OR APPLE FRUDEL DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
7 CONFETTI PANCAKES OR ASSORTED YOGURT ORIGINAL GRAHAMS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	8 SAUSAGE & CHEESE WG ENGLISH MUFFIN OR WHOLE GRAIN BREAKFAST BUN DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	9 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	10 FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	11 EGG & CHEESE BISCUIT OR APPLE FRUDEL DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
14 CONFETTI PANCAKES OR ASSORTED YOGURT ORIGINAL GRAHAMS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	15 SAUSAGE & CHEESE WG ENGLISH MUFFIN OR WHOLE GRAIN BREAKFAST BUN DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	16 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	17 FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	18 NO SCHOOL
21 MLK Day	22 SAUSAGE & CHEESE WG ENGLISH MUFFIN OR WHOLE GRAIN BREAKFAST BUN DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	23 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	24 FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	25 EGG & CHEESE BISCUIT OR APPLE FRUDEL DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
28 CONFETTI PANCAKES OR ASSORTED YOGURT ORIGINAL GRAHAMS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	29 SAUSAGE & CHEESE WG ENGLISH MUFFIN OR WHOLE GRAIN BREAKFAST BUN DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	30 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	31 FRENCH TOAST STICKS SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT 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 MypaymentsPlus.com





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Fresh Fruits & Vegetable Bar Offered Daily.

January

High School Lunch 2019

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
		NO SCHOOL	Buffalo Crunchers Or Queso Nachos <u>Bar Option:</u> Country Style Steak	Lasagna Rollup, Breadstick Or Pizza Max Quesadilla <u>Bar Option:</u> Orange Chicken
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Chicken Nuggets, Mac N Cheese Or Mozzarella Pinwheel, Marinara <u>Bar Option:</u> French Toast Sticks	Buffalo Chicken Pizza Or Mini Corn Dogs <u>Bar Option:</u> Chipotle Chicken	Chicken Quesadilla, Salsa Or Country Style Steak Sandwich <u>Bar Option:</u> Chicken Alfredo	Pizza Crunchers, Dipping Sauce Or Nacho Bites, Salsa <u>Bar Option:</u> Chicken Patty	Rib-Q on Bun Or Cheese Ripper, Dipping Sauce <u>Bar Option:</u> Teriyaki Chicken
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Hot Dog, Mac N Cheese Or Cheese Breadsticks, Dipping Sauce <u>Bar Option:</u> Biscuit & Gravy	Chicken N Waffles, Syrup Or Pepperoni Pinwheel <u>Bar Option:</u> Taco Meat	Chicken & Noodles, Biscuit Or Fiestada Pizza <u>Bar Option:</u> Meat Sauce	Buffalo Crunchers Or Queso Nachos <u>Bar Option:</u> Country Style Steak	NO SCHOOL
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
	Buffalo Chicken Pizza Or Mini Corn Dogs <u>Bar Option:</u> Chipotle Chicken	Chicken Quesadilla, Salsa Or Country Style Steak Sandwich <u>Bar Option:</u> Chicken Alfredo	Pizza Crunchers, Dipping Sauce Or Nacho Bites, Salsa <u>Bar Option:</u> Chicken Patty	Fish Taco Or Cheese Ripper, Dipping Sauce <u>Bar Option:</u> Teriyaki Chicken
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Hot Dog, Mac N Cheese Or Cheese Breadsticks, Dipping Sauce <u>Bar Option:</u> Biscuit & Gravy	Chicken N Waffles, Syrup Or Pepperoni Pinwheel <u>Bar Option:</u> Taco Meat	Rib-Q on Bun Or Fiestada Pizza <u>Bar Option:</u> Meat Sauce	Buffalo Crunchers Or Queso Nachos <u>Bar Option:</u> Country Style Steak	

Featured Option: Entrée Rotates Weekly

Monday: Breakfast Bar	Tuesday: Taco Bar	Wednesday: Pasta Bar	Thursday: Homestyle Bar	Friday: Rice/Noodle Bar
French Toast Sticks or Biscuit & Gravy Cheesy Scrambled Eggs Sausage	Taco Meat or Chipotle Chicken Nacho Chips Mexican Rice Peppers & Onions Refried Beans & Salsa	Meat Sauce or Chicken Alfredo Pasta Marinara Breadstick	Country Style Steak or Chicken Patty Mashed Potatoes & Gravy Hot Roll	Orange Chicken or Teriyaki Chicken Steamed Rice or Noodles Fortune Cookie

Meal Prices

Student	Adult
Breakfast \$1.70	Breakfast \$2.00
Reduced .30	Lunch \$3.45
Lunch \$2.80	Extra Milk .50
Reduced .40	

Salads & Sandwiches

Grab N Go PB&J Uncrustable M,W,F
Grab N Go Turkey & Cheese Sandwich T,Th
Grab N Go Yogurt Meal M,W,F (not available Jan. 4th)
Grab N Go Tuna Sandwich T,Th
Grab N Go Deli Sub M,W,F

Pizza

Cheese
Pepperoni
Veggie
BBQ Chicken

Offered Daily

Hamburger
Cheeseburger
Crispy Chicken Sandwich
Spicy Chicken Sandwich
Grab N Go Salad Bar

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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****



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