

2019

JANUARY

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/>

Independence Arts & Technology 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)



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

Monday	Tuesday	Wednesday	Thursday	Friday
		NO SCHOOL	CEREAL VARIETY MOZZ STRING CHEESE	WHOLE GRAIN BREAKFAST BUN
7 ASSORTED POP TARTS	8 CEREAL VARIETY MOZZ STRING CHEESE	9 CINNAMON CRISPS ASSORTED YOGURT	10 CEREAL VARIETY MOZZ STRING CHEESE	11 APPLE FRUDEL
14 BLUEBERRY PANCAKES	15 CEREAL VARIETY MOZZ STRING CHEESE	16 ASSORTED YOGURT ORIGINAL GRAHAMS	17 CEREAL VARIETY MOZZ STRING CHEESE	NO SCHOOL
	22 CEREAL VARIETY MOZZ STRING CHEESE	23 CINNAMON CRISPS ASSORTED YOGURT	24 CEREAL VARIETY MOZZ STRING CHEESE	25 APPLE FRUDEL
28 BLUEBERRY PANCAKES	29 CEREAL VARIETY MOZZ STRING CHEESE	30 ASSORTED YOGURT ORIGINAL GRAHAMS	31 CEREAL VARIETY MOZZ STRING CHEESE	

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

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

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



January

2019

Independence Arts & Technology Lunch 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:
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All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered at Breakfast

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 NO SCHOOL	3 CHEESE PIZZA OR GRAB N GO TURKEY SANDWICH	4 CHICKEN N WAFFLES, SYRUP OR GRAB N GO HAM SANDWICH
7 ORANGE CHICKEN STIR-FRY STEAMED RICE, FORTUNE COOKIE OR GRAB N GO TURKEY SANDWICH	8 HARD SHELL TACOS LETTUCE/TOMATO/SALSA MEXICAN RICE OR GRAB N GO HAM SANDWICH	9 CHEESEBURGER BAKED FRIES OR GRAB N GO TURKEY SANDWICH	10 CHICKEN PATTY DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH	11 CHILI, CRACKERS CINNAMON ROLL OR GRAB N GO TURKEY SANDWICH
14	15 CHICKEN QUESADILLAS SALSA CHERRY CRISP OR GRAB N GO HAM SANDWICH CHERR CRISP	16 LASAGNA ROLLUP BREADSTICK OR GRAB N GO TURKEY SANDWICH	17 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY HOT ROLL OR GRAB N GO HAM SANDWICH	18 NO SCHOOL
21 	22 FIESTA NACHOS, REFRIED BEANS, SALSA OR GRAB N GO HAM SANDWICH	23 CHICKEN TERIYAKI STIR-FRY WG NOODLES, FORTUNE COOKIE OR GRAB N GO TURKEY SANDWICH	24 CHICKEN NUGGETS MASHED POTATOES & GRAVY DINNER ROLL OR GRAB N GO HAM SANDWICH	25 SPAGHETTI W/ ZESTY MEATSAUCE CHEESE FILLED BREADSTICK OR GRAB N GO TURKEY SANDWICH
28 PIZZA CRUNCHERS DIPPING SAUCE OR GRAB N GO TURKEY SANDWICH	29 QUESO CHICKEN NACHOS SALSA, REFRIED BEANS OR GRAB N GO HAM SANDWICH	30 CHICKEN ALFREDO BREADSTICK OR GRAB N GO TURKEY SANDWICH	31 MEATLOAF MASHED POTATOES & GRAVY HOT ROLL OR GRAB N GO HAM SANDWICH	



My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

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

