

# 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 Academy Breakfast Menu



**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 at breakfast

Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered Daily.**

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   | <p><b>NO SCHOOL</b></p>  | <p>3<br/>           TURKEY SAUSAGE BREAKFAST PIZZA<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>             | <p>4<br/>           WHOLE GRAIN BREAKFAST BUN<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> |
| <p>7<br/>           ASSORTED POP TARTS<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>  | <p>8<br/>           FRENCH TOAST STICKS SAUSAGE<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>  | <p>9<br/>           CINNAMON CRISPS ASSORTED YOGURT<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>   | <p>10<br/>           BISCUIT &amp; GRAVY CHEESY SCRAMBLED EGGS<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>11<br/>           APPLE FRUDEL<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>             |
| <p>14<br/>           BLUEBERRY PANCAKES<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>15<br/>           CHEESY SCRAMBLED EGGS TOAST<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>16<br/>           ASSORTED YOGURT ORIGINAL GRAHAMS<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>17<br/>           TURKEY SAUSAGE BREAKFAST PIZZA<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>            | <p><b>NO SCHOOL</b></p>  |
|  | <p>22<br/>           FRENCH TOAST STICKS SAUSAGE<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>23<br/>           CINNAMON CRISPS ASSORTED YOGURT<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>  | <p>24<br/>           BISCUIT &amp; GRAVY CHEESY SCRAMBLED EGGS<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>25<br/>           APPLE FRUDEL<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>             |
| <p>28<br/>           BLUEBERRY PANCAKES<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>29<br/>           CHEESY SCRAMBLED EGGS TOAST<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>30<br/>           ASSORTED YOGURT ORIGINAL GRAHAMS<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p> | <p>31<br/>           TURKEY SAUSAGE BREAKFAST PIZZA<br/>           OR<br/>           CEREAL VARIETY MOZZ STRING CHEESE</p>            |  |

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](http://MypaymentsPlus.com)





# January

# 2019

## Independence Academy Lunch Menu

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