



January

Elementary Early Education 3-5yr Breakfast Menu 2020



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.



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

WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 WG BREAKFAST PIZZA PEARS MILK	7 WG MAPLE PANCAKES BLUEBERRIES MILK	8 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	9 WG CHEERIOS WG TOAST STRAWBERRIES MILK	10 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK
13 WG STRAWBERRY PANCAKES APPLESAUCE MILK	14 WG RICE CHEX WG TOAST PEARS MILK	15 WG BISCUITS & GRAVY BANANA MILK	16 WG BLUEBERRY MUFFIN ASSORTED YOGURT ORANGE WEDGES MILK	17 WG CHEERIOS WG TOAST PEACHES MILK
20 Martin Luther King Day 	21 WG MAPLE PANCAKES BLUEBERRIES MILK	22 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	23 WG CHEERIOS WG TOAST STRAWBERRIES MILK	24 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK
27 WG STRAWBERRY PANCAKES APPLESAUCE MILK	28 WG BLUEBERRY MUFFIN ASSORTED YOGURT PEARS MILK	29 WG BISCUITS & GRAVY BANANA MILK	30 WG TAC-GO, SALSA ORANGE WEDGES MILK	31 WG CHEERIOS WG TOAST STRAWBERRIES MILK

January

Elementary Early Education 3-5 yr Lunch Menu 2020



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

WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 WG CHICKEN & WAFFLES SYRUP BAKED BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK	7 WG GRILLED CHEESE TATER TOTS COOKED CORN MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK	8 WG SPAGHETTI W/ ZESTY MEATSAUCE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK	9 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK	10 WG FIESTADA PIZZA COOKED CARROTS MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK
13 WG CHICKEN & NOODLES WG BISCUIT GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK	14 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK	15 WG FISH NUGGETS WG MAC N CHEESE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING MIXED BERRIES MILK	16 MEATLOAF MASHED POTATOES & GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	17 CHILI, WG CRACKERS WG CORNBREAD MUFFIN MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK
20 	21 HOT HAM & CHEESE PANINI SWEET POTATO TRAX STEAMED BROCCOLI MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK	22 WG LASAGNA ROLLUP WG BREADSTICK COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK	23 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK	24 WG CHEESE PIZZA COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING PEARS MILK
27 WG CHICKEN SANDWICH MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEACHES MILK	28 WG SOFT SHELLED TACO SALSA COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK	29 CHICKEN TERIYAKI WG LO MEIN NOODLES STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PINEAPPLE TIDBITS MILK	30 WG BEEF FINGERS MASHED POTATOES & GRAVY WG HOT ROLL PEAS MIXED SALAD GREENS RANCH DRESSING PEARS MILK	31 WG CHEESEBURGER BAKED FRIES GREEN BEANS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK

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.

JANUARY

Elementary Early Education 3-5 yr Snack Menu 2020



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.



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

WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 WG ANIMAL CRACKERS MILK	7 APPLE SLICES MILK	8 WG CRISPY CHEDDAR CRACKERS MILK	9 WG SIMPLY STRAWBERRY CHEX MILK	10 WG BLUEBERRY MUFFIN MILK
13 WG CRISPY VEGGIE CRACKERS MILK	14 WG BLUEBERRY/LEMON CRISPY BITES MILK	15 WG CHEDDAR GOLDFISH MILK	19 APPLE SLICES MILK	17 WG ORIGINAL GRAHAMS MILK
20 	21 APPLE SLICES MILK	22 WG SIMPLY STRAWBERRY CHEX MILK	23 WG APPLE CINNAMON MUFFIN MILK	24 WG CHEEZ-IT CRACKERS MILK
27 WG RASPBERRY MINI BITES MILK	28 WG CHEDDAR GOLDFISH MILK	29 APPLESAUCE CUP MILK	30 WG ORIGINAL GRAHAMS MILK	31 WG BLUEBERRY/LEMON CRISPY BITES MILK



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