



# January

## High School 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.

Meal Prices	
Student	
Breakfast	\$1.80
Reduced	.30
Lunch	\$2.90
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.60
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 	2	3
6 CONFETTI PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	7 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	8 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	9 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	10 EGG & CHEESE BISCUIT OR CINN TOAST CRUNCH FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
13 CONFETTI PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	14 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	15 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	16 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	17 EGG & CHEESE BISCUIT OR CINN TOAST CRUNCH FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
20 	21 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	22 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	23 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	24 EGG & CHEESE BISCUIT OR CINN TOAST CRUNCH FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
27 CONFETTI PANCAKES OR CINNI MINIS  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	28 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	29 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	30 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	31 EGG & CHEESE BISCUIT OR CINN TOAST CRUNCH FILLED PASTRY  DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS

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 [www.myschoolbucks.com](http://www.myschoolbucks.com)



# January High School Lunch 2020

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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.**

		Wednesday, January 1	Thursday, January 2	Friday, January 3
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
BBQ Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Breakfast Meal Or Chicken Sandwich	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger	Lasagna Rollup Or Chili Dog Or Spicy Chicken Sandwich	Chicken Patty, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara Or Cheeseburger	Tyson Nashville Hot Breaded Chicken Bites, Garlic Texas Toast Or Rib-Q Or Chicken Sandwich
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
Tyson Sriracha Chicken Stir Fried Rice Or Breakfast Meal Or Chicken Sandwich	Fiesta Meat Nachos Mexican-Style Rice, Salsa Or Fish Sandwich Or Cheeseburger	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs Or Spicy Chicken Sandwich	Tyson Hot & Spicy Drumstick Cheesy Au Gratin Potatoes Dinner Roll Or Queso Nachos Or Cheeseburger	Chili, Crackers, Cinnamon Roll Or Fiestada Pizza Or Chicken Sandwich
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger	Chicken & Noodles, Breadstick Or Chili Dog Or Spicy Chicken Sandwich	Chicken Patty, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara Or Cheeseburger	Tyson Nashville Hot Breaded Chicken Bites, Garlic Texas Toast Or Rib-Q Or Chicken Sandwich
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
Tyson Sriracha Chicken Stir Fried Rice Or Breakfast Meal Or Chicken Sandwich	Fiesta Meat Nachos Mexican-Style Rice, Salsa Or Fish Sandwich Or Cheeseburger	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs Or Spicy Chicken Sandwich	Tyson Hot & Spicy Drumstick Cheesy Au Gratin Potatoes Dinner Roll Or Queso Nachos Or Cheeseburger	Chicken N Waffles, Syrup Or Fiestada Pizza Or Chicken Sandwich

\* implies that item can be served with every entrée choice

## Meal Prices

Student	Adult
Breakfast \$1.80	Breakfast \$2.15
Reduced .30	Lunch \$3.60
Lunch \$2.90	Extra Milk .50
Reduced .40	

## Grab N Go Meals

- Salad Bar- Daily
- Yogurt Meal- M,W,F
- Smuckers Uncrustables- M,W,F
- Deli Sub- M,W,F
- Turkey & Cheese Sandwich- T,Th
- Chicken Salad Sandwich- W
- Tuna Salad Sandwich- T, Th

## Daily Smart Mouth Options

- Cheese Pizza
- Pepperoni Pizza
- Sausage Calzone
- Cheesy Bread



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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\*\***