



# January

## Independence Academy Breakfast Menu 2020

**Meal Prices**  
**Student**  
 Breakfast \$1.80  
 Reduced .30  
 Lunch \$2.90  
 Reduced .40  
**Adult**  
 Breakfast \$2.15  
 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 <b>Happy New Year!</b>	2	3
6 APPLE CINNAMON TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	7 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE	8 CINNAMON TOAST CRUNCH FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE	9 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE	10 ASSORTED YOGURT CINNAMON GRANOLA OR CEREAL VARIETY MOZZ STRING CHEESE
13 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	14 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE	15 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE	16 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE	17 ASSORTED YOGURT CINNAMON CRISPS OR CEREAL VARIETY MOZZ STRING CHEESE
20 <b>Martin Luther King Day</b> 	21 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE	22 CINNAMON TOAST CRUNCH FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE	23 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE	24 ASSORTED YOGURT CINNAMON GRANOLA OR CEREAL VARIETY MOZZ STRING CHEESE
27 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	28 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE	29 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE	30 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE	31 ASSORTED YOGURT CINNAMON CRISPS OR CEREAL VARIETY MOZZ STRING CHEESE



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





# January

## Independence Academy Lunch Menu 2020

**Meal Prices**  
**Student**  
 Breakfast \$1.80  
 Reduced .30  
 Lunch \$2.90  
 Reduced .40  
**Adult**  
 Breakfast \$2.15  
 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**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 CHICKEN SANDWICH SWEET POTATO TRAX OR GRAB N GO PB&J SANDWICH	7 BEEF ENCHILADAS, SALSA MEXICAN-STYLE RICE OR GRAB N GO TURKEY SANDWICH	8 CHICKEN & NOODLES MINI BISCUIT OR GRAB N GO PB&J SANDWICH	9 MEATLOAF, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH	10 CHEESE PIZZA OR GRAB N GO PB&J SANDWICH
13 MANDARIN CHICKEN STIR FRIED RICE FORTUNE COOKIE OR GRAB N GO TURKEY SANDWICH	14 HARD SHELL BEEF TACOS LETTUCE/TOMATO/SALSA MEXICAN-STYLE RICE OR GRAB N GO PB&J SANDWICH	15 CHEESEBURGER, BAKED FRIES OR GRAB N GO HAM SANDWICH	16 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	17 CHILI, CRACKERS, CINNAMON ROLL OR GRAB N GO TURKEY SANDWICH
20 	21 CHICKEN NACHOS REFRIED BEANS, SALSA OR GRAB N GO TURKEY SANDWICH	22 LASAGNA ROLLUP, BREADSTICK OR GRAB N GO PB&J SANDWICH	23 CHICKEN NUGGETS, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH *KIWI-STRAWBERRY SIDEKICK FRZ JUICE CUP	24 FIESTADA PIZZA OR GRAB N GO PB&J SANDWICH
27 SPAGHETTI W/ZESTY MEATSAUCE BREADSTICK OR GRAB N GO TURKEY SANDWICH	28 FIESTA NACHOS REFRIED BEANS, SALSA OR GRAB N GO PB&J SANDWICH	29 CHICKEN TERIYAKI STIR-FRY FORTUNE COOKIE OR GRAB N GO HAM SANDWICH	30 BREADED BEEF FINGERS MASHED POTATOES & GRAVY DINNER ROLL OR GRAB N GO PB&J SANDWICH	31 PEPPERONI PIZZA OR GRAB N GO TURKEY SANDWICH



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

