ady SET GO!	ead play learn run ^{greann}		1-5 YRS Breakf		1 Other
	Monday	Tuesday	Wednesday	Thursday	Friday
NON-DISCRIMINATION: children are treated the me regardless of ability pay. In the operation of			l happy New Year	2	3
hild feeding programs, o child will be discrimi- ted against because of ce, sex, color, religion, national origin, age or andicap. If you believe have been discriminat- against, write immedi- ely to the USDA, Direc- tor, Office of Adjudica- is, 1400 Independence enue, SW, Washington,	6 WG TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK	7 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	8 WG MINI MAPLE PANCAKES BANANA MILK	9 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	10 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
D.C. 20250-9410	13 WG EGG TAC-GO APPLESAUCE MILK	<i>I 4</i> WG APPLE CINN OATMEAL BLUEBERRIES MILK	<i>15</i> WG CHEERIOS WG TOAST BANANA MILK	16 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	17 WG STRAWBERRY PANCAKES PEARS MILK
Whole Grain	20 WTHER KING	21 CHEESY SCRAMBLED EGGS WG TOAST KIWI WEDGES MILK	22 WG MINI MAPLE PANCAKES BANANA MILK	23 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	24 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
	27 WG EGG TAC-GO APPLESAUCE MILK	28 WG APPLE CINN OATMEAL PEARS MILK	29 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	30 WG STRAWBERRY PANCAKES ORANGE WEDGES MILK	31 WG CHEERIOS WG TOAST BLUEBERRIES MILK

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



Sunshine 1-5 YRS Lunch Menu 2020 Monday **Tuesday** Wednesday Thursday Friday NON-DISCRIMINATION: 2 3 All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discrimi-My Plate is based on nated against because of the current dietary race, sex, color, religion, national origin, age or guidelines released by handicap. If you believe the government, which you have been discriminatencourages Americans ed against, write immedi-7 8 6 9 10 ately to the USDA, Directo eat more fruits. CHEESEBURGER ON WG BUN WG SPAGHETTI W/ tor, Office of Adjudicavegetables, whole WG FISH BITES WG CHICKEN NUGGETS WG FIESTADA PIZZA tions, 1400 Independence BAKED FRIES ZESTY MEATSAUCE grains, and fewer Avenue, SW. Washington. WG MAC & CHEESE MASHED POTATOES & GRAVY GREEN BEANS MIXED SALAD GREENS LETTUCE/TOMATO/PICKLE processed foods. It is a D.C. 20250-9410 MIXED VEGETABLES STEAMED BROCCOLI **STRAWBERRIES & BLUEBERRIES** ITALIAN DRESSING COOKED CARROTS reminder to find your PEARS PEACHES MILK ORANGE WEDGES ROSY APPLESAUCE healthy eating style and MILK MILK MILK MILK build it throughout your lifetime. 13 14 15 16 17 WG CHICKEN SANDWICH WG BEEF ENCHILADAS SLICED MEATLOAF WG HOT HAM & CHEESE CHILI, WG CRACKERS, SWEET POTATO TRAX WG MEXICAN-STYLE RICE AU GRATIN POTATOES PANINI WG CORNBREAD MUFFIN MIXED SALAD GREENS COOKED CORN WG HOT ROLL GREEN BEANS STEAMED BROCCOLI ITALIAN DRESSING BANANA COOKED CARROTS PEARS PEACHES STRAWBERRY FRUIT MEDLEY SALSA APPLESAUCE MILK MILK MILK MILK MILK WG - Whole Grain 22 CHICKEN & WG NOODLES 20 21 23 24 Martin **BEEF FINGERS** SLOPPY JOE ON WG BUN WG MINI BISCUIT WG CHEESE PIZZA Luther MASHED POTATOES & GRAVY BAKED TATER TOTS MIXED GREENS SALAD GREEN BEANS STEAMED BROCCOLI COOKED CARROTS King ITALIAN DRESSING PEARS STRAW/POM FRZ JUICE CUP **STRAWBERRIES & BLUEBERRIES** PEACHES MILK Day MILK MILK MILK 27 29 30 31 28 WG SOFT SHELLED TACO CHICKEN PATTY WG BEEFY MAC & CHEESE WG TANGERINE CHICKEN **MASHED POTATOES & GRAVY** WG GRILLED CHEESE SALSA MIXED GREENS SALAD WG STEAMED RICE GREEN BEANS **REFRIED BEANS** WG HOT ROLL RANCH DRESSING COOKED PEAS STRAWBERRY FRUIT MEDLEY COOKED CORN STEAMED BROCCOLI PEARS HOT SPICED APPLES MILK BANANA PEACHES MILK MILK Choose MyPlate.go MILK MILK

USDA

This menu meets and has been certified under the

NEW USDA GUIDELINES

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

816.521.5371

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	Monday	Tuesday	Wednesday	Thursday	Friday	Pruits
DISCRIMINATION: ren are treated the gardless of ability in the operation of feeding programs.			¹ <i>Jew Years</i>	2	3	My Plate is the current guidelines r the govern
ld will be discrimi- gainst because of ex, color, religion, onal origin, age or cap. If you believe been discriminat- nst, write immedi- o the USDA, Direc- Office of Adjudica- 400 Independence, , SW, Washington,	6 1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK	7 1-5 YEAR APPLESAUCE CUP MILK	8 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	9 1-5 YEAR ORANGE WEDGES MILK	10 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE	encourages to eat more vegetables, grains, and processed fr reminder to healthy eatin build it throu lifetime.
D.C. 20250-9410	13	14	15	16	17	
iring Greatness	1-5 YEAR WG ORIGINAL GRAHAMS MILK	1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	1-5 YEAR WG APPLE CINNAMON MUFFIN MILK	1-5 YEAR WG GOLDFISH CRACKERS MILK	1-5 YEAR BANANA MILK	
/hole Grain	20 DAY	21 1-5 YEAR ORANGE WEDGES MILK	22 1-5 YEAR WG CHEEZ-IT CRACKERS MILK	23 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	24 1-5 YEAR APPLESAUCE CUP MILK	
	27	28	29	30	31	
	1-5 YEAR WG ORIGINAL GRAHAMS MILK	1-5 YEAR WG GOLDFISH CRACKERS MILK	1-5 YEAR WG BLUEBERRY MUFFIN MILK	1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	1-5 YEAR BANANA MILK	



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