Truman Early Education 1-2yr Breakfast Menu 2020

Choose MyPlate

Bnua

	Monday	Tuesday	Wednesday	Thursday	Friday
Inspiring Greatness			l happy New Year	2	3
NON-DISCRIMINATION: Il children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discrimi- nated against because of	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
nated against because of race, sex, color, religion, national origin, age or handicap. If you believe bu have been discriminat- ed against, write immedi- ately to the USDA, Direc- tor, Office of Adjudica- ions, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410	<i>13</i> WG BREAKFAST EGG TAC-GO APPLESAUCE MILK	14 WG APPLE CINNAMON OATMEAL BLUEBERRIES MILK	15 WG CHEERIOS WG TOAST BANANA MILK	16 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	17 WG STRAWBERRY PANCAKES PEARS MILK
WG - Whole Grain	20 KUTHER 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 BREAKFAST EGG TAC-GO APPLESAUCE MILK	28 WG APPLE CINNAMON 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



NEW USDA GUIDELINES

play

run ^{dream}

learn

School Breakfast (SET)

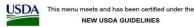
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We reserve the right to make menu substitutions as necessary



Truman Early Education 1-2yr Lunch Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
ATION: tted the f ability		HAPPY NEWYEAR	2	3
initiation in the initiation of the initiation o	7 WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES & BLUEBERRIES MILK	8 WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED SALAD GREENS ITALIAN DRESSING ORANGE WEDGES MILK	9 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES MILK	10 CHEESEBURGER ON WG BUN BAKED FRIES LETTUCE/TOMATO/PICKLE COOKED CARROTS ROSY APPLESAUCE MILK
Allo I J J WG HOT HAM & CHEESE PANINI GREEN BEANS PEARS MILK	14 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK	15 WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRY FRUIT MEDLEY MILK	16 SLICED MEATLOAF AU GRATIN POTATOES WG HOT ROLL COOKED CARROTS APPLESAUCE MILK	17 CHILI, WG CRACKERS, WG CORNBREAD MUFFIN STEAMED BROCCOLI PEACHES MILK
n ²⁰ Martin Luther King Day	21 WG CHEESE PIZZA GREEN BEANS PEARS MILK	22 CHICKEN & WG NOODLES WG MINI BISCUIT MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK	23 WG BEEF FINGERS MASHED POTATOES & GRAVY STEAMED BROCCOLI STRAW/POM FRZ JUICE CUP MILK	24 SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES & BLUEBERRIES MILK
27 WG GRILLED CHEESE SANDWICH GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK	28 WG SOFT SHELLED TACO REFRIED BEANS, SALSA COOKED CORN BANANA MILK	29 WG BEEFY MAC & CHEESE MIXED SALAD GREENS RANCH DRESSING PEARS MILK	30 CHICKEN PATTY MASHED POTATOES & GRAVY WG HOT ROLL STEAMED BROCCOLI PEACHES MILK	31 WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS HOT SPICED APPLES MILK



NEW USDA GUIDELINES

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

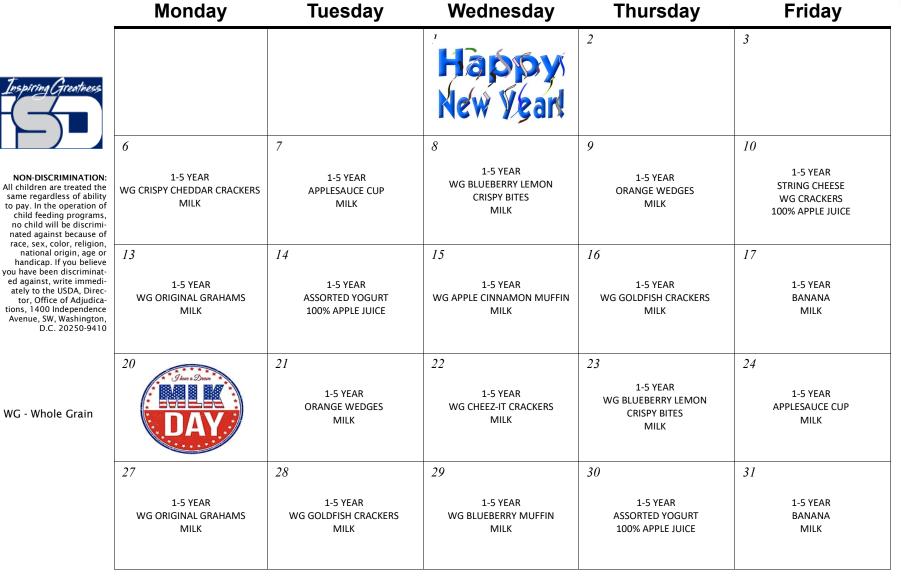
816.521.5371

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Truman Early Education 1-2yr 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.



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

816.521.5371