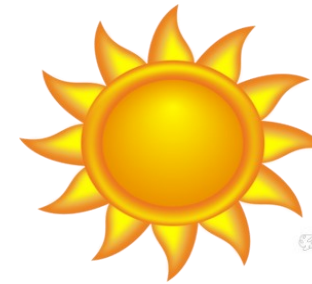




read
play
learn
run
dream



JUNE



take time for
**school
BREAKFAST**



Elementary Breakfast Menu



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 Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

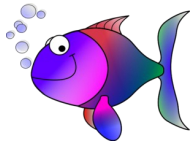
Fresh Fruits & Vegetable Bar Offered

Monday	Tuesday	Wednesday	Thursday	Friday
3 BREAKFAST PACK	4 BREAKFAST PACK	5 BREAKFAST PACK	6 BREAKFAST PACK	7 BREAKFAST PACK
10 BREAKFAST PACK	11 BREAKFAST PACK	12 BREAKFAST PACK	13 BREAKFAST PACK	14 BREAKFAST PACK
17 BREAKFAST PACK	18 BREAKFAST PACK	19 BREAKFAST PACK	20 BREAKFAST PACK	21 BREAKFAST PACK
24 BREAKFAST PACK	25 BREAKFAST PACK	26 BREAKFAST PACK	27 BREAKFAST PACK	28 BREAKFAST PACK



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.





Elementary Lunch Menu



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.

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- All Meals Served With Choice of Milk:
- 1% White
 - Fat Free Chocolate
 - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHICKEN NUGGETS MAC N CHEESE	4 PIZZA CRUNCHERS MARINARA SAUCE	5 CHICKEN NACHOS, SALSA REFRIED BEANS	6 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY	7 TURKEY & CHEESE SANDWICH CHEDDAR SUNCHIPS
10 CHICKEN NUGGETS MAC N CHEESE	11 PIZZA CRUNCHERS MARINARA SAUCE	12 CHICKEN NACHOS, SALSA REFRIED BEANS	13 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY	14 TURKEY & CHEESE SANDWICH CHEDDAR SUNCHIPS
17 CHICKEN NUGGETS MAC N CHEESE	18 PIZZA CRUNCHERS MARINARA SAUCE	19 CHICKEN NACHOS, SALSA REFRIED BEANS	20 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY	21 TURKEY & CHEESE SANDWICH CHEDDAR SUNCHIPS
24 CHICKEN NUGGETS MAC N CHEESE	25 PIZZA CRUNCHERS MARINARA SAUCE	26 CHICKEN NACHOS, SALSA REFRIED BEANS	27 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY	28 TURKEY & CHEESE SANDWICH CHEDDAR SUNCHIPS

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

Fresh Fruits & Vegetable Bar Offered Daily.