



# High School Breakfast Menu 2020

Meal Prices	
Student	Adult
Breakfast \$1.80	Breakfast \$2.00
Reduced .30	Lunch \$3.70
Lunch \$2.90	Extra Milk .50
Reduced .40	

**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

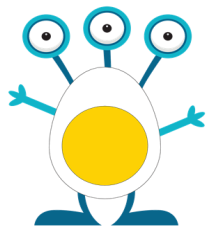
- All Meals Served With Choice of Milk:
- 1% White
  - Fat Free Strawberry
  - Fat Free Chocolate
  - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered Daily.**

Monday	Tuesday	Wednesday	Thursday	Friday
2 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	3 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	4 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	5 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	6 <b>NO SCHOOL</b>
<b>National School Breakfast Week—March 2-6, 2020</b>				
9 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	10 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	11 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	12 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	13 EGG & CHEESE BISCUIT OR CINNAMON TOAST CRUNCH FILLED PASTRY DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS
16 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	17 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	18 TAC-GO, SALSA OR WHOLE GRAIN GLAZED DONUT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	19 APPLE CINNAMON FRENCH TOAST OR CINNAMON GRANOLA ASSORTED YOGURT DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	20 <b>NO SCHOOL</b>
23	24	25	26	27
<b>SPRING BREAK</b> March 20-March 27				
30 CONFETTI PANCAKES OR CINNI MINIS DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	31 TRKY SAU BREAKFAST PIZZA OR ASSORTED YOGURT BACKPACKERS OATMEAL BITES DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS	<b>SCHOOL BREAKFAST OUT OF THIS WORLD!</b> 		

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)





# High School Lunch 2020

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
BBQ Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Rib-Q on Bun, Cheeto Puffs	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger	Lasagna Rollup, Breadstick Or Chili Dog Or Spicy Chicken Sandwich	Chicken Patty, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara Or Cheeseburger	<b>NO SCHOOL</b>
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Tyson Sriracha Chicken Stir Fried Rice Or Rib-Q on Bun, Cheeto Puffs	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, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
BBQ Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Rib-Q on Bun, Cheeto Puffs	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger *Holiday cookie	Chicken & Noodles, Breadstick Or Chili dog Or Spicy Chicken Sandwich	MANAGER'S CHOICE	<b>NO SCHOOL</b>
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
		<b>SPRING BREAK</b> March 20-March 27		
Monday, March 30	Tuesday, March 31			
BBQ Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Rib-Q on Bun, Cheeto Puffs	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers Or Cheeseburger			

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- 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.**

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

## Meal Prices

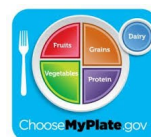
Student	Adult
Breakfast \$1.80	Breakfast \$2.15
Reduced .30	Lunch \$3.70
Lunch \$2.90	Extra Milk .50
Reduced .40	

## 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



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)

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\*\***