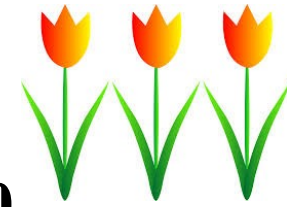




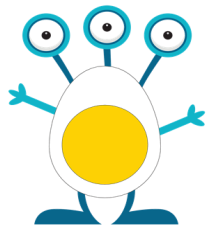
**DAYLIGHT-  
SAVING  
TIME  
BEGINS**

# March

## Independence Academy Breakfast 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.



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)



**Meal Prices**  
**Student**  
 Breakfast \$1.80  
 Reduced .30  
 Lunch \$2.90  
 Reduced .40  
**Adult**  
 Breakfast \$2.15  
 Lunch \$3.70  
 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
2 APPLE CINNAMON TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	3 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE	4 CINNAMON TOAST CRUNCH FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE	5 TRKY SAU BREAKFAST PIZZA OR POP TART VARIETY MOZZ STRING CHEESE	6 <b>NO SCHOOL</b>
<i>National School Breakfast Week—March 2-6, 2020</i>				
9 STRAWBERRY PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	10 FRENCH TOAST STICKS SAUSAGE OR POP TART VARIETY MOZZ STRING CHEESE	11 WHOLE GRAIN DONUT OR CEREAL VARIETY MOZZ STRING CHEESE	12 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR POP TART VARIETY MOZZ STRING CHEESE	13 ASSORTED YOGURT CINNAMON CRISPS OR CEREAL VARIETY MOZZ STRING CHEESE
16 APPLE CINNAMON TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	17 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE	18 CINNAMON TOAST CRUNCH FILLED PASTRY OR CEREAL VARIETY MOZZ STRING CHEESE	19 MANAGER'S CHOICE	20 <b>NO SCHOOL</b>
<b>SPRING BREAK</b> March 20-March 27				
23	24	25	26	27
<b>SCHOOL BREAKFAST</b> OUT OF THIS WORLD!™				
30 APPLE CINNAMON TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	37 CHEESY SCRAMBLED EGGS TOAST OR POP TART VARIETY MOZZ STRING CHEESE			

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

# MARCH



## Independence Academy Lunch Menu 2020

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 Breakfast \$1.80  
 Reduced .30  
 Lunch \$2.90  
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- Fat Free Chocolate
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Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered**

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN SANDWICH SWEET POTATO TRAX OR GRAB N GO PB&J SANDWICH	3 BEEF ENCHILADAS, SALSA MEXICAN-STYLE RICE OR GRAB N GO TURKEY SANDWICH	4 CHICKEN & NOODLES MINI BISCUIT OR GRAB N GO PB&J SANDWICH	5 MEATLOAF, HOT ROLL MASHED POTATOES & GRAVY OR GRAB N GO HAM SANDWICH	6 NO SCHOOL
9 MANDARIN CHICKEN STIR FRIED RICE FORTUNE COOKIE OR GRAB N GO TURKEY SANDWICH	10 HARD SHELL BEEF TACOS LETTUCE/TOMATO/SALSA MEXICAN-STYLE RICE OR GRAB N GO PB&J SANDWICH	11 CHEESEBURGER, BAKED FRIES OR GRAB N GO HAM SANDWICH	12 CHICKEN PATTY, DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	13 CHILI, CRACKERS, CINNAMON ROLL OR GRAB N GO TURKEY SANDWICH
16 MINI CORNDOGS MAC N CHEESE OR GRAB N GO PB&J SANDWICH	17 CHEESE PIZZA OR GRAB N GO TURKEY SANDWICH  *HOLIDAY SHAMROCK COOKIE*	18 LASAGNA ROLLUP, BREADSTICK OR GRAB N GO PB&J SANDWICH	19 MANAGER'S CHOICE	20
23	24	25	26	27
<b>SPRING BREAK</b> March 20-March 27				
30 CHICKEN SANDWICH SWEET POTATO TRAX OR GRAB N GO PB&J SANDWICH	31 BEEF ENCHILADAS, SALSA MEXICAN-STYLE RICE OR GRAB N GO TURKEY SANDWICH			



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