

School Breakfast



MARCH



# Middle School Breakfast Menu 2020

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

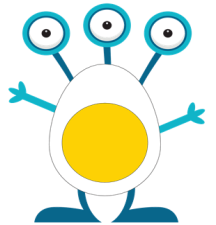
Breakfast Cereals are reduced sugar and whole grain

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	3 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	4 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	5 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR FRUIT VARIETY	6 <b>NO SCHOOL</b>
<b>National School Breakfast Week—March 2-6, 2020</b>				
9 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	10 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	11 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	12 TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR FRUIT VARIETY	13 APPLE CINNAMON FRENCH TOAST OR CEREAL VARIETY FRUIT VARIETY
16 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	17 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY	18 WHOLE GRAIN GLAZED DONUT OR CEREAL VARIETY FRUIT VARIETY	19 <b>MANAGER'S CHOICE</b>	20 <b>NO SCHOOL</b>
<b>SPRING BREAK</b> March 20-March 27				
23	24	25	26	27
<b>SCHOOL BREAKFAST OUT OF THIS WORLD!</b> 				
30 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY FRUIT VARIETY	31 TRKY SAU BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR FRUIT VARIETY			



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)



# MARCH

## Middle School Lunch 2020

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All Meals Served With Choice of Milk:

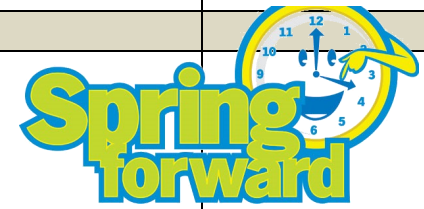
- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

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

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)

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Rib-Q on Bun, Cheeto Puffs	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers	Lasagna Rollup, Breadstick Or Chili Dog	Chicken Patty, Hot Roll Mashed Potatoes & Gravy Or Mozzarella Sticks, Marinara	<b>NO SCHOOL</b>
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Tyson Sriracha Honey Chicken Stir Fried Rice Or Rib-Q on Bun, Cheeto Puffs	Hard Shell Tacos Mexican-Style Rice Or Fish Sandwich	Spaghetti w/Zesty Meat Sauce Or Mini Corn Dogs	Hot & Spicy Drumstick Au Gratin Potatoes, Dinner Roll Or Queso Nachos	Chili, Crackers Cinnamon Roll Or Fiestada Pizza
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Rib-Q on Bun, Cheeto Puffs	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers	Chicken & Noodles, Breadstick Or Chili Dog	MANAGER'S CHOICE	
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
		<b>SPRING BREAK</b> March 20-March 27		<b>NO SCHOOL</b>
Monday, March 30	Tuesday, March 31			
Teriyaki Chicken Lo Mein Noodles, Fortune Cookie Or Rib-Q on Bun, Cheeto Puffs	Chipotle Chicken Nachos Refried Beans, Salsa Or Buffalo Crunchers			



\* 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

PB&J Uncrustable- M,W,F  
Chicken Salad Sandwich-M, W, F  
Turkey & Cheese Sandwich- T,Th  
Yogurt Meal- T, Th

### Daily Pizza

Cheese  
Pepperoni  
Veggie

### Offered Weekly

Hamburger- M,W,F  
Spicy Chicken Sandwich- M,W,F  
Cheeseburger- T, Th  
Crispy Chicken Sandwich- T, Th



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\*\***