<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>WG APPLE CINNAMON TOAST OR WG CHEERIOS MOZZ STRING CHEESE APPLE ORANGE JUICE MILK</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6. WG CONFETTI PANCAKES OR WG CINNAMON CHEX MOZZ STRING CHEESE APPLE ORANGE JUICE MILK</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7. WG BANANA BREAD MOZZ STRING CHEESE BANANA ORANGE JUICE MILK</td>
</tr>
<tr>
<td>Thursday</td>
<td>8. WG APPLE FRUDEL MOZZ STRING CHEESE APPLE ORANGE JUICE MILK</td>
</tr>
<tr>
<td>Friday</td>
<td>9. WG TAC-GO EGG WRAP OR WG CINNAMON TOAST CRUNCH MOZZ STRING CHEESE APPLE SLICES ORANGE JUICE MILK</td>
</tr>
</tbody>
</table>

**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 Offered Daily.**

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.myschoolbuck.com.

Independence Academy Breakfast Menu 2020

Monday

- **WG APPLE CINNAMON TOAST**
- **WG CHEERIOS MOZZ STRING CHEESE**
- **APPLE ORANGE JUICE MILK**

Tuesday

- **WG CONFETTI PANCAKES**
- **WG CINNAMON CHEX MOZZ STRING CHEESE**
- **APPLE ORANGE JUICE MILK**

Wednesday

- **WG BANANA BREAD MOZZ STRING CHEESE BANANA ORANGE JUICE MILK**

Thursday

- **WG APPLE FRUDEL MOZZ STRING CHEESE APPLE ORANGE JUICE MILK**

Friday

- **WG TAC-GO EGG WRAP OR WG CINNAMON TOAST CRUNCH MOZZ STRING CHEESE APPLE SLICES ORANGE JUICE MILK**

**We reserve the right to make menu substitutions as necessary**

WG = Whole Grain
# Independence Academy Lunch Menu 2020

## National School Lunch Week October 12-16, 2020

### Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Student</th>
<th>Reduced</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$1.80</td>
<td>.30</td>
<td>$2.15</td>
</tr>
<tr>
<td>Lunch</td>
<td>$2.90</td>
<td>.40</td>
<td>$3.70</td>
</tr>
</tbody>
</table>

**Extra Milk** .50

### Non-Discrimination:

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### All Meals Served With Choice of Milk:

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

Breakfast Cereals are reduced sugar and whole grain.

**Fresh Fruits & Vegetable Offered Daily.**

**We reserve the right to make menu substitutions as necessary.**

### School Lunch Week

**October 12-16, 2020**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>WG CHICKEN NUGGETS SWEET POTATO FRIES OR TURKEY &amp; CHEESE SANDWICH</td>
<td>MEAT &amp; CHEESE NACHOS OR PB&amp;J SANDWICH MOZZ STRING CHEESE</td>
<td>CHEESEBURGER ON WG BUN OR CHICKEN SALAD SANDWICH HARVEST CHEDDAR SUNCHIPS</td>
<td>MANDARIN CHICKEN STEAMED RICE OR TURKEY HAM &amp; CHEESE WRAP</td>
<td>WG FIESTADA PIZZA OR PB&amp;J SANDWICH MOZZ STRING CHEESE</td>
</tr>
</tbody>
</table>

**5th Grade School Lunch Menu:**

- WG CHICKEN NUGGETS SWEET POTATO FRIES OR TURKEY & CHEESE SANDWICH
- MEAT & CHEESE NACHOS OR PB&J SANDWICH MOZZ STRING CHEESE
- CHEESEBURGER ON WG BUN OR CHICKEN SALAD SANDWICH HARVEST CHEDDAR SUNCHIPS
- MANDARIN CHICKEN STEAMED RICE OR TURKEY HAM & CHEESE WRAP
- WG FIESTADA PIZZA OR PB&J SANDWICH MOZZ STRING CHEESE

- **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 Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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

- Breakfast Cereals are reduced sugar and whole grain.

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

- **We reserve the right to make menu substitutions as necessary.**

**WG= Whole Grain**