



read
play
learn
run
dream

September

2018

Elementary Breakfast Menu

Meal Prices	
Student	
Breakfast	\$1.60
Reduced	.30
Lunch	\$2.65
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.45
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

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 WHOLE GRAIN DONUT OR CEREAL VARIETY PACKS	5 CHERRY FRUDEL OR ASSORTED POP TARTS	6 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY PACKS	7 CONFETTI PANCAKES OR ASSORTED POP TARTS
10 CINNAMON MINIS OR ASSORTED POP TARTS	11 WHOLE GRAIN DONUT OR CEREAL VARIETY PACKS	12 CHERRY FRUDEL OR ASSORTED POP TARTS	13 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY PACKS	14 CONFETTI PANCAKES OR ASSORTED POP TARTS
17 CINNAMON MINIS OR ASSORTED POP TARTS	18 WHOLE GRAIN DONUT OR CEREAL VARIETY PACKS	19 CHERRY FRUDEL OR ASSORTED POP TARTS	20 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY PACKS	21 CONFETTI PANCAKES OR ASSORTED POP TARTS
24 CINNAMON MINIS OR ASSORTED POP TARTS	25 WHOLE GRAIN DONUT OR CEREAL VARIETY PACKS	26 CHERRY FRUDEL OR ASSORTED POP TARTS	27 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY PACKS	28 OPEN SITE MENU: CEREAL VARIETY PACKS



My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

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 MypaymentsPlus.com





September

Elementary Lunch Menu

2018



Meal Prices	
Student	
Breakfast	\$1.60
Reduced	.30
Lunch	\$2.65
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.45
Extra Milk	.50

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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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>LABOR DAY</p>	<p>4</p> <p>CHEESE PIZZA OR FIESTA NACHOS, SALSA</p>	<p>5</p> <p>ORANGE CHICKEN STIR-FRY STEAMED RICE OR MINI CORN DOGS</p>	<p>6</p> <p>CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL CHERRY CRISP OR BEAN & CHEESE BURRITO, SALSA CHERRY CRISP</p>	<p>7</p> <p>ZESTY MEATSAUCE SPAGHETTI CHEESE FILLED BREADSTICK OR GRILLED CHEESE SANDWICH BAKED FRIES</p>
<p>10</p> <p>FISH NUGGETS MAC N CHEESE OR PIZZA QUESADILLA</p>	<p>11</p> <p>BEEF ENCHILADAS MEXICAN RICE OR MOZZARELLA PINWHEEL</p>	<p>12</p> <p>CHICKEN ALFREDO BREADSTICK OR CHEESEBURGER</p>	<p>13</p> <p>MEATLOAF MASHED POTATOES & GRAVY HOT ROLL OR CHEESE RIPPER, MARINARA</p>	<p>14</p> <p>FIESTADA PIZZA OR TURKEY & CHEESE SANDWICH CHEDDAR SUNCHIPS</p>
<p>17</p> <p>LASAGNA ROLLUP BREADSTICK OR HOT HAM & CHEESE ON GOLDFISH BREAD SWEET POTATO TRAX</p>	<p>18</p> <p>HARD SHELL TACOS, SALSA MEXICAN RICE OR CHICKEN DRUMSTICK BISCUIT</p>	<p>19</p> <p>PIZZA CRUNCHERS OR HOT DOG, BAKED FRIES</p>	<p>20</p> <p>CHICKEN NUGGETS MASHED POTATOES & GRAVY DINNER ROLL CHERRY CRISP OR GRILLED CHEESE SANDWICH CHERRY CRISP</p>	<p>21</p> <p>CHICKEN TERIYAKI LOMEIN NOODLES OR CHEESE PIZZA</p>
<p>24</p> <p>SLOPPY JOE ON BUN BAKED FRIES OR POPCORN CHICKEN DINNER ROLL</p>	<p>25</p> <p>CHICKEN QUESADILLAS, SALSA BIRTHDAY TREAT OR MAC N CHEESE BIRTHDAY TREAT</p>	<p>26</p> <p>CHICKEN PARMESAN OR FIESTADA PIZZA</p>	<p>27</p> <p>COUNTRY STYLE STEAK MASHED POTATOES & GRAVY HOT ROLL OR PEPPERONI PINWHEEL</p>	<p>28</p> <p>OPEN SITE MENU: CHEESEBURGER</p>

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Fresh Fruits & Vegetable Bar Offered Daily.

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