



# September

## High School Breakfast Menu

2018

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.80
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.45
Extra Milk	.50


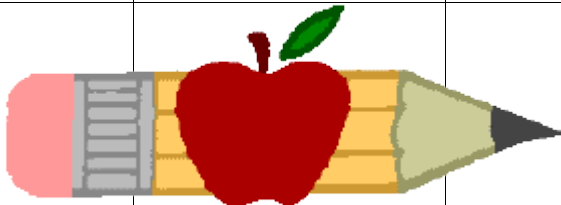
**NON-DISCRIMINATION:**  
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write 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 Daily.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> 	<p>4</p> <p>ENGLISH MUFFIN W/SAUSAGE OR WHOLE GRAIN BREAKFAST BUN</p> <p>DAILEY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>5</p> <p>BISCUIT &amp; GRAVY, CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT</p> <p>DAILEY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>6</p> <p>FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>7</p> <p>EGG &amp; CHEESE BISCUIT OR BLUEBERRY PANCAKES, SYRUP</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>
<p>10</p> <p>CINNI MINIS OR ASSORTED YOGURT ORIGINAL GRAHAMS</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>11</p> <p>ENGLISH BUFFIN W/SAUSAGE OR WHOLE GRAIN BREAKFAST BUN</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>12</p> <p>BISCUIT &amp; GRAVY, CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT</p> <p>DAILEY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>13</p> <p>FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>14</p> <p>EGG &amp; CHEESE BISCUIT OR BLUEBERRY PANCAKES, SYRUP</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>
<p>17</p> <p>CINNI MINIS OR ASSORTED YOGURT ORIGINAL GRAHAMS</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>18</p> <p>ENGLISH BUFFIN W/SAUSAGE OR WHOLE GRAIN BREAKFAST BUN</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>19</p> <p>BISCUIT &amp; GRAVY, CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT</p> <p>DAILEY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>20</p> <p>FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>21</p> <p>EGG &amp; CHEESE BISCUIT OR BLUEBERRY PANCAKES, SYRUP</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>
<p>24</p> <p>CINNI MINIS OR ASSORTED YOGURT ORIGINAL GRAHAMS</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>25</p> <p>ENGLISH BUFFIN W/SAUSAGE OR WHOLE GRAIN BREAKFAST BUN</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>26</p> <p>BISCUIT &amp; GRAVY, CHEESY SCRAMBLED EGGS OR WHOLE GRAIN GLAZED DONUT</p> <p>DAILEY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>27</p> <p>FRENCH TOAST STICKS, SAUSAGE OR CHEWY OATMEAL BITES ASSORTED YOGURT</p> <p>DAILY OPTIONS: CEREAL VARIETY OR ASSORTED POP TARTS</p>	<p>28</p> <p><b>NO SCHOOL</b></p>
				



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](http://MypaymentsPlus.com)





# September

## High School Lunch 2018

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All Meals Served With Choice of Milk:

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

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

Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
<b>LABOR DAY</b>	Chicken N Waffles, Syrup OR Pepperoni Pinwheel	Rib-Q on Bun OR Fiestada Pizza	Buffalo Crunchers OR Queso Nachos	Lasagna Rollup, Breadstick OR Pizza Max Quesadilla
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
Country Style Steak Sandwich OR Mozzarella Pinwheel	Buffalo Chicken Pizza OR Mini Corn Dogs	Chicken Quesadilla, Salsa OR French Toast, Sausage & Eggs	Pizza Crunchers OR Nacho Bites, Salsa	Fish Taco OR Cheese Ripper, Marinara
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
Hot Dog, Mac n Cheese OR Cheese Breadsticks, Marinara	Chicken N Waffles, Syrup OR Pepperoni Pinwheel	Rib-Q on Bun OR Fiestada Pizza	Buffalo Crunchers OR Queso Nachos	Lasagna Rollup, Breadstick OR Pizza Max Quesadilla
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
Country Style Steak Sandwich OR Mozzarella Pinwheel	Buffalo Chicken Pizza OR Mini Corn Dogs	Chicken Quesadilla, Salsa OR French Toast, Sausage & Eggs	Pizza Crunchers OR Nacho Bites, Salsa	<b>NO SCHOOL</b>

Featured Bar				
Grill Bar	Taco Bar	Pasta Bar	Homestyle Bar	Rice/Noodle Bar
Roasted Chicken or BBQ Chicken Baked Beans Biscuit	Tacos, Burrito, or Nachos Taco Meat or Chipotle Chicken Mexican Rice Peppers & Onions Refried Beans & Salsa	Spaghetti or Rotini Meat sauce or Chicken Alfredo Marinara Breadstick	Country Style Steak or Roasted Chicken Mashed Potatoes & Gravy Hot Roll	Orange Chicken or Teriyaki Chicken Steamed Rice or Noodles Fortune Cookie

### Meal Prices

Student	Adult
Breakfast \$1.70	Breakfast \$2.00
Reduced .30	Lunch \$3.45
Lunch \$2.80	Extra Milk .50
Reduced .40	

### Salads & Sandwiches

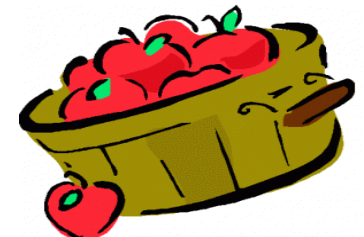
- Grab N Go PB&J Uncrustable M,W,F
- Grab N Go Turkey & Cheese Sandwich T,Th
- Grab N Go Yogurt Meal M,W,F
- Grab N Go Tuna Sandwich T,Th
- Grab N Go Deli Sub M,W,F

### Pizza

- Cheese
- Pepperoni
- Veggie
- BBQ Chicken

### Offered Daily

- Hamburger
- Cheeseburger
- Crispy Chicken Sandwich
- Spicy Chicken Sandwich
- Grab N Go Salad Bar



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](http://MypaymentsPlus.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\*\***



This menu meets and has been certified under the **NEW USDA GUIDELINES**