



September

Independence Arts & Technology Breakfast Menu ²⁰¹⁸



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



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
3 	4 CEREAL VARIETY MOZZ STRING CHEESE	5 ASSORTED YOGURT ORIGINAL GRAHAMS	6 CEREAL VARIETY MOZZ STRING CHEESE	7 WHOLE GRAIN BREAKFAST BUN
10 ASSORTED WHOLE GRAIN POP TART	11 CEREAL VARIETY MOZZ STRING CHEESE	12 CINNAMON CRISPS ASSORTED YOGURT	13 CEREAL VARIETY MOZZ STRING CHEESE	14 CHERRY FRUDEL
17 CONFETTI PANCAKES	18 CEREAL VARIETY MOZZ STRING CHEESE	19 ASSORTED YOGURT ORIGINAL GRAHAMS	20 CEREAL VARIETY MOZZ STRING CHEESE	21 WHOLE GRAIN BREAKFAST BUN
24 ASSORTED WHOLE GRAIN POP TART	25 CEREAL VARIETY MOZZ STRING CHEESE	26 CINNAMON CRISPS ASSORTED YOGURT	27 CEREAL VARIETY MOZZ STRING CHEESE	28 NO SCHOOL

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



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Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 QUESO BLANCO BEEF ENCHILADAS MEXICAN RICE OR GRAB N GO TURKEY SANDWICH	5 NEW! CHICKEN ALFREDO BREADSTICK CHERRY CRISP OR GRAB N GO HAM SANDWICH	6 MEATLOAF MASHED POTATOES & GRAVY HOT ROLL OR GRAB N GO TURKEY SANDWICH	7 CHICKEN & WAFFLES, SYRUP OR GRAB N GO HAM SANDWICH
10 CHEESE PIZZA OR GRAB N GO TURKEY SANDWICH	11 HARD SHELL TACOS LETTUCE/TOMATO/SALSA MEXICAN RICE OR GRAB N GO HAM SANDWICH	12 CHEESEBURGER, BAKED FRIES OR GRAB N GO TURKEY SANDWICH	13 CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR GRAB N GO HAM SANDWICH	14 ORANGE CHICKEN STIR-FRY STEAMED RICE OR GRAB N GO TURKEY SANDWICH
17 CORN DOG BAKED FRIES OR GRAB N GO HAM SANDWICH	18 CHICKEN QUESADILLAS SALSA CHERRY CRISP OR GRAB N GO TURKEY SANDWICH	19 LASAGNA ROLLUP BREADSTICK OR GRAB N GO HAM SANDWICH	20 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY HOT ROLL OR GRAB N GO TURKEY SANDWICH	21 CHEESE RIPPERS MARINARA OR GRAB N GO HAM SANDWICH
24 ZESTY MEATSAUCE SPAGHETTI CHEESE FILLED BREADSTICK OR GRAB N GO TURKEY SANDWICH	25 FIESTA NACHOS REFRIED BEANS, SALSA OR GRAB N GO HAM SANDWICH	26 CHICKEN TERIYAKI LOMEIN NOODLES OR GRAB N GO TURKEY SANDWICH	27 CHICKEN NUGGETS MASHED POTATOES & GRAVY DINNER ROLL OR GRAB N GO HAM SANDWICH	28 NO SCHOOL

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

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