



# September

## Independence Academy 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](http://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 CHEESY SCRAMBLED EGGS TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	5 ASSORTED YOGURT ORIGINAL GRAHAMS OR CEREAL VARIETY MOZZ STRING CHEESE	6 TURKEY SAUSAGE BREAKFAST PIZZA OR CEREAL VARIETY MOZZ STRING CHEESE	7 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY MOZZ STRING CHEESE
	10 WHOLE GRAIN POPTART OR CEREAL VARIETY MOZZ STRING CHEESE	11 FRENCH TOAST STICKS SAUSAGE OR CEREAL VARIETY MOZZ STRING CHEESE	12 CINNAMON CRISPS ASSORTED YOGURT OR CEREAL VARIETY MOZZ STRING CHEESE	13 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR CEREAL VARIETY MOZZ STRING CHEESE	14 CHERRY FRUDEL OR CEREAL VARIETY MOZZ STRING CHEESE
	17 CONFETTI PANCAKES OR CEREAL VARIETY MOZZ STRING CHEESE	18 CHEESY SCRAMBLED EGGS TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	19 ASSORTED YOGURT ORIGINAL GRAHAMS OR CEREAL VARIETY MOZZ STRING CHEESE	20 TURKEY SAUSAGE BREAKFAST PIZZA OR CEREAL VARIETY MOZZ STRING CHEESE	21 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY MOZZ STRING CHEESE
	24 WHOLE GRAIN POPTART TOAST OR CEREAL VARIETY MOZZ STRING CHEESE	25 FRENCH TOAST STICKS SAUSAGE OR CEREAL VARIETY MOZZ STRING CHEESE	26 CINNAMON CRISPS ASSORTED YOGURT OR CEREAL VARIETY MOZZ STRING CHEESE	27 BISCUIT & GRAVY CHEESY SCRAMBLED EGGS OR CEREAL VARIETY MOZZ STRING CHEESE	28 <b>NO SCHOOL</b>
					

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

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

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



# September

## Independence Academy Lunch Menu

2018

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

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All meals are served with a choice of

- 1% White Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk
- 100% Fortified Juice (breakfast only)

Breakfast cereals are reduced sugar and whole grain.

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

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



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