# Independence Academy Breakfast Menu 2020

**Meal Prices**

<table>
<thead>
<tr>
<th></th>
<th>Student Breakfast</th>
<th>Student Lunch</th>
<th>Student Reduced</th>
<th>Adult Breakfast</th>
<th>Adult Lunch</th>
<th>Adult Extra Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$1.80</strong></td>
<td></td>
<td>$2.90</td>
<td>$.30</td>
<td>$2.15</td>
<td>$3.70</td>
<td>$.50</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 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

**WHOLE GRAIN GLAZED DONUT**
- Mozzarella String Cheese
- Juice
- Banana
- Milk

**CONFETTI PANCAKES**
- Mozzarella String Cheese
- Juice
- Orange
- Milk

**APPLE FRENCH TOAST**
- Mozzarella String Cheese
- Juice
- Apple
- Milk

**CONFETTI PANCAKES**
- Mozzarella String Cheese
- Juice
- Orange
- Milk

**WHOLE GRAIN GLAZED DONUT**
- Mozzarella String Cheese
- Juice
- Orange
- Milk

**APPLE FRUDEL**
- Mozzarella String Cheese
- Juice
- Orange
- Milk

**TAC-GO**
- Mozzarella String Cheese
- Juice
- Apple Slices
- Milk

**Enjoy your meals!**

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**September Menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  CONFETTI PANCAKES</td>
<td>2  WHOLE GRAIN GLAZED DONUT</td>
<td>3  APPLE FRUDEL</td>
<td>4  TAC-GO</td>
<td></td>
</tr>
<tr>
<td>MOZZ STRING CHEESE</td>
<td>MOZZ STRING CHEESE</td>
<td>MOZZ STRING CHEESE</td>
<td>MOZZ STRING CHEESE</td>
<td></td>
</tr>
<tr>
<td>JUICE</td>
<td>JUICE</td>
<td>JUICE</td>
<td>JUICE</td>
<td></td>
</tr>
<tr>
<td>ORANGE</td>
<td>BANANA</td>
<td>ORANGE</td>
<td>APPLE SLICES</td>
<td></td>
</tr>
<tr>
<td>MILK</td>
<td>MILK</td>
<td>MILK</td>
<td>MILK</td>
<td></td>
</tr>
</tbody>
</table>

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**NO SCHOOL**

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**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.myschoolbucks.com**

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

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**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.**

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

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**Independence School District has been certified under the NEW USDA GUIDELINES**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. MAX TWISTED BREADSTICK</td>
<td>2. RIB-Q ON BUN</td>
<td>3. MANDARIN ORANGE CHICKEN</td>
<td>4. FIESTADA PIZZA</td>
<td></td>
</tr>
<tr>
<td>MARINARA OR PB&amp;J SANDWICH</td>
<td>OR CHICKEN SALAD SANDWICH SUNCHIPS</td>
<td>STEAMED RICE OR TURKEY &amp; CHEESE WRAP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOZZ STRING CHEESE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. LABOR DAY</td>
<td>8. MEAT &amp; CHEESE NACHOS OR SUNBUTTER &amp; JELLY MUNCHABLE</td>
<td>9. CHEESEBURGER OR CHICKEN SALAD SANDWICH SUNCHIPS</td>
<td>10. CHICKEN PATTY MASHED POTATOES &amp; GRAVY OR TURKEY &amp; CHEESE WRAP</td>
<td>11. TONY'S CHEESE PIZZA OR PB&amp;J SANDWICH MOZZ STRING CHEESE</td>
</tr>
<tr>
<td>14. MINI CORN DOGS, BAKED FRIES OR TURKEY &amp; CHEESE SANDWICH</td>
<td>15. MAX TWISTED BREADSTICK</td>
<td>16. RIB-Q ON BUN</td>
<td>17. MANDARIN ORANGE CHICKEN</td>
<td></td>
</tr>
<tr>
<td>MARINARA OR PB&amp;J SANDWICH</td>
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<td>OR CHICKEN SALAD SANDWICH SUNCHIPS</td>
<td>STEAMED RICE OR TURKEY &amp; CHEESE WRAP</td>
<td></td>
</tr>
<tr>
<td>21. CHICKEN NUGGETS SWEET TRAX FRIES OR TURKEY &amp; CHEESE SANDWICH</td>
<td>22. MEAT &amp; CHEESE NACHOS OR SUNBUTTER &amp; JELLY MUNCHABLE</td>
<td>23. CHEESEBURGER OR CHICKEN SALAD SANDWICH SUNCHIPS</td>
<td>24. CHICKEN PATTY MASHED POTATOES &amp; GRAVY OR TURKEY &amp; CHEESE WRAP</td>
<td>25. NO SCHOOL</td>
</tr>
<tr>
<td>28. MINI CORN DOGS, BAKED FRIES OR TURKEY &amp; CHEESE SANDWICH</td>
<td>29. MAX TWISTED BREADSTICK</td>
<td>30. RIB-Q ON BUN</td>
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<td>MARINARA OR PB&amp;J SANDWICH</td>
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