

SOAR TO GREAT HEIGHTS BY STARTING YOUR DAY WITH A GREAT BREAKFAST!



Elementary Breakfast Program Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices					
Student					
Breakfast \$1.60		1 Chorizo Breakfast Wrap OR WG Cinn. Toasters Cereal Pack Banana	2 WG Chocolate Chip Gripz FF Assorted Yogurt OR WG Brown Sugar Oatmeal Bar Pack Blueberries	3 WG Mini Chocolate Chip French Toast OR WG Marshmallow Matey's Cereal Pack Apple Slices	4 WG Biscuit & Gravy OR WG Cinn. Toasters Cereal Pack Strawberries
Reduced .30					
Lunch \$2.30					
Reduced .40					
Adult					
Breakfast \$2.00	7 WG Mini French Toast OR WG Granola Bar Pack Apple Slices	8 WG Marshmallow Matey's Cereal Pack LS Peaches	9 Turkey Sausage Breakfast Wrap OR WG Cinn. Toasters Cereal Pack Strawberry Applesauce	10 WG Mini Blueberry Pancakes OR WG Marshmallow Matey's Cereal Pack LS Pears	11 Sunrise Flat Bread OR WG Granola Bar Pack Orange Wedges
Lunch \$2.90					
Extra Milk .45					
NONDISCRIMINATION:					
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	14 WG Mini Maple Pancakes OR WG Marshmallow Matey's Cereal Pack LS Peaches	15 Chorizo Breakfast Wrap OR WG Cinn. Toasters Cereal Pack Banana	16 WG Choc. Chip Gripz FF Assort. Yogurt OR WG Brown Sugar Oatmeal Bar Pack Blueberries	17 WG Mini Choc. Chip French Toast OR WG Marshmallow Matey's Cereal Pack Appleslices	18 No School
All meals are served with a choice of	21 WG Mini French Toast OR WG Granola Bar Pack Apple Slices	22 WG Marshmallow Matey's Cereal Pack LS Peaches	23 Turkey Sausage Breakfast Wrap OR WG Cinn. Toasters Cereal Pack Strawberry Applesauce	24 WG Mini Blueberry Pancakes OR WG Marshmallow Matey's Cereal Pack LS Pears	25 Sunrise Flat Bread OR WG Granola Bar Pack Orange Wedges
<ul style="list-style-type: none"> 1% White Milk Fat Free Strawberry Milk Fat Free Chocolate Milk 100% Fortified Juice (breakfast only) 	28 WG Mini Maple Pancakes OR WG Marshmallow Matey's Cereal Pack LS Peaches	29 Chorizo Breakfast Wrap OR WG Cinn. Toasters Cereal Pack Banana	30 WG Choc. Chip Gripz FF Assort. Yogurt OR WG Brown Sugar Oatmeal Bar Pack Blueberries		



MyPlate 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.

- LF- Low Fat
- RF- Reduced Fat
- FF- Fat Free
- RS- Reduced Sugar
- LS- Low Sodium

WG- Whole Grain

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

Fresh Fruits & Vegetable Bar Offered Daily.



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

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

Independence School District Nutrition Service Department

1400 West Geo Space Drive Independence . MO . 64056

816.521.5371

MypaymentsPlus.com



Elementary Lunch Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
 Reduced .30
 Lunch \$2.30
 Reduced .40

Adult

Breakfast \$2.00
 Lunch \$2.90
 Extra Milk .45

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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.

	1 WG Creamy Alfredo w/ Chicken and Rotini Texas Toast OR WG Grilled Cheese	2 Shrimp Poppers, Fried Rice, RF WG Sugar Cookie OR Chicken Egg Roll, Fried Rice, RF WG Sugar Cookie	3 WG Beef Fingers Mashed Potatoes Country Gravy OR WG Chicken Patty Mashed Potatoes Country Gravy	4 Hamburger Baked Fries OR Rib-Q on Bun Baked Fries
7 Turkey Hot Dog on WG Bun WG Choc. Cookie OR WG Stuffed Cheese Stick Marinara Sauce	8 Meatloaf WG Hot Roll Mashed Potatoes LS Beef Gravy OR WG Ham Sandwich	9 WG Hard Shell Taco Mexican Rice 100% Frz Juice Cup OR Cheese Pizza 100% Frz Juice Cup	10 WG Chicken Nuggets Baked Fries, Ketchup OR WG Macaroni & Cheese	11 WG BBQ Pork Sandwich Potato Tots OR WG Trout Melt on Goldfish Bread
14 Tangerine Chicken Steamed Rice OR WG Cheese Pizza	15 Queso Blanco Beef Enchiladas WG Smart Cookie OR WG Hamburger	16 WG Baked Chicken Patty Mashed Potatoes LS Chicken Gravy OR WG Hot Ham & Cheese On Goldfish Bread	17 WG Spaghetti & Zesty Meat Sauce Texas Toast OR Fish Nuggets	No School
21 WG Chicken Strips Baked Potato OR WG Macaroni & Cheese	22 WG Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie	23 Salisbury Steak WG Hot Roll, Mashed Potatoes, Gravy OR WG Stuffed Cheese Stick Marinara Sauce	24 WG Turkey Mini Corn Dog, Cheetos Puffs OR WG Trout Melt on Goldfish Bread Cheetos Puffs	25 Burrito w/ Lettuce 100% Frz Juice Cup OR Sloppy Joe Sliders Au gratin Potatoes
28 Fiestada Pizza OR WG Chicken Quesadilla Salsa	29 WG Creamy Alfredo w/ Chicken and Rotini Texas Toast OR WG Grilled Cheese	30 Shrimp Poppers, Fried Rice, RF WG Sugar Cookie OR Chicken Egg Roll, Fried Rice, RF WG Sugar Cookie		

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Elementary Snack Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
Reduced .30
Lunch \$2.30
Reduced .40

Adult

Breakfast \$2.00
Lunch \$2.90
Extra Milk .45

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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
		1	2	3	4
		RS, FF Assorted Yogurt 100% Blue Razz Juice	Oranges LF Milk Choice	Grahams LF Milk Choice	Strawberry Applesauce LF Milk Choice
	7	8	9	10	11
	Animal Crackers LF Milk Choice	Cheddar Cheese Stick Café Crackers 100% Grape Juice	Applesauce Cup LF Milk Choice	Veggies FF Ranch Cup LF Milk Choice	Chocolate Caramel Chex LF Milk Choice
	14	15	16	17	18
	WG Smart Cookie LF Milk Choice	WG Cheetos Puffs LF Milk Choice	RS, FF Assorted Yogurt 100% Blue Razz Juice	Banana LF Milk Choice	School Not In Session
	21	22	23	24	25
	Pretzel Hearts LF Milk Choice	Baby Carrots FF Ranch Cup LF Milk Choice	Scooby Doo Snacks LF Milk Choice	String Cheese Saltine Crackers 100% Royal Grape Juice	Apple Slices LF Milk Choice
	28	29	30		
	WG Cheddar Goldfish LF Milk Choice	RS, FF Assorted Yogurt 100% Blue Razz Juice	Oranges LF Milk Choice		



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