



read
play
learn
run
dream



take time for
**school
BREAKFAST**



Elementary Breakfast Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60

Reduced .30

Lunch \$2.35

Reduced .40

Adult

Breakfast \$2.00

Lunch \$2.95

Extra Milk .50

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

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
	4	5	6	7	8
	11	12	13	14	15
		WG Breakfast Pack	WG Breakfast Pack	WG Breakfast Pack	WG Breakfast Pack
	18	19	20	21	22
	WG French Toast Mini OR Granola Bar Pack	Turkey Sausage Breakfast Wrap OR WG Cinn. Toasters Cereal Pack	WG Marshmallow Matey's Cereal Pack	WG Mini Blueberry Pancakes OR WG Marshmallow Matey's Cereal Pack	Sunrise Flat Bread OR WG Granola Bar Pack
	25	26	27	28	29
	WG Pancakes OR WG Marshmallow Matey's Cereal Pack	Chorizo Breakfast Wrap OR WG Cinn. Toasters Cereal Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Brown Sugar Oatmeal Bar Pack	WG Mini Choc. Chip French Toast OR WG Marshmallow Matey's Cereal Pack	WG Biscuit & Gravy OR WG Cinn. Toasters Cereal Pack



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****



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

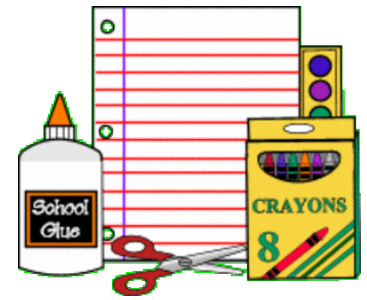
816.521.5371

MypaymentsPlus.com



August

Elementary Lunch Menu



Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
 Reduced .30
 Lunch \$2.35
 Reduced .40

Adult

Breakfast \$2.00
 Lunch \$2.95
 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.

					1
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29



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- LF- Low Fat
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WG- Whole Grain

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MypaymentsPlus.com



August

Elementary Snack Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
 Reduced .30
 Lunch \$2.35
 Reduced .40

Adult

Breakfast \$2.00
 Lunch \$2.95
 Extra Milk .50

NONDISCRIMINATION:

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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
	4	5	6	7	8
	11	12	13	14	15
		Marble Cheese Stick Café Crackers 100% Orange Juice	Applesauce Cup LF Milk Choice	WG Goldfish LF Milk Choice	Choc. Chip Gripz LF Milk Choice
	18	19	20	21	22
	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	WG Candy Cookie LF Milk Choice
	25	26	27	28	29
	WG Smart Cookie LF Milk Choice	WG Cheetos Puffs LF Milk Choice	RS, FF Assorted Yogurt 100% Blue Razz Juice	Banana LF Milk Choice	Choc. Chip Gripz Grahams LF Milk Choice



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