





Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Meal Prices Student Breakfast \$1.60 Reduced .30 Lunch \$2.35					1	Choose MyPlate gov MyPlate is based
Reduced .40 Adult Breakfast \$2.00 Lunch \$2.95 Extra Milk .50 NONDISCRIMINA- TION:	4	5	6	7	8	on new dietary guidelines re- leased by the gov- ernment last Janu- ary, which encour- ages Americans to eat more fruits, vegetables, and
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	11	12 WG Breakfast Pack	13 WG Breakfast Pack	14 WG Breakfast Pack	15 WG Breakfast Pack	whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and
origin, age or handi- cap. If you believe you have been discrimi- nated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washing- ton, D.C. 20250-9410	18 WG French Toast Mini OR Granola Bar Pack	Turkey Sausage Breakfast Wrap OR WG Cinn. Toasters Cereal Pack	20 WG Marshmallow Matey's Cereal Pack	21 WG Mini Blueberry Pancakes OR WG Marshmallow Matey's Cereal Pack	Sunrise Flat Bread OR WG Granola Bar Pack	the First Lady to improve nutrition, especially among children. LF- Low Fat
All meals are served with a choice of 1% White Milk Fat Free Strawberry Milk Fat Free Chocolate Milk 100% Fortified (breakfast only)	WG Pancakes OR WG Marshmallow Matey's Cereal Pack	26 Chorizo Breakfast Wrap OR WG Cinn. Toasters Cereal Pack	27 WG Choc. Chip Gripz FF Assorted Yogurt OR WG Brown Sugar Oatmeal Bar Pack	28 WG Mini Choc. Chip French Toast OR WG Marshmallow Matey's Cereal Pack	29 WG Biscuit & Gravy OR WG Cinn. Toasters Cereal Pack	RF- Reduced Fat FF- Fat Free RS- Reduced Sugar LS- Low Sodium
Jilly)		**We reserve the	right to make menu subst	itutions as necessary**		WG- Whole

We reserve the right to make menu substitutions as necessary

Grain

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

Breakfast cereals are reduced sugar and whole grain.



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

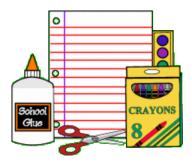
Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card

MypaymentsPlus.com





Elementary Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	
Meal Prices					1	
<u>Student</u>					_	Pruits
Breakfast \$1.60						Vegetab
Reduced .30						Choose
Lunch \$2.35						NA DI-A
Reduced .40						MyPlat on new
<u>Adult</u>	4	5	6	7	8	guideli
Breakfast \$2.00						leased
Lunch \$2.95						ernme
Extra Milk .50						ary, wł
						ages A
NONDISCRIMINA- TION:						eat mo vegeta
All children are treated the same regard- less of ability to pay. In the operation of child feeding pro- grams, no child will be discriminated against because of race, sex, color, religion, national origin, age or handi- cap. If you believe you have been discrimi-	11 18 Beef Hot Dog w/WG Bun	WG Hamburger WG Doritos Sweet & Spicy 19 Meat Loaf	WG Chicken Patty Mashed Potatoes LS Chicken Gravy 20 WG Hard Shell Taco	14 WG Chicken Corn Dog Macaroni & Cheese	MG Ham & Cheese Sandwich WG Doritos Nacho	whole fewer production foods. a concert by the of Agricultus the First improvements.
nated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washing- ton, D.C. 20250-9410	WG Choc. Cookie OR WG Stuffed Cheese Stick w/Marinara Sauce	WG Hot Roll Mashed Potatoes LS Beef Gravy OR WG Ham & Cheese Sand.	Santa Fe Rice 100% FRZ Juice Cup OR Cheese Pizza	WG Chicken Nuggets Baked Fries w/ Ketchup OR WG Macaroni & Cheese	WG Country Noodles WG Mini Biscuit OR WG Chicken Sandwich	especia childre LF- Lov
All meals are served with a choice of 1% White Milk Fat Free Strawberry Milk Fat Free Chocolate	Z5 Tangerine Chicken Steamed Rice OR WG Cheese Pizza	26 Queso Blanco Beef Enchiladas WG Smart Cookie OR WG Hamburger on WG Bun	27 WG Baked Chicken Patty Mashed Potatoes w/ Gravy, Cherry Crisp OR WG Hot Ham & Cheese On Goldfish Bread, Cherry Crisp	28 WG Spaghetti & Meat Sauce Texas Toast OR Fish Nuggets	29 WG Ham & Cheese Sand. WG Cheddar Sun Chips OR WG Chicken Quesadilla w/Salsa	RF- Red Fat FF- Fat RS- Red Sugar LS- Lov
 100% Fortified Juice (breakfast only) 	L	******	cherry Chap		<u> </u>	」um WG- W

Choose MyPlate gov

MyPlate is based

new dietary delines resed by the govment last Januwhich encoures Americans to more fruits, getables, and ole grains and ver processed ds. It is part of oncerted effort the Department Agriculture and First Lady to rove nutrition, ecially among ldren.

F- Low Fat

RF- Reduced

F- Fat Free

RS- Reduced

LS- Low Sodi-

WG- Whole Grain

We reserve the right to make menu substitutions as necessary

Fresh Fruits & Vegetable Bar Offered Daily.

Breakfast cereals are

reduced sugar and whole grain.



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

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MypaymentsPlus.com



Elementary Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices					1
<u>Student</u>					_
Breakfast \$1.60					
Reduced .30					
Lunch \$2.35					
Reduced .40					
<u>Adult</u>	4	5	6	7	8
Breakfast \$2.00					
Lunch \$2.95					
Extra Milk .50					
NONDISCRIMINA- TION:					
All children are treated the same regardless of ability to pay. In the operation of	11	12 Marble Cheese	13	14	15
child feeding pro-		Stick	Applesauce Cup	WG Goldfish	Choc. Chip Gripz
grams, no child will be discriminated against because of race, sex, color, religion, national		Café Crackers 100% Orange Juice	LF Milk Choice	LF Milk Choice	LF Milk Choice
origin, age or handi- ap. If you believe you have been discrimi- nated against, write immediately to the JSDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washing- on, D.C. 20250-9410	Animal Crackers LF Milk Choice	19 Cheddar Cheese Stick Café Crackers 100% Grape Juice	20 Applesauce Cup LF Milk Choice	Veggies FF Ranch Cup LF Milk Choice	22 WG Candy Cookie LF Milk Choice
All meals are served	25	26	27	28	29
with a choice of	WG Smart Cookie	WG Cheetos Puffs	RS, FF Assorted	Banana	Choc. Chip Gripz
1% White Milk Fat Free Strawberry Milk	LF Milk Choice	LF Milk Choice	Yogurt 100% Blue Razz	LF Milk Choice	Grahams LF Milk Choice
Fat Free Chocolate Milk100% Fortified			Juice		



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

LS- Low Sodi-

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WG- Whole

Grain

We reserve the right to make menu substitutions as necessary

Fresh Fruits & Vegetable

Bar Offered

Breakfast cereals are

reduced sugar and whole grain.

Daily.

Juice (breakfasi only



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

Independence School District Nutrition Service Department

1400 West Geo Space Drive Independence . MO . 64056

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