



Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices	2	3	4	5	6
Student	WG French Toast Mini OR Cereal Bar Pack	WG Cocoa Puffs Cereal Pack	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Cocoa Puffs Cereal Pack	Sunrise Flat Bread OR WG Cereal Bar Pack
Breakfast \$1.60	National School Breakfast Week March 2 - 6, 2015				
Reduced .30					
Lunch \$2.35					
Reduced .40					
Adult	9	10	11	12	13
Breakfast \$2.00	WG Mini Pancakes OR WG Lucky Charms Cereal Pack	WG Turkey Sausage Breakfast Toast OR WG Cereal Bar Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Mini Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	WG Biscuit & Gravy OR WG Cocoa Puffs Cereal Pack
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	16	17	18	19	20
	No School	WG Cocoa Puffs Cereal Pack	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Cocoa Puffs Cereal Pack	Sunrise Flat Bread OR WG Cereal Pack
	23	24	25	26	27
	WG Mini Pancakes OR WG Lucky Charms Cereal Pack	WG Turkey Sausage Breakfast Toast OR WG Cereal Bar Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Mini Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	WG Biscuit & Gravy OR WG Cocoa Puffs Cereal Pack
	SPRING BREAK MARCH 30-APRIL 3				



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

Please Visit the Nutrition Services Webpage to learn more about the

National School Breakfast Week

www.12.indep.k12.mo.us/nutrition/

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

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.



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

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

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



March

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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	It's Your Special Day! On March 10th we will celebrate all March Birthdays with a Kellogg's Rice Krispie Treat.				
	2	3	4	5	
	Beef Hotdog w/WG Bun WG Choc. Cookie OR WG Mozz. Twisted Breadstick w/Marinara Sauce	Meatloaf, WG Hot Roll, Mashed Potatoes, LS Beef Gravy OR WG Ham & Cheese Sandwich	WG Hard Shell Taco Santa Fe Rice 100% FRZ Juice Cup OR Cheese Pizza 100% FRZ Juice Cup	WG Chicken Nuggets Baked Fries w/ Ketchup OR WG Macaroni & Cheese	6
	Tangerine Chicken Lo Mein w/Veggies OR WG Cheese Pizza	Queso Blanco Beef Enchiladas WG Birthday Treat OR WG Hamburger on WG Bun WG Birthday Treat	WG Baked Chicken Patty Mashed Potatoes w/ Gravy, Cherry Crisp OR WG Hot Ham & Cheese On Goldfish Bread Cherry Crisp	WG Spaghetti & Meat Sauce, Bread Stick OR Fish Nuggets	12
16	17	18	19	20	
NO School	Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie	Salisbury Steak WG Hot Roll Mashed Potatoes w/ Gravy OR WG Mozz. Twisted Breadstick W/Marinara Sauce	WG Turkey Mini Corn Dogs Cheetos Puffs OR Grilled Chicken Sandwich	Taco Salad OR Sloppy Joe Sliders Augratin Potatoes	
23	24	25	26	27	
Fiestada Pizza OR WG Chicken Quesadilla w/Salsa	WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR Grilled Cheese Sandwich	Shrimp Poppers, Lo Mein w/Veggies, RF WG Sugar Cookie OR Chicken Egg Roll, Lo Mein w/Veggies, RF WG Sugar Cookie	Chili, Crackers, WG Cinnamon Roll OR WG Chicken Nuggets	Cheeseburger, Baked Fries w/Ketchup OR Rib-Q on Bun	

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Elementary Snack Menu

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Meal Prices

Student

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 Reduced .30
 Lunch \$2.35
 Reduced .40

Adult

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

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	Monday	Tuesday	Wednesday	Thursday	Friday
2	Animal Crackers LF Milk Choice	Smores Granola Bar LF Milk Choice	Applesauce Cup LF Milk Choice	Pretzel Hearts LF Milk Choice	Scooby Doo Snacks LF Milk Choice
3					
4					
5					
6					
9	WG Smart Cookie LF Milk Choice	WG Cheetos Puffs LF Milk Choice	WG Cheddar Goldfish LF Milk Choice	Applesauce Cup LF Milk Choice	Choc. Chip Gripz Grahams LF Milk Choice
10					
11					
12					
13					
16	No School	WG Animal Crackers LF Milk Choice	Scooby Doo Snacks LF Milk Choice	WG Cheddar Sun Chips LF Milk Choice	Smores Granola Bar LF Milk Choice
17					
18					
19					
20					
23	WG Cheddar Goldfish LF Milk Choice	WG Choc. Chip Gripz LF Milk Choice	WG Smart Cookies LF Milk Choice	Grahams LF Milk Choice	Strawberry Applesauce LF Milk Choice
24					
25					
26					
27					
SPRING BREAK MARCH 30-APRIL 3					

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