

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



## Elementary Breakfast Menu

|   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|--|---|--|---|--|
| <b>Meal Prices</b>  |  |   |  |   |  |
| <b>Student</b>  |  |   |  |   |  |
| Breakfast \$1.60  |  |   |  | WG Mini Chocolate Chip<br>French Toast<br>OR<br>WG Marshmallow<br>Matey's Cereal Pack<br>Apple Slices | WG Biscuit & Gravy<br>OR<br>WG Cinn. Toasters<br>Cereal Pack<br>Strawberries |
| Reduced .30   |  |   |  |   |  |
| Lunch \$2.30  |  |   |  |   |  |
| Reduced .40   |  |   |  |   |  |
| <b>Adult</b>  |  |   |  |   |  |
| Breakfast \$2.00  | WG Mini French Toast<br>OR<br>Granola Bar Pack<br>Apricots | WG Marshmallow<br>Matey's Cereal Pack<br>LS Peaches | Turkey Sausage<br>Breakfast Wrap<br>OR<br>WG Cinn Toasters<br>Cereal Pack<br>Strawberry Applesauce | WG Mini Blueberry<br>Pancakes<br>OR<br>WG Marshmallow<br>Matey's Cereal Pack<br>LS Pears              | Sunrise Flat Bread<br>OR<br>WG Granola Bar Pack<br>Orange Wedges             |
| Lunch \$2.90  |  |   |  |   |  |
| Extra Milk .45  |  |   |  |   |  |
| <b>NONDISCRIMINATION:</b>   |  |   |  |   |  |
| 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   |  |   |  |   |  |
| <ul style="list-style-type: none"> <li>1% White Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Chocolate Milk</li> <li>100% Fortified Juice (breakfast only)</li> </ul>   |  |   |  |   |  |



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

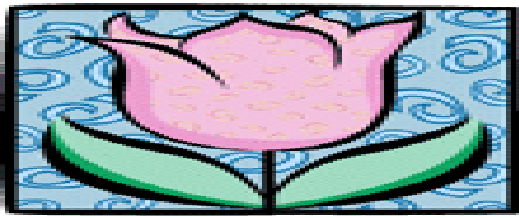
Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using

Independence School District Nutrition Service Department

1400 West Geo Space Drive Independence . MO . 64056

816.521.5371

[MypaymentsPlus.com](http://MypaymentsPlus.com)



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## 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.**

|  |  |  |   |   |  |   |
|--|--|--|---|---|--|---|
|  |  |  | WG Beef Fingers<br>Mashed Potatoes<br>Country Gravy<br>OR<br>WG Chicken Patty<br>Mashed Potatoes<br>Country Gravy | WG Baked Chicken Patty<br>Mashed Potatoes<br>LS Chicken Gravy<br>OR<br>WG Hot Ham & Cheese<br>On Goldfish Bread | WG Spaghetti & Zesty Meat Sauce<br>Texas Toast<br>OR<br>Fish Nuggets | WG Ham & Cheese Sandwich<br>FF Miracle Whip<br>WG Cheddar Sun Chips<br>OR<br>WG Chicken Quesadilla<br>Salsa |
|  | Turkey Hot Dog on WG Bun<br>WG Choc. Cookie<br>OR<br>WG Stuffed Cheese Stick<br>Marinara Sauce | Meatloaf<br>WG Hot Roll<br>Mashed Potatoes<br>LS Beef Gravy<br>OR<br>WG Ham Sandwich   | WG Hard Shell Taco<br>Mexican Rice<br>100% Frz Juice Cup<br>OR<br>Cheese Pizza<br>100% Frz Juice Cup              | WG Baked Chicken Patty<br>Mashed Potatoes<br>LS Chicken Gravy<br>OR<br>WG Hot Ham & Cheese<br>On Goldfish Bread | WG Spaghetti & Zesty Meat Sauce<br>Texas Toast<br>OR<br>Fish Nuggets | WG Ham & Cheese Sandwich<br>FF Miracle Whip<br>WG Cheddar Sun Chips<br>OR<br>WG Chicken Quesadilla<br>Salsa |
|  | Tangerine Chicken<br>Steamed Rice<br>OR<br>WG Cheese Pizza                                     | Queso Blanco Beef Enchiladas<br>WG Smart Cookie<br>OR<br>WG Hamburger                  | WG Baked Chicken Patty<br>Mashed Potatoes<br>LS Chicken Gravy<br>OR<br>WG Hot Ham & Cheese<br>On Goldfish Bread   | WG Baked Chicken Patty<br>Mashed Potatoes<br>LS Chicken Gravy<br>OR<br>WG Hot Ham & Cheese<br>On Goldfish Bread | WG Spaghetti & Zesty Meat Sauce<br>Texas Toast<br>OR<br>Fish Nuggets | WG Ham & Cheese Sandwich<br>FF Miracle Whip<br>WG Cheddar Sun Chips<br>OR<br>WG Chicken Quesadilla<br>Salsa |
|  | WG Chicken Strips<br>Baked Potato<br>OR<br>WG Macaroni & Cheese                                | WG Lasagna<br>WG Choc. Chip Cookie<br>OR<br>WG Chicken Nuggets<br>WG Choc. Chip Cookie | Manager's Choice  | Manager's Choice  | Manager's Choice   | Manager's Choice  |
|  | Memorial Day   |  |   |   |  |   |



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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

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- 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  | 2   |
|  |                                   |   | Grahams<br>LF Milk Choice                      | Strawberry Applesauce<br>LF Milk Choice                     |
|  | 5                                 | 6   | 7  | 8   |
|  | Animal Crackers<br>LF Milk Choice | Cheddar Cheese Stick<br>Café Crackers<br>100% Grape Juice | Applesauce Cup<br>LF Milk Choice               | Veggies<br>FF Ranch Cup<br>LF Milk Choice                   |
|  | 12                                | 13  | 14   | 15  |
|  | WG Smart Cookie<br>LF Milk Choice | WG Cheetos Puffs<br>LF Milk Choice                        | RS, FF Assorted Yogurt<br>100% Blue Razz Juice | Banana<br>LF Milk Choice                                    |
|  | 19                                | 20  | 21   | 22  |
|  | Pretzel Hearts<br>LF Milk Choice  | Baby Carrots<br>FF Ranch Cup<br>LF Milk Choice            | Scooby Doo Snacks<br>LF Milk Choice            | String Cheese<br>Saltine Crackers<br>100% Royal Grape Juice |
|  | 26                                | 27  | 28   | 29  |
|  | Memorial Day                      |   |  | 30  |



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