



read  
play  
learn  
run  
dream

# October

## Elementary Breakfast Menu

take time for  
**school  
BREAKFAST**



**Monday                      Tuesday                      Wednesday                      Thursday                      Friday**

**Meal Prices**

**Student**

Breakfast \$1.60  
Reduced .30  
Lunch \$2.40  
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  | 2  |
|   |   |   |  | WG Mini Blueberry Pancakes<br>OR<br>Lucky Charms Cereal Pack | Sunrise Flat Bread<br>OR<br>WG Coco Puffs Cereal Pack  |
|   | 5   | 6   | 7  | 8  | 9  |
|   | WG Mini Pancakes<br>OR<br>WG Luck Charms Cereal Pack                | WG Turkey Sausage Pancake Wrap<br>OR<br>WG Lucky Charms Cereal Pack | WG Choc. Chip Gripz FF Assorted Yogurt<br>OR<br>WG Cereal Bar Pack | WG Choc. Chip Waffle<br>OR<br>WG Lucky Charms Cereal Pack    | WG Biscuit & Gravy<br>OR<br>WG Cocoa Puffs Cereal Pack |
|   | 12  | 13  | 14   | 15   | 16   |
|   | WG French Toast Mini<br>OR<br>Coco Puffs Cereal Pack                | WG Lucky Charms Cereal Pack   | Turkey Sausage Breakfast Wrap<br>OR<br>WG Cocoa Puffs Cereal Pack  | WG Mini Blueberry Pancakes<br>OR<br>Lucky Charms Cereal Pack | Sunrise Flat Bread<br>OR<br>WG Coco Puffs Cereal Pack  |
| 19  | 20  | 21  | 22   | 23   |  |
| WG Mini Pancakes<br>OR<br>WG Luck Charms Cereal Pack                              | WG Turkey Sausage Pancake Wrap<br>OR<br>WG Lucky Charms Cereal Pack | WG Choc. Chip Gripz FF Assorted Yogurt<br>OR<br>WG Cereal Bar Pack  | WG Choc. Chip Waffle<br>OR<br>WG Lucky Charms Cereal Pack          | WG Biscuit & Gravy<br>OR<br>WG Cocoa Puffs Cereal Pack       |  |
| 26  | 27  | 28  | 29   | 30   |  |
| WG French Toast Mini<br>OR<br>Coco Puffs Cereal Pack                              | WG Lucky Charms Cereal Pack   | Turkey Sausage Breakfast Wrap<br>OR<br>WG Cocoa Puffs Cereal Pack   | WG Mini Blueberry Pancakes<br>OR<br>Lucky Charms Cereal Pack       | <b>NO School</b>   |  |



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](http://MypaymentsPlus.com)



# OCTOBER

JOIN US IN CELEBRATING  
NATIONAL SCHOOL LUNCH  
WEEK


OCTOBER 12-16, 2015

Visit the Nutrition Service Webpage for  
more information.

[www.sites.isdschools.org/nutrition](http://www.sites.isdschools.org/nutrition)

**Say Cheese! It's Lunchtime.**  
October 12-16, 2015 is National School Lunch Week.

## Elementary Lunch Menu

|   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |  |
|---|--|--|---|---|--|--|
| <b>Meal Prices</b>  |  |  |   |   |  |  |
| <b>Student</b>  |  |  |   | 1   | 2  |  |
| Breakfast \$1.60  |  <p>It's Your Special Day!<br/>On October 20th we will<br/>celebrate all October Birthdays<br/>with a Kellogg's Rice Krispie Treat.</p> |  |   | WG Turkey Mini Corn-dogs<br>Cheetos Puffs<br>OR<br>Fiestada Pizza                                 | Taco Salad<br>OR<br>Sloppy Joe Sliders<br>Augratin Potatoes                                |  |
| Reduced .30   |  |  |   |   |  |  |
| Lunch \$2.40  |  |  |   |   |  |  |
| Reduced .40   |  |  |   |   |  |  |
| <b>Adult</b>  | 5  | 6  | 7   | 8   | 9  |  |
| Breakfast \$2.00  | Fiestada Pizza<br>OR<br>WG Chicken Quesadilla w/Salsa  | WG Creamy Alfredo w/ Chicken & Rotini<br>WG Bread Stick<br>OR<br>Grilled Cheese Sandwich               | Cheese Ravioli<br>Bread Stick<br>OR<br>Chicken Strips<br>Sweet Potato Fries   | WG Beef Fingers<br>Mashed Potatoes w/ Gravy<br>OR<br>WG Chicken Patty<br>Mashed Potatoes w/ Gravy | Cheeseburger<br>Baked Fries w/ Ketchup<br>OR<br>Rib-Q on Bun                               |  |
| Lunch \$2.95  |  |  |   |   |  |  |
| Extra Milk .50  |  |  |   |   |  |  |
| <b>NONDISCRIMINATION:</b>   | 12   | 13   | 14  | 15  | 16   |  |
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|   | <b>NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16</b>  |  |   |   |  |  |
|   | 19   | 20   | 21  | 22  | 23   |  |
| All meals are served with a choice of   | Tangerine Chicken<br>Steamed Rice<br>OR<br>WG Cheese Pizza   | Queso Blanco Beef Enchiladas<br>WG Birthday Treat<br>OR<br>WG Hamburger on WG Bun<br>WG Birthday Treat | WG Baked Chicken<br>Mashed Potatoes w/ Gravy, Cherry Crisp<br>OR<br>WG Hot Ham & Cheese On Goldfish Bread<br>Cherry Crisp | WG Spaghetti & Meat Sauce<br>Bread Stick<br>OR<br>Fish Nuggets                                    | WG Turkey & Cheese Sandwich<br>WG Cheddar Sun Chips<br>OR<br>WG Chicken Quesadilla w/Salsa |  |
| • 1% White Milk   |  |  |   |   |  |  |
| • Fat Free Strawberry Milk  |  |  |   |   |  |  |
| • Fat Free Chocolate Milk   |  |  |   |   |  |  |
| • 100% Fortified Juice (breakfast only)   |  |  |   |   |  |  |
| Breakfast cereals are reduced sugar and whole grain.  | 26   | 27   | 28  | 29  | 30   |  |
|   | WG Chicken Strips<br>Baked Potato<br>OR<br>WG Macaroni & Cheese  | Lasagna<br>WG Choc. Chip Cookie<br>OR<br>WG Chicken Nuggets<br>WG Choc. Chip Cookie                    | Salisbury Steak<br>WG Hot Roll<br>Mashed Potatoes w/ Gravy<br>OR<br>WG Mozz. Twisted Bread Stick w/ Marinara              | WG Turkey Mini Corn-dogs<br>Cheetos Puffs<br>OR<br>Fiestada Pizza                                 | NO School  |  |



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# Elementary Snack Menu

Monday Tuesday Wednesday Thursday Friday

**Meal Prices**

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 Reduced .30  
 Lunch \$2.40  
 Reduced .40

**Adult**

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|   |                                       |                                       |  |   |   |
|---|---------------------------------------|---------------------------------------|--|---|---|
|  |                                       |                                       |  | 1   | 2                                       |
|   |                                       |                                       |  | WG Cheddar Sun Chips<br>LF Milk Choice        | Apple Slices<br>LF Milk Choice          |
|   | 5                                     | 6                                     | 7                                      | 8   | 9                                       |
|   | WG Cheddar Goldfish<br>LF Milk Choice | WG Choc Chip Gripz<br>LF Milk Choice  | WG Smart Cookie<br>LF Milk Choice      | Grahams<br>LF Milk Choice                     | Strawberry Applesauce<br>LF Milk Choice |
|   | 12                                    | 13                                    | 14                                     | 15  | 16                                      |
|   | Animal Crackers<br>LF Milk Choice     | Original Grahams<br>LF Milk Choice    | Applesauce Cup<br>LF Milk Choice       | Pretzel Hearts<br>LF Milk Choice              | Scooby Doo Snacks<br>LF Milk Choice     |
| 19  | 20                                    | 21                                    | 22                                     | 23  |   |
| WG Smart Cookie<br>LF Milk Choice   | WG Cheetos Puffs<br>LF Milk Choice    | WG Cheddar Goldfish<br>LF Milk Choice | Applesauce Cup<br>LF Milk Choice       | Choc. Chip Gripz<br>Grahams<br>LF Milk Choice |   |
| 26  | 27                                    | 28                                    | 29                                     | 30  |   |
| Pretzel Hearts<br>LF Milk Choice  | Animal Crackers<br>LF Milk Choice     | Scooby Doo Snacks<br>LF Milk Choice   | WG Cheddar Sun Chips<br>LF Milk Choice | NO School                                     |   |

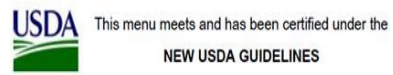


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