



Elementary Breakfast Menu

Meal Prices

Student

Breakfast \$1.60
 Reduced .30
 Lunch \$2.30
 Reduced .40

Adult

Breakfast \$2.00
 Lunch \$2.90
 Extra Milk .45

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	3	4
	Choizo Breakfast Wrap OR WG Cinn Toasters Cereal Pack Banana	WG Chocolate Chip Gripz, FF Assorted Yogurt OR WG Blueberry Cereal Pack, Blueberries	WG Mini Chocolate Chip French Toast OR WG Marshmallow Mately's Cereal Pack, Apple Slices	WG Biscuit w/ Gravy OR WG Cinn Toasters Cereal Pack, Strawberries
7	8	9	10	11
WG French Toast Mini OR WG Blueberry Cereal Pack, Apple Slices	WG Marshmallow Mately's Cereal Pack, LS Peaches	Turkey Sausage Breakfast Wrap OR WG Cinn Toasters Cereal Pack, Strawberry Applesauce	WG Mini Blueberry Pancakes OR WG Marshmallow Mately's Cereal Pack, LS Pears	Sunrise Flat Bread OR WG Blueberry Cereal Pack, Orange Wedges
14	15	16	17	18
WG Mini Maple Pancake OR WG Marshmallow Mately's Cereal Pack LS Peaches	Chorizo Breakfast Wrap OR WG Cinn Toasters Cereal Pack, Banana	WG Chocolate Chip Gripz, FF Assorted Yogurt OR WG Blueberry Cereal Pack, Blueberries	WG Mini Chocolate Chip French Toast OR WG Marshmallow Mately's Cereal Pack, Apple Slices	WG Biscuit w/ Gravy OR WG Cinn Toasters Cereal Pack, Strawberries
21	22	23	24	25
WG French Toast Mini OR WG Blueberry Cereal Pack, Apple Slices	WG Marshmallow Mately's Cereal Pack, LS Peaches	Turkey Sausage Breakfast Wrap OR WG Mini Cinn Toasters Cereal Pack, Strawberry Applesauce	WG Mini Blueberry Pancakes OR WG Marshmallow Mately's Cereal Pack, LS Pears	
28	29	30	31	
	Chorizo Breakfast Wrap OR WG Cinn Toasters Cereal Pack, Banana	WG Chocolate Chip Gripz, FF Assorted Yogurt OR WG Blueberry Cereal Pack, Blueberries	WG Mini Chocolate Chip French Toast OR WG Marshmallow Mately's Cereal Pack, Apple Slices	



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

MypaymentsPlus.com

Independence School District Nutrition Service Department

1400 West Geo Space Drive Independence . MO . 64056

816.521.5371



Elementary Lunch Menu

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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Fresh Fruits & Vegetable Bar Offered Daily.

	1	2	3	4	
	WG Creamy Alfredo w/ Chicken and Rotini, Texas Toast OR WG Grilled Cheese	Shrimp Popper, Fried Rice, RF WG Sugar Cookie OR Chicken Egg Roll, Fried Rice, RF WG Sugar Cookie	WG Beef Fingers, Mashed Potatoes, Country Gravy OR WG Chicken Patty, Mashed Potatoes, Gravy	Hamburger, Baked Fries OR Rib-Q on Bun, Baked Fries	
	7	8	9	10	11
	Turkey Hot Dog, WG Bun, WG Chocolate Chip Cookie OR WG Stuffed Cheese Stick w/ Marinara Sauce	Meat Loaf, WG Hot Roll, Mashed Potatoes, LS Beef Gravy OR WG Turkey Sandwich	WG Hard Shell Taco, Mexican Rice, 100% FRZ Juice Cup OR Mozz. Cheese Stick, Marinara, 100% FRZ Juice Cup	WG Chicken Nuggets, Baked Fries, Ketchup OR WG Macaroni & Cheese	WG Country Noodles, WG Mini Biscuit OR WG Trout Melt on Goldfish Bread
	14	15	16	17	18
Tangerine Chicken, Steamed Rice OR WG Cheese Pizza	Queso Blanco Beef Enchiladas, WG Smart Cookie OR WG Hamburger	WG Baked Chicken Patty, Mashed Potatoes, LS Chicken Gravy OR WG Hot Ham & Cheese on Goldfish Bread	WG Spaghetti & Zesty Meat Sauce OR Fish Nuggets	WG Ham & Cheese Sandwich, FF Miracle Whip, WG Cheddar Sun Chips OR WG Chicken Quesadilla, Salsa	
21	22	23	24	25	
WG Chicken Strips, Baked Potato OR WG Macaroni & Cheese	Salisbury Steak, WG Hot Roll, Mashed Potatoes, Gravy OR WG Stuffed Cheese Sticks, Marinara Sauce	WG Lasagna, WG Choc. Chip Cookie OR WG Chicken Nuggets, WG Choc. Chip Cookie	WG Turkey Mini Corn-dogs, Au gratin Potatoes OR WG Trout Melt on Goldfish Bread, Au gratin Potatoes		
28	29	30	31		
	WG Creamy Alfredo w/ Chicken and Rotini, Texas Toast OR WG Grilled Cheese	Shrimp Poppers, Fried Rice, RF WG Sugar Cookie OR Chicken Egg Roll, Fried Rice, RF WG Sugar Cookie	Chili, WG Cinn. Roll, WG Crackers OR WG Turkey Sandwich		



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What's a Vampire's favorite fruit?
Neck-tarines



October

Elementary Snack Menu

What's a ghosts favorite sandwich?
Boo-logna

Meal Prices

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Fresh Fruits & Vegetable Bar Offered Daily.

	1 RS, FF Assorted Yogurt 100% Blue Razz Juice	2 Oranges LF Milk Choice	3 Grahams LF Milk Choice	4 Strawberry Applesauce LF Milk Choice
7 Animal Crackers LF Milk Choice	8 Cheddar Cheese Stick Café Crackers 100% Grape Juice	9 Applesauce Cup LS Milk Choice	10 Veggies FF Ranch Cup LF Milk Choice	11 Chocolate Carmel Chex LF Milk Choice
14 WG Smart Cookie LF Milk Choice	15 RF Cool Ranch Doritos LF Milk Choice	16 RS, FF Assorted Yogurt 100% Blue Razz Juice	17 Banana LF Milk Choice	18 Chocolate Chip Gripz Grahams LF Milk Choice
21 Pretzel Hearts LF Milk Choice	22 Baby Carrots FF Ranch Cup LF Milk Choice	23 Scooby Doo Snacks LF Milk Choice	24 String Cheese Saltine Crackers 100% Royal Grape Juice	25 No School
28 No School	29 RS, FF Assorted Yogurt 100% Blue Razz Juice	30 Oranges LF Milk Choices	31 Grahams LF Milk Choice	



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