



read  
play  
learn  
run  
dream



take time for  
**school  
BREAKFAST**



## Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Prices</b>					
<b>Student</b>	3	4	5	6	7
Breakfast \$1.60					
Reduced .30					
Lunch \$2.40					
Reduced .40					
<b>Adult</b>	10	11	12	13	14
Breakfast \$2.00					
Lunch \$2.95					
Extra Milk .50					
<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	17	18	19	20	21
	WG French Toast Mini OR Cereal Bar Pack	WG Luck Charms Cereal Pack	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Golden Grahams Cereal Bar Pack	Sunrise Flat Bread OR WG Cereal Bar Pack
	24	25	26	27	28
	WG Mini Pancakes OR WG Lucky Charms Cereal Pack	WG Turkey Sausage Pancake Wrap OR WG Cereal Bar Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	WG Lucky Charm Cereal Pack OR WG Cocoa Puffs Cereal Pack
All meals are served with a choice of	31				
<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>	WG French Toast Mini OR Cereal Bar Pack				



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

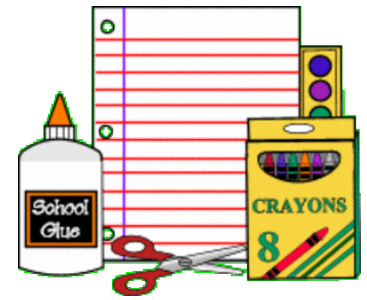
816.521.5371

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



# August

## Elementary Lunch Menu



**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

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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.**

				6	7
		It's Your Special Day! On August 25th we will celebrate all August Birthdays with a Kellogg's Rice Krispie Treat.			
	10	11	12	13	14
			WG Hamburger WG Doritos Cool Ranch	WG Chicken Nuggets Dinner Roll Mashed Potatoes LS Chicken Gravy	WG Hot Dog Macaroni & Cheese
	17	18	19	20	21
	Beef Hot Dog w/WG Bun WG Choc. Cookie OR WG Mozz. Twisted Bread Stick w/Marinara Sauce	Meat Loaf WG Hot Roll Mashed Potatoes LS Beef Gravy OR WG Ham & Cheese Sand.	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	WG Country Noodles WG Mini Biscuit OR Beef & Cheese Burrito
	24	25	26	27	28
	Tangerine Chicken Steamed Rice OR WG Cheese Pizza	Queso Blanco Beef Enchiladas WG Birthday Treat OR WG Hamburger on WG Bun WG Birthday Treat	WG Baked Chicken Pasta 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	WG Turkey & Cheese Sandwich WG Cheddar Sun Chips OR WG Chicken Quesadilla w/Salsa
	31				
	WG Chicken Strips Baked Potato OR WG Macaroni & Cheese				



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# August

## Elementary Snack Menu

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

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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.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
	10	11	12	13	14
			Original Grahams LF Milk Choice	Peach Cup LF Milk Choice	WG Gripz Choc Chip LF Milk Choice
	17	18	19	20	21
	Animal Crackers LF Milk Choice	Original Grahams LF Milk Choice	Applesauce Cup LF Milk Choice	Pretzel Hearts LF Milk Choice	Scooby Doo Snacks LF Milk Choice
	24	25	26	27	28
	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
	31				
	Pretzel Hearts LF Milk Choice				



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