



read
play
learn
run
dream



Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices					
Student		1	2	3	4
Breakfast \$1.60		WG Turkey Sausage Pancake Wrap OR WG Cereal Variety	WG Choc Chip Gripz FF Assorted Yogurt OR WG Cereal Variety	WG Choc. Chip Waffle OR WG Cereal Variety	WG Biscuit & Gravy OR WG Cereal Variety
Reduced .30					
Lunch \$2.40					
Reduced .40					
Adult	7	8	9	10	11
Breakfast \$2.00	WG French Toast Mini OR WG Cereal Variety	WG Cereal Variety	Turkey Sausage Breakfast Wrap OR WG Cereal Variety	WG Mini Blueberry Pancakes OR WG Cereal Variety	Turkey Sausage Breakfast Pizza OR WG Cereal Variety
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	14	15	16	17	18
	WG Mini Pancakes OR WG Cereal Variety	WG Turkey Sausage Pancake Wrap OR WG Cereal Variety	WG Choc Chip Gripz FF Assorted Yogurt OR WG Cereal Variety	WG Choc. Chip Waffle OR WG Cereal Variety	WG Biscuit & Gravy OR WG Cereal Variety
	21	22	23	24	25
	WG French Toast Mini OR WG Cereal Variety	WG Cereal Variety	Happy Holidays!		
	28	29	30	31	
			Winter Break December 23-January 5th School Resumes January 6th		



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****

- 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.



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



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.

	1 WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR Grilled Cheese Sandwich	2 Cheese Ravioli Bread Stick OR Trout Melt w/ Goldfish Bread, WG Sun Cheddar Chips	3 WG Beef Fingers Mashed Potatoes w/ Gravy OR WG Chicken Patty Mashed Potatoes w/ Gravy	4 Cheeseburger Baked Fries w/ Ketchup OR Rib-Q on Bun
7 Beef Hot Dog w/WG Bun WG Choc. Cookie OR Mozz. Twisted Bread Stick w/Marinara Sauce	8 Meat Loaf WG Hot Roll Mashed Potatoes LS Beef Gravy OR Ham & Cheese Sand.	9 Hard Shell Taco Santa Fe Rice 100% FRZ Juice Cup OR Cheese Pizza 100% FRZ Juice Cup	10 Chicken Nuggets Baked Fries w/ Ketchup OR Mac & Cheese	11 Chicken & Noodles WG Mini Biscuit WG Smart Cookie OR Beef & Cheese Burrito WG Smart Cookie
14 Tangerine Chicken Steamed Rice OR WG Cheese Pizza	15 Queso Blanco Beef Enchiladas WG Birthday Treat OR WG Hamburger on WG Bun WG Birthday Treat	16 WG Baked Chicken Patty Mashed Potatoes w/ Gravy, Cherry Crisp OR WG Hot Ham & Cheese On Goldfish Bread Cherry Crisp	17 Chili WG Crackers WG Cinnamon Rolls OR Hot Dog on WG Bun	18 WG Turkey & Cheese Sandwich WG Cheddar Sun Chips OR WG Chicken Quesadilla w/Salsa
21 WG Turkey Mini Corn-dogs, Cheetos Puffs OR Calzon Wheat Turkey Pepperoni Cheetos Puffs	22 Lasagna WG Choc. Chip Cookie OR WG Ham & Cheese Sand WG Choc. Chip Cookie	23	24	25
28  It's Your Special Day! On December 15th we will celebrate all December Birthdays with a Special Birthday Treat.	29	 WINTER BREAK Winter Break December 23-January 5th School Resumes January 6th		
		30	31	



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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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 - 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
	WG Choc Chip Gripz LF Milk Choice	WG Smart Cookie LF Milk Choice	Grahams LF Milk Choice	Strawberry Applesauce LF Milk Choice
7	8	9	10	11
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
14	15	16	17	18
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
21	22	23	24	25
Pretzel Hearts LF Milk Choice	Animal Crackers LF Milk Choice	 winter break		
28	29	30	31	
Winter Break December 23-January 5th School Resumes on January 6th				



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