



February

Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices	2	3	4	5	6
Student					
Breakfast \$1.60	WG French Toast Mini OR Cereal Bar Pack	WG Cocoa Puffs Cereal Pack	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Cocoa Puffs Cereal Pack	Sunrise Flat Bread OR WG Cereal Bar Pack
Reduced .30					
Lunch \$2.35					
Reduced .40					
Adult	9	10	11	12	13
Breakfast \$2.00	WG Mini Pancakes Or WG Lucky Charms Cereal Pack	WG Turkey Sausage Breakfast Toast OR WG Cereal Bar Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Mini Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	No School
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	16	17	18	19	20
		No School	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Cocoa Puffs Cereal Pack	Sunrise Flat Bread OR WG Cereal Bar Pack
	23	24	25	26	27
	WG Mini Pancakes Or WG Lucky Charms Cereal Pack	WG Turkey Sausage Breakfast Toast OR WG Cereal Bar Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Mini Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	WG Biscuit & Gravy OR WG Cocoa Puffs Cereal 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

Fresh Fruits & Vegetable Bar Offered Daily.

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.

****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

FEBRUARY

Elementary Lunch Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
 Reduced .30
 Lunch \$2.35
 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.

		<p>It's Your Special Day! On February 10th we will celebrate all February Birthdays with a Kellogg's Rice Krispie Treat.</p>			
	2	3	4	5	6
	Beef Hotdog w/WG Bun WG Choc. Cookie OR WG Mozz. Twisted Breadstick w/Marinara Sauce	Meatloaf, WG Hot Roll, Mashed Potatoes, LS Beef Gravy OR WG Ham & Cheese Sandwich	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	Chicken & Noodles WG Mini Biscuit OR WG Chicken Sandwich
	9	10	11	12	13
	Tangerine Chicken Lo Mein w/Veggies 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	No School
	16	17	18	19	20
		No School	Salisbury Steak WG Hot Roll Mashed Potatoes w/ Gravy OR WG Mozz. Twisted Breadstick W/Marinara Sauce	WG Turkey Mini Corn Dogs Cheetos Puffs OR Grilled Chicken Sandwich	Taco Salad OR Sloppy Joe Sliders Augratin Potatoes
	23	24	25	26	27
	Fiestada Pizza OR WG Chicken Quesadilla w/Salsa	WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR Grilled Cheese Sandwich	Shrimp Poppers, Lo Mein w/Veggies, RF WG Sugar Cookie OR Chicken Egg Roll, Lo Mein w/Veggies, RF WG Sugar Cookie	Chili, Crackers, WG Cinnamon Roll OR WG Chicken Nuggets	Cheeseburger, Baked Fries w/Ketchup OR Rib-Q on Bun

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February

Elementary Snack Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
Reduced .30
Lunch \$2.35
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
2 Animal Crackers LF Milk Choice	3 Cheddar Cheese Stick Café Crackers 100% Grape Juice	4 Applesauce Cup LF Milk Choice	5 Veggies FF Ranch Cup LF Milk Choice	6 WG Candy Cookie LF Milk Choice
9 WG Smart Cookie LF Milk Choice	10 WG Cheetos Puffs LF Milk Choice	11 RS, FF Assorted Yogurt 100% Blue Razz Juice	12 Banana LF Milk Choice	13 No School
16 President's Day No School	17 No School	18 Scooby Doo Snacks LF Milk Choice	19 String Cheese Saltine Crackers 100% Grape Juice	20 Apple Slices LF Milk Choice
23 WG Cheddar Goldfish LF Milk Choice	24 RS, FF Assorted Yogurt 100% Blue Razz Juice	25 Orange Wedges LF Milk Choice	26 Grahams LF Milk Choice	27 Strawberry Applesauce LF Milk Choice

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