

Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Meal Prices <u>Student</u>	2	3	4 Turkey Sausage	5 WG Mini Blueberry	6	Pruts Grains Dairy
Breakfast \$1.60	WG French Toast Mini		Breakfast Wrap	Pancakes	Sunrise Flat Bread	Vegetables Protein
Reduced .30	OR Cereal Bar Pack	WG Cocoa Puffs Cereal Pack	OR	OR	OR	Choose MyPlate.gov
Lunch \$2.35			WG Cocoa Puffs Cereal Pack	WG Cocoa Puffs Cereal Pack	WG Cereal Bar Pack	Choose Ng Philad.gov
Reduced .40			Cereal Pack	Cereal Pack		MyPlate is based
		10		42	12	on new dietary
<u>Adult</u>	9	10	11	12 WG Mini Choc. Chip	13	guidelines re-
Breakfast \$2.00	WG Mini Pancakes	WG Turkey Sausage	WG Choc. Chip Gripz	WG Mini Choc. Chip Waffle	Nia	leased by the gov- ernment last Janu-
Lunch \$2.95	Or WG Lucky Charms	Breakfast Toast	FF Assorted Yogurt OR	OR	Νο	ary, which encour-
Extra Milk .50	Cereal Pack	OR WG Cereal Bar Pack	WG Cereal Bar Pack	WG Lucky Charms	School	ages Americans to
NONDISCRIMINA-				Cereal Pack		eat more fruits,
TION:						vegetables, and
All children are treat- ed the same regard-	16	17	18	19	20	whole grains and
less of ability to pay.			Turkey Sausage	WG Mini Blueberry		fewer processed
In the operation of child feeding pro-		No	Breakfast Wrap OR	Pancakes OR	Sunrise Flat Bread	foods. It is part of
grams, no child will be discriminated	VICEDITY FORES	School	WG Cocoa Puffs	WG Cocoa Puffs	OR WG Cereal Bar Pack	a concerted effort
against because of	*-*-*-*		Cereal Pack	Cereal Pack		by the Department
race, sex, color, religion, national						of Agriculture and
origin, age or handi- cap. If you believe you	23	24	25	26	27	the First Lady to
have been discrimi-				WG Mini Choc. Chip		improve nutrition,
nated against, write immediately to the	WG Mini Pancakes	WG Turkey Sausage Breakfast Toast	WG Choc. Chip Gripz	Waffle	WG Biscuit & Gravy	especially among children.
USDA, Director, Office of Adjudications,	Or WG Lucky Charms	OR	FF Assorted Yogurt OR	OR	OR WG Cocoa Puffs	children.
1400 Independence	Cereal Pack	WG Cereal Bar Pack	WG Cereal Bar Pack	WG Lucky Charms	Cereal Pack	
Avenue, SW, Washing- ton, D.C. 20250-9410				Cereal Pack		LF- Low Fat
						RF- Reduced
						Fat
Fresh Fruits & Vegetable Bar						FF- Fat Free
Offered Daily.						RS- Reduced Sugar
	ls are served h a choice of					LS- Low Sodi- um
	% White Milk	**\\/ !! -	wight to make	it		WG- Whole
•	Fat Free Strawberry Milk	**We reserve the right to make menu substitutions as necessary **				Grain
• Fa	at Free Choc- olate Milk					

 100% Fortified Juice (breakfast Olv)

Breakfast cereals are reduced sugar and whole grain.

Independence School District Nutrition Service Department

USDA This menu meets and has been certified under the

NEW USDA GUIDELINES

1400 West Geo Space Drive Independence . MO . 64056

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



Elementary Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Meal Prices						
<u>Student</u>	happy	It's Your Speci	al Dav!			Pruits Grains Dairy
Breakfast \$1.60		n February 10th we v				Vegetables Protein
Reduced .30		bruary Birthdays with				Choose MyPlate.gov
Lunch \$2.35		Krispie Tre				
Reduced .40	and the second second	-1				MyPlate is based
Adult	2	3	4	5	6	on new dietary
Breakfast \$2.00	Z Beef Hotdog w/WG Bun	ح Meatloaf, WG Hot Roll,	4 WG Hard Shell Taco	5	0	guidelines re- leased by the gov-
	WG Choc. Cookie	Mashed Potatoes, LS	Santa Fe Rice	WG Chicken Nuggets	Chicken & Noodles	ernment last Janu-
Lunch \$2.95	OR	Beef Gravy OR	100% FRZ Juice Cup	Baked Fries w/ Ketchup OR	WG Mini Biscuit OR	ary, which encour-
Extra Milk .50	WG Mozz. Twisted	WG Ham & Cheese	OR Cheese Pizza	WG Macaroni & Cheese	WG Chicken Sandwich	ages Americans to
NONDISCRIMINA-	Breadstick w/Marinara Sauce	Sandwich	100% FRZ Juice Cup			eat more fruits,
TION:						vegetables, and
All children are treat- ed the same regard-	9	Queso Blanco Beef <u>10</u> Enchiladas	WG Baked Chicken Pa lt	12	13	whole grains and
less of ability to pay. In the operation of	Tangerine Chicken	WG Birthday Treat	Mashed Potatoes w/ Gravy, Cherry Crisp	WG Spaghetti & Meat		fewer processed
child feeding pro-	Lo Mein w/Veggies	OR	OR	Sauce, Bread Stick	No	foods. It is part of
grams, no child will be discriminated	OR WG Cheese Pizza	WG Hamburger on WG	WG Hot Ham & Cheese	OR Fish Nuggets	School	a concerted effort by the Department
against because of race, sex, color,		Bun WG Birthday Treat	On Goldfish Bread	i isii Nuggets		of Agriculture and
religion, national origin, age or handi-			Cherry Crisp			the First Lady to
cap. If you believe you	16	17	Salisbury Steak WG Hot Roll	19	20	, improve nutrition,
have been discrimi- nated against, write			Mashed Potatoes w/	WG Turkey Mini Corn	Taco Salad	especially among
immediately to the USDA, Director, Office	+ HAPPY+	No	Gravy OR	Dogs Cheetos Puffs	OR	children.
of Adjudications, 1400 Independence		School	WG Mozz. Twisted	OR Grilled Chicken Sandwich	Sloppy Joe Sliders Augratin Potatoes	
Avenue, SW, Washing-			Breadstick			LF- Low Fat
ton, D.C. 20250-9410			W/Marinara Sauce			RF- Reduced
All meals are served	23	24	Shrimp Poppers, Lo ²⁵	26	27	Fat
with a choice of	Fiestada Pizza	WG Creamy Alfredo w/	Mein w/Veggies, RF WG	Chili, Crackers, WG	Cheeseburger, Baked	FF- Fat Free
• 1% White Milk	OR	Chicken & Rotini WG Bread Stick	Sugar	Cinnamon Roll	Fries w/Ketchup	
 Fat Free Strawberry Milk 	WG Chicken Quesadilla	OR	Cookie OR	OR	OR	RS- Reduced Sugar
 Fat Free Choc- olate Milk 	w/Salsa	Grilled Cheese Sandwich	OR Chicken Egg Roll, Lo	WG Chicken Nuggets	Rib-Q on Bun	5
 ofate Milk 100% Fortified 			Mein w/Veggies, RF WG			LS- Low Sodi- um
(breakfast			Sugar Cookie			
Breakfast cereals are **We reserve the right to make menu substitutions as necessary**						WG- Whole Grain

Breakfast cereals are reduced sugar and whole grain.

Fresh Fruits & Vegetable Bar Offered Daily.

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February

Elementary Snack Menu

Elementary onder menta								
	Monday	Tuesday	Wednesday	Thursday	Friday			
Meal Prices <u>Student</u>	2	3 Cheddar Cheese	4	5	6	Pruits Grains Dairy		
Breakfast \$1.60 Reduced .30 Lunch \$2.35 Reduced .40	Animal Crackers LF Milk Choice	Stick Café Crackers 100% Grape Juice	Applesauce Cup LF Milk Choice	Veggies FF Ranch Cup LF Milk Choice	WG Candy Cookie LF Milk Choice	Choose MyPlate gov MyPlate is based on new dietary		
Adult Breakfast \$2.00 Lunch \$2.95 Extra Milk .50 NONDISCRIMINA- TION:	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	guidelines re- leased by the gov- ernment last Janu- ary, which encour- ages Americans to eat more fruits,		
All children are treat- ed the same regard- less of ability to pay. In the operation of child feeding pro- grams, no child will be discriminated against because of race, sex, color, religion, national	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	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		
origin, age or handi- cap. If you believe you have been discrimi- nated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washing- ton, D.C. 20250-9410	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	improve nutrition, especially among children. LF- Low Fat RF- Reduced		
All meals are served with a choice of 1% White Milk Strawberry Milk Fat Free Choc- olate Milk 100% Fortified (breakfast (breakfast cereals are reduced sugar and whole grain.		**We reserve the	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 <u>MypaymentsPlus.com</u> e right to make menu subst	titutions as necessary**		Fat Fat FF- Fat Free RS- Reduced Sugar LS- Low Sodi- um WG- Whole Grain		
Fresh Fruits & Vegetable		USDA	This menu meets and has been certific	ed under the				

Bar Offered

Daily.

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