



Elementary Breakfast 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

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
1					Sunrise Flat Bread OR WG Cereal Bar
4	4	5	6	7	8
Breakfast \$2.00	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 Mini Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	WG Lucky Charms Cereal Pack OR WG Cocoa Puffs Cereal Pack
Lunch \$2.95					
Extra Milk .50					
11	11	12	13	14	15
	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
18	18	19	20	21	22
	WG Mini Pancakes OR WG Lucky Charms Cereal Pack	Manager's Choice	Manager's Choice	Manager's Choice	Last Day of School
25	25	26	27	28	29
	MEMORIAL DAY!				



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

**Fresh Fruits & Vegetable Bar
Offered Daily.**

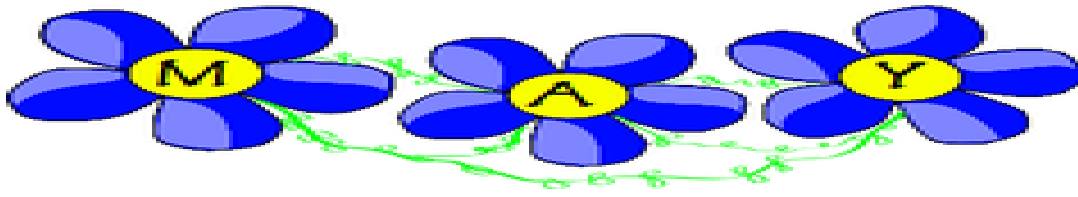
Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using

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 \$2.35
 Reduced .40

Adult

Breakfast \$2.00
 Lunch \$2.95
 Extra Milk .50

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- Fat Free Chocolate Milk
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		<p>It's Your Special Day! On May 5th we will celebrate all May Birthdays with a Kellogg's Rice Krispie Treat.</p>				<p>1 Chicken & Noodles WG Mini Biscuit OR Grilled Chicken Sandwich</p>
	4	5	6	7	8	
	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 Patties 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	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.
	11	12	13	14	15	
	WG Chicken Strips Baked Potato OR WG Macaroni & Cheese	Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie	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	LF- Low Fat RF- Reduced Fat FF- Fat Free RS- Reduced Sugar LS- Low Sodium WG- Whole Grain
	18	19	20	21	22	
Fiestada Pizza OR WG Chicken Quesadilla w/Salsa	Manager's Choice	Manager's Choice	Manager's Choice Last Day of School	Manager's Choice	LF- Low Fat RF- Reduced Fat FF- Fat Free RS- Reduced Sugar LS- Low Sodium WG- Whole Grain	
25	26	27	28	29		
MEMORIAL DAY!	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	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.



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Elementary Snack Menu

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Adult

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	Monday	Tuesday	Wednesday	Thursday	Friday
1					Scooby Doo Snacks
4	4	5	6	7	8
Breakfast \$2.00	WG Smart Cookie	WG Cheetos Puffs	WG Cheddar	Applesauce Cup	Choc. Chip Gripz
Lunch \$2.95	LF Milk Choice	LF Milk Choice	Goldfish	LF Milk Choice	Grahams
Extra Milk .50			LF Milk Choice		LF Milk Choice
11	11	12	13	14	15
	Pretzel Hearts	WG Animal Crackers	Scooby Doo Snacks	WG Cheddar Sun Chips	Smores Granola Bar
	LF Milk Choice	LF Milk Choice	LF Milk Choice	LF Milk Choice	LF Milk Choice
18	18	19	20	21	22
	WG Cheddar Goldfish	WG Choc. Chip Gripz	WG Smart Cookies	Grahams	
	LF Milk Choice	LF Milk Choice	LF Milk Choice	LF Milk Choice	<i>Last Day of School</i>
25	25	26	27	28	29
	MEMORIAL DAY!				



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