

# NOVEMBER

## Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Prices</b>					
<b>Student</b>	3	4	5	6	7
Breakfast \$1.60	No School	Chorizo Breakfast OR WG Cocoa Puffs Cereal Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Choc. Chip Waffle OR WG Lucky Charms Cereal Pack	WG Biscuit w/Gravy OR WG Cocoa Puffs Cereal Pack
Reduced .30					
Lunch \$2.35					
Reduced .40					
<b>Adult</b>	10	11	12	13	14
Breakfast \$2.00	WG French Toast Mini OR Cereal Bar Pack	WG Lucky Charms 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
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 Pancakes OR WG Lucky Charms Cereal Pack	Chorizo Breakfast OR WG Cocoa Puffs Cereal Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Lucky Charms Cereal Pack	WG Biscuit w/Gravy OR WG Cocoa Puffs Cereal Pack
	24	25	26	27	28
	WG French Toast Mini OR Cereal Bar Pack	WG Lucky Charms Cereal Pack	No School November 26,27,28		
All meals are served with a choice of					
• 1% White Milk					
• Fat Free Strawberry Milk					
• Fat Free Chocolate Milk					
• 100% Fortified Juice (breakfast only)					



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)



# 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.**

<b>No School</b>	3 4 WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR Grilled Cheese Sandwich	5 Shrimp Poppers, Fried Rice, RF WG Sugar Cookie OR Chicken Egg Roll, Fried Rice, RF WG Sugar Cookie	6 WG Beef Fingers, Mashed Potatoes w/ Gravy OR WG Chicken Patty, Mashed Potatoes w/ Gravy	7 Cheeseburger, Baked Fries w/Ketchup OR Rib-Q on Bun
10 Beef Hot Dog w/WG Bun WG Choc. Cookie OR WG Stuffed Cheese Stick w/Marinara Sauce	11 Meat Loaf WG Hot Roll Mashed Potatoes LS Beef Gravy OR WG Ham & Cheese Sand	12 WG Hard Shell Taco Santa Fe Rice 100% FRZ Juice Cup OR Cheese Pizza 100% FRZ Juice Cup	13 WG Chicken Nuggets Baked Fries w/ Ketchup OR WG Macaroni & Cheese	14 Chicken & Noodles WG Mini Biscuit OR WG Chicken Sandwich
17 Tangerine Chicken Steamed Rice OR WG Cheese Pizza	18 Queso Blanco Beef Enchiladas WG Smart Cookie OR WG Hamburger on WG Bun	19 WG Spaghetti & Meat Sauce Texas Toast OR Fish Nuggets	20 Turkey WG Hot Roll Mashed Potatoes Gravy Pumpkin Mousse	21 WG Ham & Cheese Sand. WG Cheddar Sun Chips OR WG Chicken Quesadilla w/Salsa
24 WG Chicken Strips Baked Potato OR WG Macaroni & Cheese	25 Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie	26 <b>NO School November 26,27,28</b>	27 28 <i>Happy Thanksgiving</i>	

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# November

## 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
3 <b>No School</b>	4 RS, FF Assorted Yogurt 100% Blue Razz Juice	5 Orange Wedges LF Milk Choice	6 Grahams LF Milk Choice	7 Strawberry Applesauce LF Milk Choice
10 Animal Crackers LF Milk Choice	11 Cheddar Cheese Stick Café Crackers 100% Grape Juice	12 Applesauce Cup LF Milk Choice	13 Veggies FF Ranch Cup LF Milk Choice	14 WG Candy Cookie LF Milk Choice
17 WG Smart Cookie LF Milk Choice	18 WG Cheetos Puffs LF Milk Choice	19 RS, FF Assorted Yogurt 100% Blue Razz Juice	20 Banana LF Milk Choice	21 Choc. Chip Gripz Grahams LF Milk Choice
24 Pretzel Hearts LF Milk Choice	25 Baby Carrots FF Ranch Cup LF Milk Choice	26 <b>No School November 26,27,28</b>	27  <b>Happy Thanksgiving</b>	28



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