



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.

Fresh Fruits & Vegetable Bar Offered Daily.

			1	2	3
			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 Granola Bar Pack
	6	7	8	9	10
	WG Pancakes OR WG Lucky Charms Cereal Pack	Chorizo Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Mini Choc. Chip French Toast OR WG Lucky Charms Cereal Pack	WG Biscuit & Gravy OR WG Cocoa Puffs Cereal Pack
	13	14	15	16	17
No School	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 Granola Bar Pack	
20	21	22	23	24	
WG Pancakes OR WG Lucky Charms Cereal Pack	Chorizo Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Choc. Chip Gripz FF Assorted Yogurt OR WG Cereal Bar Pack	WG Mini Choc. Chip French Toast OR WG Lucky Charms Cereal Pack	WG Biscuit & Gravy OR WG Cocoa Puffs Cereal Pack	
27	28	29	30	31	
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	Happy Halloween No School	



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

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



October

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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Fresh Fruits & Vegetable Bar Offered Daily.

		1 Salisbury Steak, WG Hot Roll, Mashed Potatoes w/Gravy OR WG Stuffed Cheese Stick w/Marinara Sauce	2 WG Turkey Mini Corn-Dogs, Cheetos Puffs OR WG Chicken Sandwich	3 Burrito OR Sloppy Joe Sliders, Au gratin Potatoes
6 Grilled Chicken Sandwich OR WG Chicken Quesadilla w/Salsa	7 WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR Grilled Cheese Sandwich	8 Shrimp Poppers, Fried Rice, RF WG Sugar Cookie OR Chicken Egg Roll, Fried Rice, RF WG Sugar Cookie	9 WG Beef Fingers, Mashed Potatoes w/Gravy OR WG Chicken Patty, Mashed Potatoes w/Gravy	10 Cheeseburger, Baked Fries w/Ketchup OR Rib-Q on Bun
13 No School	14 Meat Loaf WG Hot Roll Mashed Potatoes LS Beef Gravy OR WG Ham & Cheese Sand.	15 WG Hard Shell Taco Santa Fe Rice 100% FRZ Juice Cup OR Cheese Pizza 100% FRZ Juice Cup	16 WG Chicken Nuggets Baked Fries w/ Ketchup OR WG Macaroni & Cheese	17 Chicken & Noodles WG Mini Biscuit OR WG Chicken Sandwich
20 Tangerine Chicken Steamed Rice OR WG Cheese Pizza	21 Queso Blanco Beef Enchiladas WG Smart Cookie OR WG Hamburger on WG Bun	22 WG Baked Chicken Patty Mashed Potatoes w/Gravy, Cherry Crisp OR WG Hot Ham & Cheese On Goldfish Bread Cherry Crisp	23 WG Spaghetti & Meat Sauce Texas Toast OR Fish Nuggets	24 WG Ham & Cheese Sand. WG Cheddar Sun Chips OR WG Chicken Quesadilla w/Salsa
27 WG Chicken Strips Baked Potato OR WG Macaroni & Cheese	28 Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie	29 Salisbury Steak, WG Hot Roll, Mashed Potatoes w/Gravy OR WG Stuffed Cheese Stick w/Marinara Sauce	30 WG Turkey Mini Corn Dogs, Cheetos Puffs OR WG Chicken Sandwich	31 Happy Halloween NO School



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Elementary Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Prices

Student

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Adult

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Fresh Fruits & Vegetable Bar Offered Daily.

			1	2	3
			Scooby Doo Snacks LF Milk Choice	String Cheese Saltine Crackers 100% Grape Juice	Apple Slices LF Milk Choice
	6	7	8	9	10
	WG Cheddar Goldfish LF Milk Choice	RS, FF Assorted Yogurt 100% Blue Razz Juice	Orange Wedges LF Milk Choice	Grahams LF Milk Choice	Strawberry Applesauce LF Milk Choice
	13	14	15	16	17
	No School	Cheddar Cheese Stick Café Crackers 100% Grape Juice	Applesauce Cup LF Milk Choice	Veggies FF Ranch Cup LF Milk Choice	WG Candy Cookie LF Milk Choice
20	21	22	23	24	
WG Smart Cookie LF Milk Choice	WG Cheetos Puffs LF Milk Choice	RS, FF Assorted Yogurt 100% Blue Razz Juice	Banana LF Milk Choice	Choc. Chip Gripz Grahams LF Milk Choice	
27	28	29	30	31	
Pretzel Hearts LF Milk Choice	Baby Carrots FF Ranch Cup LF Milk Choice	Scooby Doo Snacks LF Milk Choice	String Cheese Saltine Crackers 100% Grape Juice	<i>Happy Halloween NO School</i>	



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