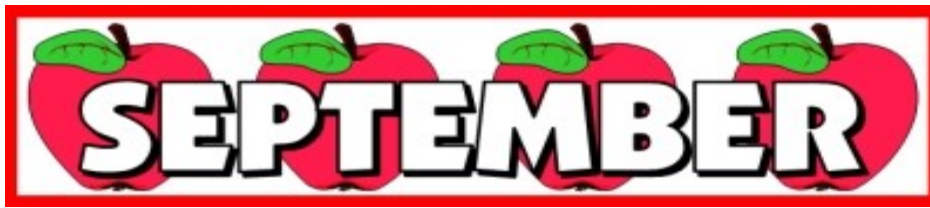




read
play
learn
run
dream



Elementary Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices					
Student		1	2	3	4
Breakfast \$1.60		WG Lucky Charm Cereal Pack	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Cereal Bar Golden Graham Cereal Pack	Sunrise Flat Bread OR WG Cereal Bar Pack
Reduced .30					
Lunch \$2.40					
Reduced .40					
Adult	7	8	9	10	11
Breakfast \$2.00	NO SCHOOL LABOR DAY	WG Turkey Sausage Pancake Wrap WG Cereal Bar 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
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	14	15	16	17	18
	WG French Toast Mini OR WG Cereal Bar Pack	WG Lucky Charm Cereal Pack	Turkey Sausage Breakfast Wrap OR WG Cocoa Puffs Cereal Pack	WG Mini Blueberry Pancakes OR WG Cereal Bar Golden Graham Cereal Pack	Sunrise Flat Bread OR WG Cereal Bar Pack
	21	22	23	24	25
	WG Mini Pancakes OR WG Lucky Charms Cereal Pack	WG Turkey Sausage Pancake Wrap WG Cereal Bar 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
All meals are served with a choice of	28	29	30		
<ul style="list-style-type: none"> 1% White Milk Fat Free Strawberry Milk Fat Free Chocolate Milk 100% Fortified Juice (breakfast only) 	NO SCHOOL	WG Lucky Charm Cereal Pack	Turkey Sausage Breakfast Wrap 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

****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

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Independence School District Nutrition Service Department

1400 West Geo Space Drive Independence . MO . 64056

816.521.5371

MypaymentsPlus.com

September

Elementary Lunch Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
Reduced .30
Lunch \$2.40
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
<p>Meal Prices</p> <p>Student</p> <p>Breakfast \$1.60 Reduced .30 Lunch \$2.40 Reduced .40</p> <p>Adult</p> <p>Breakfast \$2.00 Lunch \$2.95 Extra Milk .50</p> <p>NONDISCRIMINATION:</p> <p>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</p> <p>All meals are served with a choice of</p> <ul style="list-style-type: none"> 1% White Milk Fat Free Strawberry Milk Fat Free Chocolate Milk 100% Fortified Juice (breakfast only) <p>Breakfast cereals are reduced sugar and whole grain.</p> <p>Fresh Fruits & Vegetable Bar Offered Daily.</p>	<p>1</p> <p>Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie</p>	<p>2</p> <p>Salisbury Steak WG Hot Roll Mashed Potatoes w/ Gravy OR WG Mozz. Twisted Bread Stick w/ Marinara</p>	<p>3</p> <p>WG Turkey Mini Corn-dogs Cheetos Puffs OR Fiestada Pizza</p>	<p>4</p> <p>Taco Salad OR Sloppy Joe Sliders Augratin Potatoes</p>
<p>7</p> <p>NO SCHOOL LABOR DAY</p>	<p>8</p> <p>WG Creamy Alfredo w/ Chicken & Rotini WG Bread Stick OR Grilled Cheese Sandwich</p>	<p>9</p> <p>Cheese Ravioli Bread Stick OR Chicken Strips Sweet Potato Fries</p>	<p>10</p> <p>WG Beef Fingers Mashed Potatoes w/ Gravy OR WG Chicken Patty Mashed Potatoes w/ Gravy</p>	<p>11</p> <p>Cheeseburger Baked Fries w/ Ketchup OR Rib-Q on Bun</p>
<p>14</p> <p>Beef Hot Dog w/WG Bun WG Choc. Cookie OR WG Mozz. Twisted Bread Stick w/Marinara Sauce</p>	<p>15</p> <p>Meat Loaf WG Hot Roll Mashed Potatoes LS Beef Gravy OR WG Ham & Cheese Sand.</p>	<p>16</p> <p>WG Hard Shell Taco Santa Fe Rice 100% FRZ Juice Cup OR Cheese Pizza 100% FRZ Juice Cup</p>	<p>17</p> <p>WG Chicken Nuggets Baked Fries w/ Ketchup OR WG Macaroni & Cheese</p>	<p>18</p> <p>WG Country Noodles WG Mini Biscuit OR Beef & Cheese Burrito</p>
<p>21</p> <p>Tangerine Chicken Steamed Rice OR WG Cheese Pizza</p>	<p>22</p> <p>Queso Blanco Beef Enchiladas WG Birthday Treat OR WG Hamburger on WG Bun WG Birthday Treat</p>	<p>23</p> <p>WG Baked Chicken Pasta Mashed Potatoes w/ Gravy, Cherry Crisp OR WG Hot Ham & Cheese On Goldfish Bread Cherry Crisp</p>	<p>24</p> <p>WG Spaghetti & Meat Sauce Bread Stick OR Fish Nuggets</p>	<p>25</p> <p>WG Turkey & Cheese Sandwich WG Cheddar Sun Chips OR WG Chicken Quesadilla w/Salsa</p>
<p>28</p> <p>NO SCHOOL</p>	<p>29</p> <p>Lasagna WG Choc. Chip Cookie OR WG Chicken Nuggets WG Choc. Chip Cookie</p>	<p>30</p> <p>Salisbury Steak WG Hot Roll Mashed Potatoes w/ Gravy OR WG Mozz. Twisted Bread Stick w/ Marinara</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;">  <p>It's Your Special Day!</p> <p>On September 22nd we will celebrate all September Birthdays with a Kellogg's Rice Krispie Treat.</p> </div>	



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September



Elementary Snack Menu

Monday Tuesday Wednesday Thursday Friday

Meal Prices

Student

Breakfast \$1.60
 Reduced .30
 Lunch \$2.40
 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.

	1	2	3	4
	Animal Crackers LF Milk Choice	Scooby Doo Snacks LF Milk Choice	WG Cheddar Sun Chips LF Milk Choice	Apple Slices LF Milk Choice
7	8	9	10	11
NO SCHOOL LABOR DAY	WG Choc Chip Gripz LF Milk Choice	WG Smart Cookie LF Milk Choice	Grahams LF Milk Choice	Strawberry Applesauce LF Milk Choice
14	15	16	17	18
Animal Crackers LF Milk Choice	Original Grahams LF Milk Choice	Applesauce Cup LF Milk Choice	Pretzel Hearts LF Milk Choice	Scooby Doo Snacks LF Milk Choice
21	22	23	24	25
WG Smart Cookie LF Milk Choice	WG Cheetos Puffs LF Milk Choice	WG Cheddar Goldfish LF Milk Choice	Applesauce Cup LF Milk Choice	Choc. Chip Gripz Grahams LF Milk Choice
28	29	30		
	Animal Crackers LF Milk Choice	Scooby Doo Snacks LF Milk Choice		



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