

February 2012 Lunch Menu 7th-12th

Independence Community School District

Breakfast: \$1.25
Lunch: \$2.10
Adults: \$3.00

Please check your account balance online:
www.independence.k12.ia.us
Click on "School Lunch Program"

USDA is an equal opportunity provider.

Menus subject to change as needed.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|--|--|--|
| *WG: Whole Grain | | | 1 Chicken & Noodles WG Bread & Butter Peas Banana Strawberries Shortcake | 2 Salisbury Steak Mashed Potatoes Corn School Rolls Orange Pasta Salad | 3 Ham Patty on WG Bun Cheese Slice Seasoned Rice Fresh Pears Raw Carrots w/dip WG Bar |
| | 6 Cook's Choice | 7 Chicken Fajitas w/Tomatoes, Lettuce, & Cheese Pineapple Mexican Beans & Rice WG Coffee Cake | 8 <i>Early Out</i> Scalloped Potatoes & Ham WG Bread & Butter Raw Broccoli & Cauliflower w/dip Grapes Apple Crisp | 9 Chili w/Cheese & Crackers Corn Bread Celery w/ Sun Butter Banana Brownies | 10 Chicken Nuggets Raw Peppers w/ Dip Peaches Pasta Salad Cook's Choice Dessert |
| | 13 Pizza on a WG Crust Breadstick Mandarin Oranges Cooked Carrots WG Cookie | 14 Turkey & Cheese Sandwich on WG Bun Applesauce Snap Peas Valentine's Day Dessert | 15 Cook's Choice | 16 Spaghetti w/ Meat Sauce Garlic Bread Lettuce Salad w/Spinach Cantaloupe WG Bar | 17 Hamburger on WG Bun WG Corn Chips w/ Black Bean & Corn Salsa Seasoned Rice Sweet Potato Fries Pears |
| | 20 <i>No School</i> | 21 Chicken Gravy on a WG Biscuit Apple Green Beans WG Goldfish | 22 <i>Early Out</i> Grilled Cheese Sandwiches Tomato Soup & Crackers Cucumber Slices Banana WG Cookies | 23 Beef Tacos Lettuce, Tomatoes & Cheese Mexican Rice Apricots Oatmeal Cookies | 24 Shrimp Shapes Sun Chips Veggie Salad Mixed Fruit Strawberries w/ Yogurt & Granola |
| | 27 <i>No School</i> | 28 Chicken Sandwich on WG Bun Baked Beans Fresh Coleslaw Orange Mac & Cheese | 29 Cook's Choice | | |