

January 2014 Lunch Menu 7th-12th

Independence Community School District

Breakfast: \$1.35
Lunch: \$2.30
Adults: \$3.25

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 Happy New Year! No School	2 No School	3 No School
	6 Pizza on a WG Crust Breadstick Canned Pears Cooked Carrots	7 Walking Tacos Lettuce, Tomatoes & Cheese Pineapple Mexican Beans & Rice	8 Hot Ham & Cheese Sandwich Grapes Baby Carrots WG Cookie Dough	9 Chicken Alfredo Breadstick Fresh Broccoli Apple	10 Chicken Sandwich on WG Bun w/ Lettuce, Tomato & Cheese Peaches Peas
	13 Fish Sandwich w/cheese Applesauce Green Beans Sun Chips	14 Chili w/ Cheese & Crackers Cornbread Red & Green Peppers Oranges	15 <i>Early Out</i> Cook's Choice	16 Pork Fritter on WG Bun Coleslaw Cooked Carrots Cantaloupe	17 Chicken Gravy on WG Biscuits Fresh Pears Romaine Salad Fruit Crisp
	20 Hotdogs on a WG Bun Mixed Fruit Steamed Broccoli w/Cheese Kettle Corn	21 Chicken Strip Wraps w/ Cheese, Lettuce, & Tomato Tangerines Vegetable Pasta Salad	22 Tuna & Noodles Peas Grapes Strawberry & Yogurt Parfaits	23 Breakfast Pizza Sausage Patty Fresh Melon Baby Carrots Berry Muffin Bars	24 Beef Burgers on a WG Bun Sweet Potato Fries Baked Beans Banana
	27 Hamburger Helper WG School Roll	28 Chicken Fajitas w/Tomatoes & Lettuce Pineapple Corn Chips w/Black Bean and Corn Salsa	29 <i>Early Out</i> Cook's Choice	30 Grilled Cheese w/ Tomato Soup Cheese Stick Romaine and Spinach Salad Orange	31 Turkey Sandwich on WG Bun w/ Lettuce, Tomato, & Cheese Peaches Green Beans