

November 2012 Lunch Menu 7th-12th

Independence Community School District

Breakfast: \$1.35
Lunch: \$2.30
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 Salisbury Steak Mashed Potatoes w/ Gravy Corn Bread & Butter Orange	2 BBQ Pork on WG Buns WG Chips Black Bean & Corn Salsa Romaine Salad Watermelon
	5 Hamburgers on a WG Bun w/Misc. Condiments Mixed Fruit Peas Fruit Crisp	6 Chicken Fajitas w/Tomatoes, and Romaine Lettuce Seasoned Mexican Rice Refried Beans Pineapple	7 Chili w/ Crackers String Cheese Carrots /w Dip Grapes WG Cake	8 Cook's Choice	9 Grilled Ham & Cheese on WG Bread Sliced Cucumbers & Cherry Tomatoes w/dip Banana
	12 Fish Nuggets Apricots Steamed Broccoli w/ cheese Ranch WG Pasta Salad	13 Pizza on a WG Crust Garlic Breadstick Fresh Pears Cook' Choice Extra Fruit Romaine Salad	14 <i>Early Out</i> Sub Sandwich on WG Buns w/ Lettuce, Cheese, & Tomato Sun Chips Apples Peppers w/ Dip	15 Thanksgiving Dinner! Turkey & Homemade Stuffing Mashed Potatoes & Gravy Corn Oranges Pumpkin Bars	16 Hotdogs on a WG Bun Baked Beans Raw Carrots w/dip Cook's Choice Vegetable Peaches
	19 WG Spaghetti w/Meat Sauce Garlic Toast Green Beans Diced Pears Carrot Cake	20 Cook's Choice	21 <i>No School</i>	22 <i>Happy Thanksgiving!!</i>	23 <i>No School</i>
	26 Chicken Patty on WG Bun Baked Beans Cooked Carrots w/ Seasoning Applesauce	27 Scalloped Potatoes & Ham School Roll Peas Pineapple	28 Shrimp Shapes Cottage Cheese Bread & Butter Cantaloupe Raw Veggies w/dip	29 Cook's Choice	30 Mr. Rib on WG Buns Romaine Salad w/Spinach & Red Cabbage Apple WG Goldfish Crackers