

September 2014 Lunch Menu 3rd – 6th

Independence Community School District

Breakfast: \$1.45
Lunch: \$2.30
Adults: \$3.30

Please check your account balance online:
www.myschoolbucks.com

USDA is an equal
opportunity provider.

Menus subject to change as
needed.

Farm to School Provides These Locally Grown Foods:	Monday	Tuesday	Wednesday	Thursday	Friday
Cucumbers & Tomatoes- TD n' Guy Garden Oasis LLC Cantaloupe- A Family Market Place	1 No School Labor Day *WG: Whole Grain	2 Turkey & Cheese on a WG Bun w/ Condiments Cucumbers & Tomatoes w/Italian Dressing Peaches	3 Cheeseburger Pasta Sweet Potato Fries Fresh Pear WG Bread & Butter	4 Whole Wheat Bagel w/Egg, Cheese, & Sausage Patty Green or Red Peppers w/ Dip Cantaloupe	5 Fish Patty w/ cheese WG Bun Green Beans Orange
Watermelon- A Family Market Place Cucumbers & Tomatoes- TD n' Guy Garden Oasis LLC Apples- Deaner Orchard Hazelton, IA	8 Beef Burgers on WG Buns Baked Beans Mixed Fruit Kettlecorn	9 Creamed Chicken over WG Biscuit Hummus w/ Pretzels and Carrots Apple	10 Cook's Choice	11 WG Spaghetti w/Meat Sauce WG School Rolls Banana Mixed Greens Salad	12 Tater Tot Casserole WG Bread & Butter Watermelon Green Beans
	15 Pork Patty's on WG Bun Pears Broccoli w/ Cheese Sun Chips	16 Salisbury Steak Mashed Potatoes w/Gravy Corn WG Bread w/Butter	17 Walking Tacos w/Tomatoes & Lettuce Refried Beans Seasoned Rice Pineapple	18 Tuna & Noodles Peas Orange String Cheese	19 BBQ Pork on WG Buns Black Bean & Corn Salsa w/ Chips Grapes
Strawberries- Bagge Strawberries Independence, IA Yogurt- Country View Dairy Hawkeye, IA Apples- Deaner Orchard Hazelton, IA	22 NO SCHOOL	23 Chili w/ Crackers WG School Roll Carrots w/ dip Apple	24 Cook's Choice	25 Scalloped Potatoes & Ham WG Bread & Butter Strawberries w/Yogurt & Granola	26 Goulash Romaine Lettuce Salad Mixed Fruit WG Cake
	29 Chicken Patty on WG Bun Green Beans Pineapple WG Pasta Salad	30 Grilled Cheese Sandwiches Tomato Soup & Crackers Cucumber Slices Applesauce		Breakfast will include WG item/fruit/100% fruit juice/milk	