

# May 2018 Breakfast Menu K – 6<sup>th</sup> Independence Community School

Breakfast: \$1.60  
Adult BK- \$1.90  
Lunch: \$2.55  
Adults: \$3.55

Please check your account balance online:  
[www.independence.k12.ia.us](http://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
*Average Breakfast calorie count for *K-5 (350-500) *6-8 (400-550) *9-12 (450-600)		<b>1</b> WG Muffin & Yogurt Fruit 100% Fruit Juice Milk Variety	<b>2</b> Egg Patty & Cheese WG English Muffin Fruit 100% Fruit Juice Milk Variety	<b>3</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety	<b>4</b> Combo Bar Fruit 100% Fruit Juice Milk Variety
<b>Milk Variety</b> Chocolate Fat Free Strawberry Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	<b>7</b> WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	<b>8</b> Pancake on Stick Fruit 100% Fruit Juice Milk Variety	<b>9</b> Egg Patty & Cheese WG English Muffin Fruit 100% Fruit Juice Milk Variety	<b>10</b> WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	<b>11</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety  <b>(East Field Day)</b>
<b>Breakfast Times</b> <b>*East 7:30-8:15*</b> <b>*West 7:40-8:15*</b>	<b>14</b> Combo Bar Fruit 100% Fruit Juice Milk Variety	<b>15</b> WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	<b>16</b> WG Waffle Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>17</b> WG Muffin & Yogurt Fruit 100% Fruit Juice Milk Variety	<b>18</b> WG Frosted Cinnamon Roll Fruit 100% Fruit Juice Milk Variety  <b>(West Field Day)</b>
<b>Alternate Breakfast Items-</b> <b>Assorted Cereal</b> <b>Pop tarts, Granola Bar,</b> <b>Muffin</b> All items are Whole Grain-WG	<b>21</b> Combo Bar Fruit 100% Fruit Juice Milk Variety	<b>22</b> WG Glazed Donut Fruit 100% Fruit Juice Milk Variety	<b>23</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety	<b>24</b> WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	<b>25</b> Pancake on Stick Fruit 100% Fruit Juice Milk Variety
	<b>28</b> <b>No School-Vacation</b>	<b>29</b> WG Waffle Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>30</b> Egg Patty & Cheese WG English Muffin Fruit 100% Fruit Juice Milk Variety	<b>31</b> WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	<b>June 1 Last Day School</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety  <b>(1:00 Early Out)</b>