

May 2018 Breakfast Menu 7th – 12th Independence Community School District

Breakfast: \$1.60
Adult BK: \$1.90
Lunch: \$2.65
Adults: \$3.55

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
*Average Breakfast calorie count for *K-5 (350-500) *6-8 (400-550) *9-12 (450-600)		1 WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	2 Egg & Cheese WG Bagel Or WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	3 WG Baking Powder Biscuit & Sausage Gravy Fruit 100% Fruit Juice Milk Variety	4 WG Frosted Long John or WG Frosted Donut Fruit 100% Fruit Juice Milk Variety
Milk Variety Chocolate Fat Free Strawberry Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	7 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	8 WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	9 Egg & Cheese WG Bagel Or WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	10 WG Baking Powder Biscuit & Sausage Gravy Fruit 100% Fruit Juice Milk Variety	11 WG Frosted Long John or WG Frosted Donut Fruit 100% Fruit Juice Milk Variety
Breakfast Times 7:40 – 8:15	14 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	15 WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	16 Egg & Cheese WG Bagel Or WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	17 WG Baking Powder Biscuit & Sausage Gravy Fruit 100% Fruit Juice Milk Variety	18 WG Frosted Long John or WG Frosted Donut Fruit 100% Fruit Juice Milk Variety
Alternate Breakfast Items: All options are Whole Grain (WG) Breakfast Pizza-Combo Bar- Pancake on Stick- Assorted Cereals-Muffins- Pop tarts- Yogurt Parfaits	21 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	22 WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	23 Egg & Cheese WG Bagel Or WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	24 WG Baking Powder Biscuit & Sausage Gravy Fruit 100% Fruit Juice Milk Variety	25 WG Frosted Long John or WG Frosted Donut Fruit 100% Fruit Juice Milk Variety
Class 2018 Graduation May 20th @ High School Gym	28 No School-Vacation	29 WG Apple or Cherry Strudel Fruit 100% Fruit Juice Milk Variety	30 Egg & Cheese WG Bagel Or WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	31 WG Baking Powder Biscuit & Sausage Gravy Fruit 100% Fruit Juice Milk Variety	June 1 Last Day School WG Frosted Long John or WG Frosted Donut Fruit 100% Fruit Juice Milk Variety (1:00 Early Out)