

August 2021 Lunch Menu 7th – 12th
Independence Community School District

Breakfast: \$1.80
 Lunch: \$2.85
 Adult BK: \$2.30
 Adult Lunch:\$3.95

Please check your account balance
 online:
www.independence.k12.ia.us
 Click on "School Lunch Program"

**-Institution is an
 equal opportunity
 provider.
 -Menus subject to
 change as needed.**

	Monday	Tuesday	Wednesday	Thursday	Friday
*Average meal calorie count for Lunch *K-5 (550-650) *6-8 (600-700) *9-12 (750-850)	2	3 WELCOME BACK 2021/2022	4	5	6
Milk Variety Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	9	10	11	12 WELCOME BACK 2021/2022	13
	16 WELCOME BACK 2021/2022	17	18	19	20
	23	24	25 WELCOME BACK 2021/2022	26 WG Chicken Patty WG Hamburger Bun Romaine Lettuce Salad Grape Tomatoes Banana Diced Pears Milk Variety (2 Hour Early Out)	27 WG Pizza Dippers Spaghetti Sauce Celery Sticks Strawberry Cup Peach Cup WG Rice Krispy Treat Milk Variety (2 Hour Early Out)
	30 WG Breaded Pork Patty WG Hamburger Bun Pickles & Onion Baked Tater Tots Mini Carrots Fresh Apple Slices Mandarin Oranges Milk Variety (2 Hour Early Out)	31 Cheeseburger WG Hamburger Bun Pickles, Onions Baked French Fries Corn Applesauce Cup Orange Slices Milk Variety	Sept. 1 BBQ Rib Patty WG Hamburger Bun Pickles Sweet Potato Puffs Baked Beans Diced Watermelon Diced Pear Cup Milk Variety	Sept. 2 WG Br. Chicken Nuggets Mashed Potatoes & Gravy Corn Diced Peach Cup Diced Pineapple WG Bosco Stick Milk Variety	Sept. 3 WG French Bread Pizza Marinara Cup Romaine Lettuce Salad Mixed Vegetables Pineapple Tidbits Fruit Smoothie WG Chocolate Chip Cookie Milk Variety