

**February 2022 Breakfast Menu K – 6<sup>th</sup>**  
**Independence Community School District**

Breakfast: \$1.80  
 Adult BK: \$2.30  
 Lunch: \$2.75  
 Adults: \$3.95

Please check your account balance  
 online:  
[www.independence.k12.ia.us](http://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 Breakfast *K-5 (350-500) *6-8 (400-500) *9-12 (450-600)		<b>1</b> WG Mini Bagels & Cream Cheese Fruit 100% Fruit Juice Milk Variety	<b>2</b> WG French Toast Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>3</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety	<b>4</b> WG Glazed Long John Fruit 100% Fruit Juice Milk Variety <b>(2 Hour Early Out)</b>
<b>Milk Variety</b> Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	<b>7</b> WG Pancake on Stick Fruit 100% Fruit Juice Milk Variety	<b>8</b> WG Fruit Frudel/Strudel Fruit 100% Fruit Juice Milk Variety	<b>9</b> WG French Toast Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>10</b> WG Muffin & Yogurt Fruit 100% Fruit Juice Milk Variety	<b>11</b> WG Mini Donuts Fruit 100% Fruit Juice Milk Variety <b>(2 Hour Early Out)</b>
<b>Breakfast Times</b> <b>*East 7:30-8:15*</b> <b>*West 7:40-8:15*</b>	<b>14</b> WG Combo Bar Fruit 100% Fruit Juice Milk Variety	<b>15</b> WG Mini Bagels & Cream Cheese Fruit 100% Fruit Juice Milk Variety	<b>16</b> WG French Toast Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>17</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety	<b>18</b> WG Glazed Long John Fruit 100% Fruit Juice Milk Variety <b>(2 Hour Early Out)</b>
<b>Alternate Breakfast Items-</b> <b>Assorted Cereal</b> <b>Pop tart</b> <b>All items are Whole Grain-WG</b>	<b>21</b> WG Pancake on Stick Fruit 100% Fruit Juice Milk Variety	<b>22</b> WG Fruit Frudel/Strudel Fruit 100% Fruit Juice Milk Variety	<b>23</b> WG French Toast Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>24</b> WG Muffin & Yogurt Fruit 100% Fruit Juice Milk Variety	<b>25</b> WG Mini Donuts Fruit 100% Fruit Juice Milk Variety <b>(2 Hour Early Out)</b>
	<b>28</b> WG Combo Bar Fruit 100% Fruit Juice Milk Variety	March 1 <b>1</b> WG Mini Bagels & Cream Cheese Fruit 100% Fruit Juice Milk Variety	<b>2</b> WG French Toast Sticks Syrup Fruit 100% Fruit Juice Milk Variety	<b>3</b> WG Breakfast Pizza Fruit 100% Fruit Juice Milk Variety	<b>4</b> WG Glazed Long John Fruit 100% Fruit Juice Milk Variety <b>(2 Hour Early Out)</b>