

April 2022 Breakfast Menu K – 6th
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
 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)					1 WG Glazed Long John Fruit 100% Fruit Juice Milk Variety
Milk Variety Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	4 WG Breakfast Taco Fruit 100% Fruit Juice Milk Variety	5 WG Pancake on Stix Fruit 100% Fruit Juice Milk	6 WG Muffin /Yogurt Fruit 100% Fruit Juice Milk Variety	7 Cheese Omelet Fruit 100% Fruit Juice Milk Variety	8 French Tst Stix / Syrup Fruit 100% Fruit Juice Milk Variety
Breakfast Times *East 7:30-8:15* *West 7:40-8:15*	11 WG Combo Bar Fruit 100% Fruit Juice Milk Variety	12 Egg & Sausage/WG Biscuit Fruit 100% Fruit Juice Milk Variety	13 Fruit Frudel Fruit 100% Fruit Juice Milk Variety	14 French Tst Bar Fruit 100% Fruit Juice Milk Variety	15 NO SCHOOL
Alternate Breakfast Items- Assorted Cereal Poptart All items are Whole Grain-WG	18 NO SCHOOL	19 Bkfst Taco Fruit 100% Fruit Juice Milk Variety	20 WG Muffin & Yogurt Fruit 100% Fruit Juice Milk Variety	21 WG Pancakes/Syrup Fruit 100% Fruit Juice Milk Variety	22 WG Long John Fruit 100% Fruit Juice Milk Variety
	25 WG Pancake/Syrup Fruit 100% Fruit Juice Milk Variety	26 WG Biscuit ,Egg & Sausage Fruit 100% Fruit Juice Milk Variety	27 Fruit Frudel Fruit 100% Fruit Juice Milk Variety	28 Cheese Omelet Fruit 100% Fruit Juice Milk Variety	29 WG Muffin & Yogurt Fruit 100% Fruit Juice Milk Variety