

May 2022 Breakfast Menu 7th – 12th
Independence Community School District

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

FREE Breakfast & Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
*Average meal calorie count For Breakfast *K-5 (350-500) *6-8 (400-550) *9-12 (450-600)	2 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	3 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	4 WG French Toast Stick Fruit 100% Fruit Juice Milk Variety	5 WG Biscuit Egg & Cheese Fruit 100% Fruit Juice Milk Variety	6 WG Frosted 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)	9 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	10 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	11 WG French Toast Stick Fruit 100% Fruit Juice Milk Variety	12 WG Biscuit Egg & Cheese Fruit 100% Fruit Juice Milk Variety	13 WG Frosted Long John Fruit 100% Fruit Juice Milk Variety
Breakfast Times 7:40 – 8:15	16 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	17 WG Biscuit Egg & Cheese Fruit 100% Fruit Juice Milk Variety	18 WG French Toast Stick Fruit 100% Fruit Juice Milk Variety (1:30 Early Out)	19 Mini Bagel Fruit 100% Fruit Juice Milk Variety	20 WG Frosted Long John Fruit 100% Fruit Juice Milk Variety
Alternate Breakfast Items: Breakfast Pizza-Combo Bar- Pancake on Stick- Assorted Cereals-Muffins- Pop tarts-Yogurt Cup All options are Whole Grain (WG)	23 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	24 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	25 WG French Toast Stick Fruit 100% Fruit Juice Milk Variety	26 Mini Bagel Fruit 100% Fruit Juice Milk Variety	27 WG Frosted Long John Fruit 100% Fruit Juice Milk Variety