

September 2022 Lunch Menu K-2nd

Independence Community School District

Breakfast: \$1.85
 Adult BK: \$2.40
 Lunch: \$2.85
 Adults: \$4.25

Please check your account balance online:
www.indeek12.org
 Click on "School Lunch Program"

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| *Average meal calorie count For Lunch *K-5 (550-650) *6-8 (600-700) *9-12 (750-850) | | | | 1 WG Mini Ravioli w/Sauce Fresh Cauliflower Corn Orange Wedges Mixed Fruit Milk | 2 WG Pizza Dippers Romaine Lettuce Carrots Applesauce Pineapple Tidbits Milk (2 Hour early out) |
| Milk Variety Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40) | 5 Labor Day | 6 WG Spaghetti w/Meat Sauce Steamed Carrots Celery Grapes Pineapple Tidbits Garlic Toast Milk | 7 WG Breaded Pork Patty WG Hamburger Bun Cheesy Broccoli Fresh Cauliflower Mandarin Oranges Watermelon Juice Cup Milk | 8 Walking Taco Taco Meat Lettuce Cheese Cheesy Refried Beans Chuckwagon Corn Pears Applesauce Cups WG Cinnamon Roll Milk | 9 WG French Bread Pizza Romaine Lettuce Corn Diced Watermelon Banana Milk (2 Hour early out) |
| | 12 Chicken Drumstick w/Roll Mashed Potatoes & Gravy Fresh Broccoli Sliced Red Peppers Apple Slices Milk | 13 Hamburger WG Hamburger Bun Cowboy Caviar w/WG Tostito Chips Fresh Broccoli Pears Fruit Smoothie Milk | 14 WG Popcorn Chicken Seasoned Curly Fries Peas Peaches Strawberry Cups Milk | 15 WG Corn Dog Tater Tots Lightly Roasted Brussel Sprouts Banana Peach Cups Milk | 16 WG Cheese Pizza Romaine Lettuce Green Beans Sliced Cucumbers Mixed Fruit Milk (2 Hour early out) |
| | 19 Cheddarwurst WG Hot Dog Bun Sweet Potato Fries Corn Diced Peaches Cantaloupe Milk | 20 WG Chicken Tenders Scalloped Potatoes Mini Carrots Diced Watermelon Mixed Fruit Milk | 21 Sloppy Joe WG Hamburger Bun Baked Beans Fresh Cauliflower Sliced Peppers Fruit Smoothie Milk | 22 WG Fajita Chicken Wrap Romaine Lettuce Corn Cherry Tomatoes Sliced Cucumbers WG Cinnamon Roll Milk | 2 Pizza Cruncher Fresh Broccoli Green Beans Banana Diced Pears Milk (2 Hour early out) |
| | 26 Chicken & Waffles Mashed Potatoes w/Butter Packet Corn Kiwi Strawberries Milk | 27 Mustang Sub (Ham, Salami Pepperoni & Cheese) WG Hoagie Bun Baked Beans Romaine Lettuce Baked Apples Fruit Smoothie Milk | 28 WG Shrimp Poppers WG Mac & Cheese Fresh Broccoli Fresh Cauliflower Pineapple Tidbits Sliced Oranges Milk | 29 Chicken Alfredo Steamed Carrots Celery Grapes Apple Slices Garlic Toast Milk | 30 Cheesy Italian Pull Apart Romaine Lettuce Peas Applesauce Cup Mandarin Oranges Milk (2 Hour early out) |