

# September 2022 Breakfast Menu 7<sup>th</sup>-12<sup>th</sup> Independence Community School District

Breakfast: \$1.90  
Adult BK: \$2.40  
Lunch: \$2.95  
Adults: \$4.25

Please check your account balance online:  
[www.indeek12.org](http://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
*Average meal calorie count For Lunch *K-5 (550-650) *6-8 (600-700) *9-12 (750-850)				1 Vegetable, Ham & Cheese Omelet Fruit 100% Fruit Juice Milk Variety	2 WG Frosted Long Johns Fruit 100% Fruit Juice Milk Variety  (2 Hour Early Out)
<b>Milk Variety</b> Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	5	6 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	7 WG French Toast Sticks Fruit 100 % Fruit Juice Milk Variety	8 WG Mini Strawberry Cream Cheese Bagel Fruit 100% Fruit Juice Milk Variety	9 WG Frosted Long Johns 100% Fruit Juice Fruit Milk Variety  (2 Hour Early Out)
	12 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	13 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	14 WG Pancakes Fruit 100% Fruit Juice Milk Variety	15 WG Blueberry Bagel w/Cream Cheese Fruit 100% Fruit Juice Milk Variety	16 WG Frosted Long Johns Fruit 100% Fruit Juice Milk Variety  (2 Hour Early Out)
	19 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	20 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	21 WG Egg & Cheese Biscuit Fruit 100% Fruit Juice Milk Variety	22 Vegetable, Ham & Cheese Omelet Fruit 100% Fruit Juice Milk Variety	23 WG Frosted Long Johns Fruit 100% Fruit Juice Milk Variety  (2 Hour Early Out)
	26 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	27 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	28 WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	29 WG Mini Cinni Fruit 100% Fruit Juice Milk Variety	30 WG Frosted Long Johns Fruit 100% Fruit Juice Milk Variety  (2 Hour Early Out)