

September 2022 Lunch Menu 7th-12th

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
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 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 Chicken Enchiladas w/Red Sauce Romaine Lettuce Carrots Applesauce Pineapple Tidbits Milk (2 Hour early out)
<u>Milk Variety</u> 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 Chicken & Chili Crispito 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 Cauliflower 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)