

AUGUST 2022 Breakfast Menu 3rd- 6th

Independence Community School District

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

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 Lunch *K-5 (550-650) *6-8 (600-700) *9-12 (750-850)	WELCOME BACK				
Milk Variety Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)	WELCOME BACK				
					WELCOME BACK
		23 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety (2 Hour early out)	24 WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety (2 Hour early out)	25 WG Mini Cinni Fruit 100% Fruit Juice Milk Variety	26 WG Frosted Long John Fruit 100% Fruit Juice Milk Variety
	29 WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	30 WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	31 WG Egg & Cheese Biscuit Fruit 100% Fruit Juice Milk Variety		