



OCTOBER 2022

Independence East Elementary

Monday

BBQ Pork Patty
WG Hamburger Bun
Green Beans
Sweet Potato Fries
Pineapple Tidbits
Banana
Milk

3

Tuesday

Baked Ziti
Mixed Veggies
Romaine Lettuce
Sliced Cucumbers
Fresh Pears
Milk

4

Wednesday

Mustang Sub
(Ham, Salami Pepperoni & Cheese)
WG Hoagie Bun
Baby Carrots
Apple Slices
Baked Chips
Rice Crispy Bar
Milk

5

Thursday

Walking Taco
Taco Meat Lettuce Cheese
Cheesy Refried Beans
Chuckwagon Corn
Pears
Applesauce Cups
WG Cinnamon Roll
Milk

6

Friday

Pizza Cruncher
Fresh Broccoli
Carrots
Fruit Smoothie
Mixed Fruit
Milk
(2 Hour Early Out)

7

Chicken Drumstick
Mashed Potatoes & Gravy
Mixed Vegetables
Sliced Red Peppers
Apple Slices
Homemade School Rolls
Milk

10

Cheeseburger
WG Hamburger Bun
Baked Beans
French Fries
Pears
Fruit Smoothie
Milk

11

WG Orange Chicken w/Sauce
Seasoned Rice
Peas
Sliced Oranges
Diced Peach Cup
Milk

12

Beef & Cheese Nachos w/Frito Chips
Cheesy Refried Beans
Corn
Grapes
Fruit Smoothie
Milk

13

NO SCHOOL

14

NO SCHOOL

17

WG Mini Ravioli w/Sauce
Romaine Lettuce
Celery
Nectarines
Applesauce
Milk

18

WG Corn Dog
Tater Tots
Mixed Veggies
Banana
Peach Cups
Milk

19

WG French Toast Sticks
Scrambled Eggs
Hash Brown
Mini Carrots
Applesauce
Mixed Fruit
Milk

20

WG Pizza Dipper
Romaine Lettuce
Corn
Apple Slices
Sliced Red Peppers
Cookie
Milk
(2 Hour Early Out)

21

Cheddarwurst
WG Hot Dog Bun
Sweet Potato Fries
Corn
Diced Peaches
Cantaloupe
Milk

24

WG Chicken Teriyaki
Lo Mein Noodles
Peas
Carrots
Sliced Peppers
Sliced Pears
Milk

25

Hamburger Gravy
Mashed Potatoes
Green Beans
HoneyDew
Strawberry Cups
Milk

26

WG Fajita Chicken Wrap
Romaine Lettuce
Corn
Cherry Tomatoes
Sliced Cucumbers
WG Cinnamon Roll
Milk

27

WG Cheese Pizza
Romaine Lettuce
Mixed Veggies
Fresh Broccoli
Mixed Fruit
Milk
(2 hour early out)

28

Witches Hair w/ Goblin's Blood
(Spaghetti w/Meat Sauce)
Zombie Limbs (Bread Stick)
Ghost Vomit (Green Beans)
Goblin Bones (Celery)
Vampire's Lips (Applesauce)
Vampire Brains (Strawberry Cups)
Monster Cookie
Milk

31

Milk Variety

Chocolate Fat Free
White Fat Free
White 1%
Milk offered at all meals
(Extra Milk \$.40)

Average meal calorie count

Lunch
*K-5 (550-650)
*6-8 (600-700)
*9-12 (750-850)

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

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

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



PAY FOR MEALS ONLINE
MySchoolBucks.com