

OCTOBER 2022

[Independence JR/SR High]

Monday

WG Chicken Sandwich **3**
 Tator Tots
 Peas
 Orange Slices
 Peaches
 Milk

Chicken Drumstick **10**
 Mashed Potatoes & Gravy
 Mixed Vegetables
 Sliced Red Peppers
 Apple Slices
 Homemade School Rolls
 Milk

NO SCHOOL **17**

Cheddarwurst **24**
 WG Hot Dog Bun
 Sweet Potato Fries
 Corn
 Diced Peaches
 Cantaloupe
 Milk

Witches Hair w/ Goblin's Blood **31**
 (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

Tuesday

Baked Ziti **4**
 Mixed Veggies
 Romaine Lettuce
 Sliced Cucumbers
 Fresh Pears
 Milk

Cheeseburger **11**
 WG Hamburger Bun
 Cowboy Caviar w/WG Tostito Chips
 French Fries
 Peas
 Fruit Smoothie
 Milk

WG Mini Ravioli w/Sauce **18**
 Romaine Lettuce
 Celery
 Nectarines
 Applesauce
 Milk

WG Chicken Teriyaki **25**
 Lo Mein Noodles
 Peas
 Carrots
 Sliced Peppers
 Sliced Pears
 Milk

Wednesday

BBQ Pork Patty **5**
 WG Hamburger Bun
 Green Beans
 Sweet Potato Fries
 Pineapple Tidbits
 Banana
 Milk

WG Orange Chicken w/Sauce **12**
 Seasoned Rice
 Peas
 Sliced Oranges
 Diced Peach Cup
 Milk

WG Corn Dog **19**
 Tater Tots
 Lightly Roasted Brussel Sprouts
 Banana
 Peach Cups
 Milk

Hamburger Gravy **26**
 Mashed Potatoes
 Green Beans
 HoneyDew
 Strawberry Cups
 Milk

Thursday

Walking Taco **6**
 Taco Meat Lettuce Cheese
 Cheesy Refried Beans
 Chuckwagon Corn
 Peas
 Applesauce Cups
 WG Cinnamon Roll
 Milk

Beef & Cheese Nachos w/Frito Chips **13**
 Cheesy Refried Beans
 Corn
 Grapes
 Fruit Smoothie
 Milk

WG French Toast Sticks **20**
 Scrambled Eggs
 Hash Brown
 Mini Carrots
 Applesauce
 Mixed Fruit
 Milk

WG Fajita Chicken Wrap **27**
 Romaine Lettuce
 Corn
 Cherry Tomatoes
 Sliced Cucumbers
 WG Cinnamon Roll
 Milk

Friday

Pizza Cruncher **7**
 Fresh Broccoli
 Carrots
 Fruit Smoothie
 Mixed Fruit
 Milk
 (2 Hour Early Out)

NO SCHOOL **14**

WG Chicken Enchiladas w/Red Sauce **21**
 Romaine Lettuce
 Corn
 Apple Slices
 Sliced Red Peppers
 Cookie
 Milk
 (2 Hour Early Out)

WG Cheese Pizza **28**
 Romaine Lettuce
 Mixed Veggies
 Fresh Broccoli
 Mixed Fruit
 Milk
 (2 hour early out)

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 \$1.90
 Adult BK \$2.40
 Lunch \$2.95
 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"

