



BREAKFAST

OCTOBER 2022

Independence West Elementary

Institution is an equal opportunity provider.

Menus subject to change as needed.

Monday

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

3

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

10

NO SCHOOL

17

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

24

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

31

Tuesday

WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

4

WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

11

WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

18

WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

25

Wednesday

WG French Toast Sticks
Fruit
100% Fruit Juice
Milk Variety

5

WG Pancakes
Fruit
100% Fruit Juice
Milk Variety

12

WG Egg & Cheese Biscuit
Fruit
100% Fruit Juice
Milk Variety

19

WG French Toast Sticks
Fruit
100% Fruit Juice
Milk Variety

26

Thursday

WG Breakfast Pizza
Fruit
100% Fruit Juice
Milk Variety

6

WG Mini Strawberry Cream
Cheese Bagel
Fruit
100% Fruit Juice
Milk Variety

13

WG Breakfast Pizza
Fruit
100% Fruit Juice
Milk Variety

20

WG Mini Cinni
Fruit
100% Fruit Juice
Milk Variety

27

Friday

WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety

7

(2 Hour Early Out)

NO SCHOOL

14

WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety

21

(2 Hour Early Out)

WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety

28

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

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

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com