



# FEBRUARY 2023

## Independence West Elementary

Institution is an equal opportunity provider.

Menus subject to change as needed.

### Monday

Chicken Alfredo  
Steamed Carrots  
Peas  
Apple Slices  
Mandarin Oranges  
Garlic Toast  
Milk

6

Chicken & Waffles  
Mashed Potatoes w/Butter  
Packet  
Corn  
Kiwi  
Strawberry Cups  
Milk

13

**NO SCHOOL**  
**President's Day**

20

Chicken Tenders  
French Fries  
Peas  
Carrots  
Sliced Peppers  
Sliced Pears  
Milk

27

### Tuesday

Homemade Chicken Noodle Soup  
Breaded Cheese Stick  
Celery  
Applesauce Cup  
Grapes  
Milk

7

WG Breaded Mozzarella  
Sticks W/Dipping Sauce  
Fresh Marinated Veggie Salad  
Peaches  
Baked Apples  
Cookie  
Milk

14

WG Chicken Nuggets  
Mashed Potatoes w/Butter  
Veggie Mix Pacific Blend  
Pineapple Tidbits  
Peach Cups  
Homemade Dinner Roll  
Milk

21

Chili w/ Crackers  
String Cheese  
Celery  
Applesauce Cup  
Mixed Fruit  
WG Cinnamon Roll  
Milk

28

### Wednesday

WG Chicken Patty  
WG Hamburger Bun  
Cheesy Broccoli  
French Fries  
Sliced Oranges  
Mixed Fruit  
Milk

1

WG Chicken Tenders  
Mashed Potatoes  
Corn  
Peaches  
Strawberry Fruit Gel  
Milk

8

Cheeseburger  
WG Hamburger Bun  
French Fries  
Cooked Carrots  
Peach Cups  
Watermelon  
Milk

15

WG Shrimp Poppers  
WG Mac & Cheese  
Fresh Broccoli  
Watermelon  
Sliced Apples  
Homemade Pumpkin Bars  
Milk

22

### Thursday

WG Pancake Bites  
Sausage Links  
Hash Brown  
Mini Carrots  
Applesauce  
Banana  
Milk

2

Walking Taco  
Taco Meat Cheese  
Cheesy Refried Beans  
Romaine Lettuce  
Applesauce Cups  
WG Cinnamon Roll  
Milk

9

Sloppy Joe  
WG Hamburger Bun  
Baked Beans  
Fresh Cauliflower  
Sliced Peppers  
Fruit Smoothie  
Milk

16

WG Fajita Chicken Wrap  
Romaine Lettuce  
Seasoned Rice  
Cherry Tomatoes  
Strawberry Cups  
Milk

23

### Friday

WG Cheese Pizza  
Romaine Lettuce  
Fresh Broccoli  
Grapes  
Mango  
Milk

3

(2 hour early out)

Pizza Cruncher  
Marinated Veggie Salad  
Fruit Smoothie  
Mixed Fruit  
Milk

10

WG Stuffed Pepperoni Sandwich  
Romaine Lettuce  
Corn  
Tropical Fruit Cup  
Watermelon  
Milk

17

WG French Bread Pizza  
Baked Beans  
Homemade Cole Slaw  
Orange Slices  
Tropical Fruit Cup  
Milk

24

(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](http://www.indeek12.org)  
click on "School Lunch Program"

