

MARCH 2023

Independence East Elementary

Institution is an equal opportunity provider.

Menus subject to change as needed.

Monday



Tuesday



Wednesday

Thursday



Friday

1
WG French Toast Sticks
Fruit
100% Fruit Juice
Milk Variety

2
Vegetable, Ham & Cheese Omelet
Fruit
100% Fruit Juice
Milk Variety

3
WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety
(2 Hour Early Out)

4
WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

5
WG Egg, Bacon & Cheese Biscuit
Fruit
100% Fruit Juice
Milk Variety

6
No School Professional Dev

7
WG Mini Strawberry Bagel w/Cream Cheese
Fruit
100% Fruit Juice
Milk Variety

8
WG Egg, Cheese & Sausage Bagel
Fruit
100% Fruit Juice
Milk Variety
(2 Hour Early Out)

9
WG Blueberry Bagel w/Cream Cheese
Fruit
100% Fruit Juice
Milk Variety

10
No School Conferences

11
WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

12
WG Mini Cinni
Fruit
100% Fruit Juice
Milk Variety

13
WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety
(2 Hour Early Out)

14
WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

15
Cinni Toast Crunch Bar
Fruit
100% Fruit Juice
Milk Variety

16
WG French Toast Sticks
Fruit
100% Fruit Juice
Milk Variety

17
WG Egg, Cheese & Sausage Biscuit
Fruit
100% Fruit Juice
Milk Variety

18
WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety
(2 Hour Early Out)

19
WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

20
WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

21
WG Pancake Bites
Fruit
100% Fruit Juice
Milk Variety

22
Vegetable, Ham & Cheese Omelet
Fruit
100% Fruit Juice
Milk Variety

23
WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety
(2 Hour Early Out)

24
WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

25
WG Fruit Strudel
Fruit
100% Fruit Juice
Milk Variety

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"