

APRIL 2023

Independence East Elementary

Institution is an equal opportunity provider.

Menus subject to change as needed.

Monday

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

**No School
Spring Break**

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

WG Mini Donuts
Fruit
100% Fruit Juice
Milk Variety

Tuesday

Cinni Toast Crunch Bar
Fruit
100% Fruit Juice
Milk Variety

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

WG Breakfast Pizza
Fruit
100% Fruit Juice
Milk Variety

Combo Bar
Fruit
100% Fruit Juice
Milk Variety

Wednesday

WG French Toast Sticks
Fruit
100% Fruit Juice
Milk Variety

WG Pancake on a Stick
Fruit
100% Fruit Juice
Milk Variety

WG French Toast Mini
Chocolate Chip
Fruit
100% Fruit Juice
Milk Variety

WG Egg, Cheese & Ham
Bagel
Fruit
100% Fruit Juice
Milk Variety

Thursday

WG Muffin/Yogurt
Fruit
100% Fruit Juice
Milk Variety

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

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

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

Friday

**No School
Spring Break**

WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety

(2 Hour Early Out)

WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety

(2 Hour Early Out)

WG Frosted Long Johns
100% Fruit Juice
Fruit
Milk Variety

(2 Hour Early Out)

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"

Milk Variety

Chocolate Fat Free

White Fat Free

White 1%

Milk offered at all meals

(Extra Milk \$.40)