

BREAKFAST
 FULL PRICE: \$2.15
 REDUCED: \$0.30
 ADULT: \$2.65
 ADDITIONAL MILK: \$0.40

OCTOBER 2020

INDEPENDENCE HIGH SCHOOL

LUNCH
 FULL PRICE: \$2.95
 REDUCED: \$0.40
 ADULT: \$4.00
 ADDITIONAL MILK: \$0.40

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast on a Stick
 Applesauce/Fruit Cocktail **5**
 ROASTED CHICKEN
 Wheat Roll
 Mashed Potatoes w/ Gravy
 Applesauce/Sliced Peaches
 Cookie

Cereal
 Baked Apples/ Sliced Orange **6**
 NACHOS
 Refried Beans
 Fresh Celery
 Fresh Apple Wedge/Fruit Cocktail

Baked Oatmeal
 Baked Apples/Diced Peaches **7**
 PEPPERONI CALZONE
 Fresh Carrot Sticks
 Fresh Broccoli/Celery Sticks
 Fresh Grapes/Sliced Peaches

Cereal
 Strawberries/Diced Pears **1**
 CHICKEN BURGER
 Sliced Pears
 Raisels

2

Donut
 Applesauce/Fruit Cocktail **12**
 SLOPPY JOE
 Refried Beans
 Steamed Corn
 Applesauce/Sliced Peaches

Cereal
 Baked Apples/Sliced Orange **13**
 HAMBURGER GRAVY
 Mashed Potatoes
 Fresh Broccoli & Cauliflower
 Fresh Apple Wedge/Fruit Cocktail

Sausage & Egg Muffin
 Baked Apples/Diced Peaches **14**
 HOMEMADE CHILI
 Fresh Carrots Sticks
 Fresh Grapes/Sliced Peaches
 Cinnamon Roll

Cereal
 Strawberries/Diced Pears **8**
 HAMBURGER ON A BUN
 Baked Fries
 Fresh Carrot Sticks
 Banana/Sliced Peaches

9

Cereal
 Strawberries/Diced Pears **15**
 CHICKEN BURGER
 Fresh Salad
 Fresh Banana/Sliced Peaches
 Cookie

16

Breakfast on a Stick
 Applesauce/Fruit Cocktail **19**
 CHICKEN GRAVY
 Mashed Potatoes
 Wheat Roll
 BBQ Baked Beans/Steamed Broccoli
 Fresh Apple Wedge/Fruit Cocktail

Cereal
 Baked Apples/Sliced Oranges **20**
 TACO SOUP
 Breadstick
 Steamed Carrots
 Applesauce/Sliced Peaches

Baked Oatmeal
 Baked Apples/Diced Peaches **21**
NEW! MUST TRY!
 PEPPERONI RIPPERS
 Fresh Salad
 Fresh Cherry Tomatoes
 Fresh grapes/Sliced Peaches

Cereal
 Strawberries/Diced Pears **22**
 HAMBURGER ON A BUN
 Baked Fries
 Fresh Celery Sticks
 Raisels
 Cookie

23

Donut
 Applesauce/Fruit Cocktail **26**
 CHICKEN NUGGETS
 Breadstick
 Steamed Carrots
 Steamed Corn
 Applesauce/Sliced Peaches

Cereal
 Baked Apples/Sliced Orange **27**
 TACOS
 w/ Refried Beans
 Fresh Celery
 Fresh Apple Wedges

Sausage & Egg Muffin
 Baked Apples/Diced Peaches **28**
 CHICKEN DAY
 Oriental Rice
 Fresh Cherry Tomatoes
 Fresh Carrot/Celery Sticks
 Fresh Grapes/Sliced Peaches

Cereal
 Strawberries/Diced Pears **29**
 CHICKEN BURGER
 Sliced Pears
 Raisels

30

Menu is subject to change without notice.

We offer 1% and fat free milk.

This institution is an equal opportunity provider.



Menu available online

