



August 2024



Independence High School

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
-Summer Break-				
5	6	7	8	9
-Summer Break-				
12	B: EGGS, HAM, & HASHBROWN L: BEEF TACOS <i>Spanish rice & beans</i> OR CHICKEN NUGGETS <i>dinner roll & beans</i>	B: BISCUITS AND GRAVY L: HOMEMADE MAC & CHEESE <i>w/ garlic parmesan breadstick</i> OR PIZZA <i>garden salad</i>	B: BREAKFAST SAUSAGE SANDWICH L: COUNTRY-FRIED STEAK <i>mashed potatoes & gravy</i> OR CORNDOG <i>mixed veggies</i>	B: CONFETTI PANCAKES L: CHICKEN PATTY SANDWICH OR GENERAL TSOS' CHICKEN <i>veggie & fresh fruit</i> <i>fresh baked cookie</i>
B: DUTCH WAFFLE L: HOT DOG <i>w/onions, peppers, pickles & sauce</i> OR HAMBURGER <i>w/ fries, fruit</i>	B: ORANGE CREAMSICLE SMOOTHIE L: WHITE CHICKEN CHILI <i>w/ corn tortilla chips</i> OR CHICKEN NUGGETS <i>w/ dinner roll, carrot sticks</i>	B: COCOA CHERRY BAR L: HOMEMADE LASAGNA <i>w/ garlic parmesan breadstick</i> OR PIZZA <i>garden salad</i>	B: HUEVOS RANCHEROS L: BREADED CHICKEN DRUMSTICK <i>w/ dinner roll & baked beans</i> OR CORN DOG <i>baked beans</i>	B: BAGEL WITH CREAM CHEESE L: CHICKEN PATTY SANDWICH OR SWEET & SOUR CHICKEN <i>steamed rice</i> <i>homemade pudding</i>
B: PANCAKES L: BREAKFAST FOR LUNCH OR HAMBURGER <i>veggies & fresh fruit</i>	B: BREAKFAST BOWL L: BURRITO BOWL <i>creamy tomatillo dressing</i> <i>mixed beans</i> OR CHICKEN NUGGETS <i>w/ dinner roll, fresh veggie</i>	B: BREAKFAST HAM SANDWICH L: CHICKEN PARMESAN <i>w/ garlic parmesan breadstick</i> OR PIZZA <i>garden salad</i>	B: ORANGE CREAMSICLE SMOOTHIE L: TURKEY ROAST <i>mashed potatoes & gravy</i> OR CORNDOG <i>mixed veggies</i>	B: FRENCH TOAST STICKS L: CHICKEN PATTY SANDWICH OR SWEET & SOUR CHICKEN <i>steamed rice, mixed beans</i> <i>jello</i>

MIDDLE SCHOOL MEAL PRICES 2024-25

FULL PAY Meal Prices:

Breakfast: \$1.50
 Lunch: \$2.50
 Adult Breakfast: \$2.25
 Adult Lunch: \$4.25

REDUCED Meal Prices:

Breakfast: \$0.30
 Lunch: \$0.40

COULD YOUR STUDENT BE ELIGIBLE FOR FREE OR REDUCED-PRICE MEALS?

Applying is free and easy at www.myschoolapps.com.
 Meal pay status is determined based on family income.

This institution is an equal opportunity provider.

Manage your student's meal account easily online at www.myschoolbucks.com. Cash and check payments are accepted in person.



September 2024



Independence High School

Monday	Tuesday	Wednesday	Thursday	Friday
2	B: YOGURT PARFAIT 3	B: BREAKFAST PIZZA 4	B: BREAKFAST BURRITO 5	B: PANCAKE ON A STICK 6
Labor Day	L: QUESO BLANCO NACHOS <i>w/pulled pork & beans</i> OR CHICKEN NUGGETS <i>w/ dinner roll, fresh veggie</i>	L: SPAGHETTI <i>w/meatballs & garlic parmesan breadstick</i> OR PIZZA <i>garden salad</i>	L: CHICKEN POTATO BOWL OR CORN DOG <i>mashed potatoes & gravy, mixed veggies</i>	L: CHICKEN PATTY SANDWICH OR ORANGE CHICKEN <i>steamed rice fruit slushies</i>
B: SOFT PRETZEL 9	B: EGGS, HAM, & HASHBROWN 10	B: BISCUITS AND GRAVY 11	B: BREAKFAST SANDWICH 12	B: CONFETTI PANCAKES 13
L: BBQ PULLED PORK SANDWICH OR HAMBURGER <i>veggies & fresh fruit</i>	L: TACO SALAD OR CHICKEN NUGGETS <i>dinner roll</i> <i>veggies & fresh fruit</i>	L: BAKED ZITI <i>garlic parmesan breadstick</i> OR PIZZA <i>garden salad</i>	L: TURKEY ROAST SANDWICH <i>dinner roll</i> OR CORN DOG <i>mashed potatoes & gravy</i>	L: CHICKEN PATTY SANDWICH OR TERIYAKI CHICKEN <i>steamed rice</i> <i>fresh baked cookie</i>
B: DUTCH WAFFLE 16	B: ORANGE CREAMSICLE SMOOTHIE 17	B: COCOA CHERRY BAR 18	B: HUEVOS RANCHEROS 19	B: BAGEL WITH CREAM CHEESE 20
L: BAKED POTATO BAR <i>dinner roll</i> OR HAMBURGER <i>veggies & fresh fruit</i>	L: TRAVELING TACO OR CHICKEN NUGGETS <i>dinner roll, fresh veggies</i>	L: CHICKEN ALFREDO OR PIZZA <i>garden salad</i>	L: MESQUITE GLAZED CHICKEN <i>dinner roll</i> OR CORN DOG <i>mashed potatoes & gravy</i>	L: CHICKEN PATTY SANDWICH OR SWEET & SOUR CHICKEN <i>steamed rice & beans</i> <i>homemade pudding</i>
B: PANCAKES 23	B: BREAKFAST BOWL 24	B: BREAKFAST HAM SANDWICH 25	B: ORANGE CREAMSICLE SMOOTHIE 26	B: FRENCH TOAST STICKS 27
L: CHICKEN & WAFFLES OR HAMBURGER <i>veggies & fresh fruit</i>	L: BEEF TACOS <i>spanish rice & beans</i> OR CHICKEN NUGGETS <i>dinner roll & beans</i>	L: HOMEMADE MAC & CHEESE <i>w/ garlic parmesan breadstick</i> OR PIZZA <i>garden salad</i>	L: COUNTRY-FRIED STEAK <i>mashed potatoes & gravy</i> OR CORNDOG <i>mixed veggies</i>	L: CHICKEN PATTY SANDWICH OR GENERAL TSOS' CHICKEN <i>veggie & fresh fruit</i> <i>fresh baked cookie</i>
B: WAFFLE 30				
L: HOT DOG <i>w/onions, peppers, pickles & sauce</i> OR HAMBURGER <i>w/ fries, fruit</i>				

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Lunch: \$2.50	Lunch: \$0.40
Adult Breakfast: \$2.25	
Adult Lunch: \$4.25	

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