



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/3/2018

Feeding Figure: 20

Base Menu Plan: 4,049 EE/EL MAIN BFAST W2D1 18-19

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A468         | PANCAKE STRAWBERRY #2410     | 1            | 1 PKG        | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 220.0000     | kcal         | Carbohydrate       | 40.0000      | g            |
| 1340         | APPLESAUCE UNSWEETENED       | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 50.0000      | kcal         | Carbohydrate       | 13.0000      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/3/2018

Feeding Figure: 21

Base Menu Plan: 1,003,418 EE/EL 18-19 LUNCH W3D1

Menu Comments:

| Stock Number | Description             | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|-------------------------|--------------|--------------|--------------------|--------------|--------------|
| A453         | LASAGNA ROLLUP WG #2371 | 1            | 1 PIECE      | 10                 |              |              |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy             | 332.8338     | kcal         | Carbohydrate       | 32.1840      | g            |
| A379         | BREADSTICK WG #1361     | 1            | 1 BREADSTICK | 10                 |              |              |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy             | 110.0000     | kcal         | Carbohydrate       | 21.0000      | g            |
| A372         | GREEN BEANS-2017        | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy             | 21.1679      | kcal         | Carbohydrate       | 4.2590       | g            |
| a131         | SALAD, DARK GREENS- EL  | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy             | 3.5905       | kcal         | Carbohydrate       | 0.6010       | g            |
| a360         | CARROT, FRESH SHREDDED  | 1            | 1/8 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy             | 5.8094       | kcal         | Carbohydrate       | 1.3574       | g            |
| A361         | TOMATO, FRESH DICED     | 1            | 1/8 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy             | 4.1189       | kcal         | Carbohydrate       | 0.8901       | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|                 |                                |              |              |                 |              |              |
|-----------------|--------------------------------|--------------|--------------|-----------------|--------------|--------------|
| A7046           | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/8 CUP      | 10              |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|                 | Food Energy                    | 41.2567      | kcal         | Carbohydrate    | 7.7529       | g            |
| 2366            | DRESSING ITALIAN OTT'S         | 1            | Ounce        | 10              |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|                 | Food Energy                    | 29.3055      | kcal         | Carbohydrate    | 7.8148       | g            |
| A050            | APPLES, HOT SPICED             | 1            | 1/2 CUP      | 10              |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|                 | Food Energy                    | 121.4842     | kcal         | Carbohydrate    | 26.3734      | g            |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)   | 10              |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|                 | Food Energy                    | 100.0000     | kcal         | Carbohydrate    | 12.0000      | g            |

**Serving Period:** Snack      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/3/2018      **Feeding Figure:** 18  
**Base Menu Plan:** 4,089 EE/EL MAIN 18-19 SNACK W2D1  
**Menu Comments:**

| Stock Number    | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|-----------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| 2393            | CRACKER BEAN AND VEG IW      | 1            | PKG (1)      | 10                 |              |              |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|                 | Food Energy                  | 140.0000     | kcal         | Carbohydrate       | 22.0000      | g            |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|                 | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Breakfast      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/4/2018      **Feeding Figure:** 20  
**Base Menu Plan:** 4,050 EE/EL MAIN BFAST W2D2 18-19  
**Menu Comments:**

| Stock Number    | Description       | Serving Size | Measure      | Projected Quantity |              |              |
|-----------------|-------------------|--------------|--------------|--------------------|--------------|--------------|
| 2001            | CEREAL RICE CHEX  | 1            | BOWL (1)     | 10                 |              |              |
| <b>Nutrient</b> |                   | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|                 | Food Energy       | 100.0000     | kcal         | Carbohydrate       | 24.0000      | g            |
| A029            | TOAST, WG         | 1            | 1 SLICE      | 10                 |              |              |
| <b>Nutrient</b> |                   | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|                 | Food Energy       | 112.5000     | kcal         | Carbohydrate       | 18.0000      | g            |
| a7074           | BLUEBERRIES #7074 | 1            | 1/2 CUP      | 10                 |              |              |
| <b>Nutrient</b> |                   | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|                 | Food Energy       | 38.6000      | kcal         | Carbohydrate       | 9.3710       | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch  
**Date:** 12/4/2018  
**Base Menu Plan:** 4,070 EE/EL 18-19 LUNCH W2D2  
**Menu Comments:**

**Serving Line:** EE MAIN  
**Age Group:** Grades K-5  
**Feeding Figure:** 21

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A077         | QUESO BLANCO BEEF ENCHILADAS | 1            | 2 ENCHILADAS | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 297.3600     | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 16.3599      | g            |                    |
| A016         | RICE, MEXICAN                | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 78.7958      | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 13.4837      | g            |                    |
| A070         | CARROTS, COOKED              | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 27.9508      | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 6.2113       | g            |                    |
| a131         | SALAD, DARK GREENS- EL       | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 3.5905       | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 0.6010       | g            |                    |
| a360         | CARROT, FRESH SHREDDED       | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 5.8094       | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 1.3574       | g            |                    |
| A361         | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 4.1189       | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 0.8901       | g            |                    |
| A7020        | BEANS, BLACK (SALAD BAR)     | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 37.5766      | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 6.8948       | g            |                    |
| 1347         | PEACHES SLICD IN LS          | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 81.0000      | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 19.8000      | g            |                    |
| 2365         | DRESSING RANCH OTT'S         | 1            | Ounce        | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 85.8443      | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 4.2922       | g            |                    |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 100.0000     | kcal         |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                 | 12.0000      | g            |                    |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

**Serving Period:** Snack  
**Date:** 12/4/2018  
**Base Menu Plan:** 4,090 EE/EL MAIN 18-19 SNACK W2D2  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 18

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| 2409         | COOKIE MINI RASPBERRY WG     | 1            | PKG (1)      | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 120.0000     | kcal         | Carbohydrate       | 20.0000      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Breakfast  
**Date:** 12/5/2018  
**Base Menu Plan:** 4,051 EE/EL MAIN BFAST W2D3 18-19  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 20

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A041         | BISCUITS W/GRAVY, WG. MINI   | 1            | 2 BISCUITS   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 279.4904     | kcal         | Carbohydrate       | 38.4986      | g            |
| 1333         | BANANAS PREM 40LB            | 1            | 1/2 BANANA   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 52.5100      | kcal         | Carbohydrate       | 13.4756      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Lunch  
**Date:** 12/5/2018  
**Base Menu Plan:** 4,071 EE/EL 18-19 LUNCH W2D3  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 21

| Stock Number | Description                | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|----------------------------|--------------|--------------|--------------------|--------------|--------------|
| A456         | ALFREDO CHICKEN, JTM penne | 1            | 1 SERVING    | 10                 |              |              |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                | 232.6962     | kcal         | Carbohydrate       | 25.6039      | g            |
| A379         | BREADSTICK WG #1361        | 1            | 1 BREADSTICK | 10                 |              |              |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                | 110.0000     | kcal         | Carbohydrate       | 21.0000      | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| A057  | BROCCOLI, STEAMED            | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 13.2031      | kcal         | Carbohydrate    |
|       |                              |              |              | 2.1230 g        |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 3.5905       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.6010 g        |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 5.8094       | kcal         | Carbohydrate    |
|       |                              |              |              | 1.3574 g        |
| A361  | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 4.1189       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.8901 g        |
| a7024 | BEANS, PINTO (SALAD BAR)     | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 47.6842      | kcal         | Carbohydrate    |
|       |                              |              |              | 8.7583 g        |
| a7074 | BLUEBERRIES #7074            | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 38.6000      | kcal         | Carbohydrate    |
|       |                              |              |              | 9.3710 g        |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 29.3055      | kcal         | Carbohydrate    |
|       |                              |              |              | 7.8148 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/5/2018

Feeding Figure: 18

Base Menu Plan: 4,091 EE/EL MAIN 18-19 SNACK W2D3

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 2106         | APPLE SLICES 100/2 OZ        | 1            | PKG          | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 30.0000      | kcal         | Carbohydrate       |
|              |                              |              |              | 7.0000 g           |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/6/2018

Feeding Figure: 20

Base Menu Plan: 4,052 EE/EL MAIN BFAST W2D4 18-19

Menu Comments:

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| Stock Number | Description                  | Serving Size | Measure              | Projected Quantity |              |              |
|--------------|------------------------------|--------------|----------------------|--------------------|--------------|--------------|
| A463         | PANCAKE CONFETTI #2378       | 1            | 1 PKG                | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 220.0000     | kcal                 | Carbohydrate       | 36.0000      | g            |
| 1329         | ORANGE 138 CT                | 1            | 1/2 CUP (4-6 WEDGES) | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 29.4972      | kcal                 | Carbohydrate       | 7.5488       | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)           | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal                 | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/6/2018      **Feeding Figure:** 21  
**Base Menu Plan:** 4,072 EE/EL 18-19 LUNCH W2D4  
**Menu Comments:**

| Stock Number | Description            | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------|--------------|--------------|--------------------|--------------|--------------|
| A084         | MEATLOAF-SLICES        | 1            | 1 SLICE      | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 227.0069     | kcal         | Carbohydrate       | 16.9442      | g            |
| A005         | POTATOES, MASHED       | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 85.3963      | kcal         | Carbohydrate       | 18.1467      | g            |
| A026         | ROLLS, WHEAT, WG       | 1            | 2 OUNCE      | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 178.5303     | kcal         | Carbohydrate       | 29.0164      | g            |
| A524         | GRAVY BROWN LS #2421   | 1            | 2 OZ         | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 25.2695      | kcal         | Carbohydrate       | 4.0431       | g            |
| A359         | CORN, COOKED           | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 99.2998      | kcal         | Carbohydrate       | 20.8661      | g            |
| a131         | SALAD, DARK GREENS- EL | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 3.5905       | kcal         | Carbohydrate       | 0.6010       | g            |
| a360         | CARROT, FRESH SHREDDED | 1            | 1/8 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy            | 5.8094       | kcal         | Carbohydrate       | 1.3574       | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                                |              |                 |                 |
|-------|--------------------------------|--------------|-----------------|-----------------|
| A361  | TOMATO, FRESH DICED            | 1            | 1/8 CUP         | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 4.1189       | kcal            | Carbohydrate    |
|       |                                |              |                 | 0.8901 g        |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/8 CUP         | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 41.2567      | kcal            | Carbohydrate    |
|       |                                |              |                 | 7.7529 g        |
| 1348  | PEARS SLICD IN LS              | 1            | SERVING 1/2 CUP | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 80.0000      | kcal            | Carbohydrate    |
|       |                                |              |                 | 20.0000 g       |
| 2366  | DRESSING ITALIAN OTT'S         | 1            | Ounce           | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 29.3055      | kcal            | Carbohydrate    |
|       |                                |              |                 | 7.8148 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)      | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 100.0000     | kcal            | Carbohydrate    |
|       |                                |              |                 | 12.0000 g       |

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/6/2018 **Feeding Figure:** 18  
**Base Menu Plan:** 4,092 EE/EL MAIN 18-19 SNACK W2D4  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 2358         | ANNIE'S CHEDDAR BUNNIES      | 1            | PKG (1)      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 90.0000      | kcal         | Carbohydrate       |
|              |                              |              |              | 13.0000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/7/2018 **Feeding Figure:** 20  
**Base Menu Plan:** 4,053 EE/EL MAIN BFAST W2D5 18-19  
**Menu Comments:**

| Stock Number | Description               | Serving Size | Measure      | Projected Quantity |
|--------------|---------------------------|--------------|--------------|--------------------|
| 1402         | CEREAL CHEERIOS BOWL 1 OZ | 1            | BOWLPAK (1)  | 10                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 100.0000     | kcal         | Carbohydrate       |
|              |                           |              |              | 20.0000 g          |
| A029         | TOAST, WG                 | 1            | 1 SLICE      | 10                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 112.5000     | kcal         | Carbohydrate       |
|              |                           |              |              | 18.0000 g          |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| A7078 | STRAWBERRIES #7078           | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 39.6486      | kcal         | Carbohydrate    |
|       |                              |              |              | 10.3086 g       |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/7/2018      **Feeding Figure:** 21  
**Base Menu Plan:** 3,398 EE/EL 17-18R CHILI  
**Menu Comments:**

| Stock Number | Description            | Serving Size | Measure            | Projected Quantity |
|--------------|------------------------|--------------|--------------------|--------------------|
| A080         | CHILI                  | 1            | 3/4 CUP            | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 194.4703     | kcal               | Carbohydrate       |
|              |                        |              |                    | 18.8556 g          |
| 1923         | CRACKER SALTINE (WG)   | 1            | SERVING 4 CRACKERS | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 60.0000      | kcal               | Carbohydrate       |
|              |                        |              |                    | 9.0000 g           |
| 2350         | MUFFIN WG CORNBREAD IW | 1            | PKG (1.8 OZ)       | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 150.0000     | kcal               | Carbohydrate       |
|              |                        |              |                    | 23.0000 g          |
| 4019         | BOWL 12 OZ CAMP        | 1            | BOWL               | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 0.0000       | kcal               | Carbohydrate       |
|              |                        |              |                    | 0.0000 g           |
| A011         | VEGETABLES, MIXED      | 1            | 1/2 CUP            | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 38.4764      | kcal               | Carbohydrate       |
|              |                        |              |                    | 8.4649 g           |
| A7078        | STRAWBERRIES #7078     | 1            | 1/2 CUP            | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 39.6486      | kcal               | Carbohydrate       |
|              |                        |              |                    | 10.3086 g          |
| a131         | SALAD, DARK GREENS- EL | 1            | 1/2 CUP            | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 3.5905       | kcal               | Carbohydrate       |
|              |                        |              |                    | 0.6010 g           |
| a360         | CARROT, FRESH SHREDDED | 1            | 1/8 CUP            | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 11.6147      | kcal               | Carbohydrate       |
|              |                        |              |                    | 2.7139 g           |
| A361         | TOMATO, FRESH DICED    | 1            | 1/8 CUP            | 10                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    |
|              | Food Energy            | 8.1076       | kcal               | Carbohydrate       |
|              |                        |              |                    | 1.7522 g           |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.





Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 37.5766      | kcal         | Carbohydrate    |
|       |                              |              |              | 6.8948 g        |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 85.8443      | kcal         | Carbohydrate    |
|       |                              |              |              | 4.2922 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

**Serving Period:** Snack      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/7/2018      **Feeding Figure:** 18  
**Base Menu Plan:** 4,093 EE/EL MAIN 18-19 SNACK W2D5  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 1387         | GRAHAMS ORIGINAL             | 1            | PKG (1)      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 90.0000      | kcal         | Carbohydrate       |
|              |                              |              |              | 16.0000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

**Serving Period:** Breakfast      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/10/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 4,054 EE/EL MAIN BFAST W3D1 18-19  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A446         | EGG PATTY SCRAMBLE W/CHEESE  | 1            | 1 PATTY      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 1.5000 g           |
| A024         | BISCUITS, MINI, WG           | 1            | 1.25 OUNCE   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 110.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 15.0000 g          |
| 1347         | PEACHES SLICD IN LS          | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 81.0000      | kcal         | Carbohydrate       |
|              |                              |              |              | 19.8000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/10/2018

Feeding Figure: 10

Base Menu Plan: 1,003,419 EE/EL 18-19 LUNCH W2D1

Menu Comments:

| Stock Number | Description                    | Serving Size | Measure         | Projected Quantity |              |              |
|--------------|--------------------------------|--------------|-----------------|--------------------|--------------|--------------|
| A526         | FISH NACHO STICKS #2401 EE     | 1            | 2 STICKS        | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 110.0000     | kcal            | Carbohydrate       | 11.0000      | g            |
| A531         | MAC AND CHEESE TWISTED         | 1            | 1/2 CUP         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 145.8523     | kcal            | Carbohydrate       | 10.7791      | g            |
| A057         | BROCCOLI, STEAMED              | 1            | 1/2 CUP         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 13.2031      | kcal            | Carbohydrate       | 2.1230       | g            |
| a131         | SALAD, DARK GREENS- EL         | 1            | 1/2 CUP         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 3.5905       | kcal            | Carbohydrate       | 0.6010       | g            |
| a360         | CARROT, FRESH SHREDDED         | 1            | 1/8 CUP         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 5.8094       | kcal            | Carbohydrate       | 1.3574       | g            |
| A361         | TOMATO, FRESH DICED            | 1            | 1/8 CUP         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 4.1189       | kcal            | Carbohydrate       | 0.8901       | g            |
| A7046        | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/8 CUP         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 41.2567      | kcal            | Carbohydrate       | 7.7529       | g            |
| 1348         | PEARS SLICD IN LS              | 1            | SERVING 1/2 CUP | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 80.0000      | kcal            | Carbohydrate       | 20.0000      | g            |
| 2286         | KETCHUP JUG WITH PUMP          | 1            | Ounce           | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 33.3278      | kcal            | Carbohydrate       | 8.3320       | g            |
| 2366         | DRESSING ITALIAN OTT'S         | 1            | Ounce           | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 29.3055      | kcal            | Carbohydrate       | 7.8148       | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 100.0000     | kcal            | Carbohydrate       | 12.0000      | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

**Serving Period:** Snack  
**Date:** 12/10/2018  
**Base Menu Plan:** 4,094 EE/EL MAIN 18-19 SNACK W3D1  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| 1423         | GOLDFISH CHEDDAR WG          | 1            | PKG (1)      | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 14.0000      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Breakfast  
**Date:** 12/11/2018  
**Base Menu Plan:** 4,055 EE/EL MAIN BFAST W3D2 18-19  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A388         | PANCAKE BANANA MINI          | 1            | 1 PKG        | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 200.0000     | kcal         | Carbohydrate       | 37.0000      | g            |
| A7078        | STRAWBERRIES #7078           | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 39.6486      | kcal         | Carbohydrate       | 10.3086      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Lunch  
**Date:** 12/11/2018  
**Base Menu Plan:** 1,003,337 EE/EL 18-19 LUNCH W3D2  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

| Stock Number | Description         | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|---------------------|--------------|--------------|--------------------|--------------|--------------|
| A081         | WG SOFT TACO W/MEAT | 1            | 1 TACO       | 10                 |              |              |
|              | <b>Nutrient</b>     | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy         | 275.4966     | kcal         | Carbohydrate       | 24.5578      | g            |
| 7045         | SALSA               | 1            | 1/4 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>     | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy         | 20.0000      | kcal         | Carbohydrate       | 4.0000       | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| A359  | CORN, COOKED                 | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 99.2998      | kcal         | Carbohydrate    |
|       |                              |              |              | 20.8661 g       |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 3.5905       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.6010 g        |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 5.8094       | kcal         | Carbohydrate    |
|       |                              |              |              | 1.3574 g        |
| A361  | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 4.1189       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.8901 g        |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 37.5766      | kcal         | Carbohydrate    |
|       |                              |              |              | 6.8948 g        |
| a7074 | BLUEBERRIES #7074            | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 38.6000      | kcal         | Carbohydrate    |
|       |                              |              |              | 9.3710 g        |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 85.8443      | kcal         | Carbohydrate    |
|       |                              |              |              | 4.2922 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/11/2018

Feeding Figure: 10

Base Menu Plan: 4,095 EE/EL MAIN 18-19 SNACK W3D2

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 1425         | CRACKER ANIMAL               | 1            | PKG (1)      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 130.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 21.0000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/12/2018

Feeding Figure: 10

Base Menu Plan: 4,056 EE/EL MAIN BFAST W3D3 18-19

Menu Comments:

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| Stock Number   | Description                  | Serving Size | Measure    | Projected Quantity |             |          |      |   |  |          |       |       |              |         |   |  |
|--|------------------------------|--------------|------------|--------------------|-------------|----------|------|---|--|----------|-------|-------|--------------|---------|---|--|
| A324   | PIZZA 3.67oz TRKY SAU BRKFST | 1            | 1 PIZZA    | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>240.0000</td> <td>kcal</td> </tr> </tbody> </table> |                              | Nutrient     | Value      | Units              | Food Energy | 240.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>31.0000</td> <td>g</td> </tr> </tbody> </table> |  | Nutrient | Value | Units | Carbohydrate | 31.0000 | g |  |
| Nutrient   | Value                        | Units        |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 240.0000                     | kcal         |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                        | Units        |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 31.0000                      | g            |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| 1333   | BANANAS PREM 40LB            | 1            | 1/2 BANANA | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>52.5100</td> <td>kcal</td> </tr> </tbody> </table>  |                              | Nutrient     | Value      | Units              | Food Energy | 52.5100  | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.4756</td> <td>g</td> </tr> </tbody> </table> |  | Nutrient | Value | Units | Carbohydrate | 13.4756 | g |  |
| Nutrient   | Value                        | Units        |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 52.5100                      | kcal         |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                        | Units        |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 13.4756                      | g            |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| 1027   | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1) | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table> |                              | Nutrient     | Value      | Units              | Food Energy | 100.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.0000</td> <td>g</td> </tr> </tbody> </table> |  | Nutrient | Value | Units | Carbohydrate | 12.0000 | g |  |
| Nutrient   | Value                        | Units        |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 100.0000                     | kcal         |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                        | Units        |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 12.0000                      | g            |            |                    |             |          |      |   |  |          |       |       |              |         |   |  |

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/12/2018

Feeding Figure: 10

Base Menu Plan: 1,003,239 EE/EL 18-19 LUNCH W3D3

Menu Comments:

| Stock Number   | Description            | Serving Size | Measure  | Projected Quantity |             |          |      |   |  |          |       |       |              |         |   |  |
|--|------------------------|--------------|----------|--------------------|-------------|----------|------|---|--|----------|-------|-------|--------------|---------|---|--|
| A454   | CRUNCHERS PIZZA #2395  | 1            | 4 STICKS | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>419.9999</td> <td>kcal</td> </tr> </tbody> </table> |                        | Nutrient     | Value    | Units              | Food Energy | 419.9999 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>41.0001</td> <td>g</td> </tr> </tbody> </table> |  | Nutrient | Value | Units | Carbohydrate | 41.0001 | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 419.9999               | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 41.0001                | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| A070   | CARROTS, COOKED        | 1            | 1/2 CUP  | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>27.9508</td> <td>kcal</td> </tr> </tbody> </table>  |                        | Nutrient     | Value    | Units              | Food Energy | 27.9508  | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>6.2113</td> <td>g</td> </tr> </tbody> </table>  |  | Nutrient | Value | Units | Carbohydrate | 6.2113  | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 27.9508                | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 6.2113                 | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| a131   | SALAD, DARK GREENS- EL | 1            | 1/2 CUP  | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>3.5905</td> <td>kcal</td> </tr> </tbody> </table>   |                        | Nutrient     | Value    | Units              | Food Energy | 3.5905   | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.6010</td> <td>g</td> </tr> </tbody> </table>  |  | Nutrient | Value | Units | Carbohydrate | 0.6010  | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 3.5905                 | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 0.6010                 | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| a360   | CARROT, FRESH SHREDED  | 1            | 1/8 CUP  | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>5.8094</td> <td>kcal</td> </tr> </tbody> </table>   |                        | Nutrient     | Value    | Units              | Food Energy | 5.8094   | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.3574</td> <td>g</td> </tr> </tbody> </table>  |  | Nutrient | Value | Units | Carbohydrate | 1.3574  | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 5.8094                 | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 1.3574                 | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| A361   | TOMATO, FRESH DICED    | 1            | 1/8 CUP  | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>4.1189</td> <td>kcal</td> </tr> </tbody> </table>   |                        | Nutrient     | Value    | Units              | Food Energy | 4.1189   | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.8901</td> <td>g</td> </tr> </tbody> </table>  |  | Nutrient | Value | Units | Carbohydrate | 0.8901  | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 4.1189                 | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 0.8901                 | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| A448   | BEANS, RED (SALAD BAR) | 1            | 1/8 CUP  | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>32.4963</td> <td>kcal</td> </tr> </tbody> </table>  |                        | Nutrient     | Value    | Units              | Food Energy | 32.4963  | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.9997</td> <td>g</td> </tr> </tbody> </table>  |  | Nutrient | Value | Units | Carbohydrate | 2.9997  | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 32.4963                | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 2.9997                 | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| A7078  | STRAWBERRIES #7078     | 1            | 1/2 CUP  | 10                 |             |          |      |   |  |          |       |       |              |         |   |  |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>39.6486</td> <td>kcal</td> </tr> </tbody> </table>  |                        | Nutrient     | Value    | Units              | Food Energy | 39.6486  | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>10.3086</td> <td>g</td> </tr> </tbody> </table> |  | Nutrient | Value | Units | Carbohydrate | 10.3086 | g |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Food Energy  | 39.6486                | kcal         |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Nutrient   | Value                  | Units        |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |
| Carbohydrate   | 10.3086                | g            |          |                    |             |          |      |   |  |          |       |       |              |         |   |  |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|                 |                              |                    |            |                 |              |                    |   |
|-----------------|------------------------------|--------------------|------------|-----------------|--------------|--------------------|---|
| 2365            | DRESSING RANCH OTT'S         | 1                  | Ounce      | 10              |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b> |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 85.8443            | kcal       |                 | Carbohydrate | 4.2922             | g |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1                  | CARTON (1) | 10              |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b> |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 100.0000           | kcal       |                 | Carbohydrate | 12.0000            | g |

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/12/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 4,096 EE/EL MAIN 18-19 SNACK W3D3  
**Menu Comments:**

| Stock Number    | Description                  | Serving Size       | Measure        | Projected Quantity |              |                    |   |
|-----------------|------------------------------|--------------------|----------------|--------------------|--------------|--------------------|---|
| 7158            | APPLESAUCE CUP CINNAMON      | 1                  | SERVING 4.5 OZ | 10                 |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |                | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 60.0001            | kcal           |                    | Carbohydrate | 15.0000            | g |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1                  | CARTON (1)     | 10                 |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |                | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 100.0000           | kcal           |                    | Carbohydrate | 12.0000            | g |

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/13/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 4,057 EE/EL MAIN BFAST W3D4 18-19  
**Menu Comments:**

| Stock Number    | Description                  | Serving Size       | Measure         | Projected Quantity |              |                    |   |
|-----------------|------------------------------|--------------------|-----------------|--------------------|--------------|--------------------|---|
| 1402            | CEREAL CHEERIOS BOWL 1 OZ    | 1                  | BOWLPAK (1)     | 10                 |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |                 | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 100.0000           | kcal            |                    | Carbohydrate | 20.0000            | g |
| A029            | TOAST, WG                    | 1                  | 1 SLICE         | 10                 |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |                 | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 112.5000           | kcal            |                    | Carbohydrate | 18.0000            | g |
| 1348            | PEARS SLICD IN LS            | 1                  | SERVING 1/2 CUP | 10                 |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |                 | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 80.0000            | kcal            |                    | Carbohydrate | 20.0000            | g |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1                  | CARTON (1)      | 10                 |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |                 | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 100.0000           | kcal            |                    | Carbohydrate | 12.0000            | g |

**Serving Period:** Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/13/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 3,469 EE/EL TURKEY DAY DECEMBER  
**Menu Comments:**

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| Stock Number | Description                    | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|--------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A407         | ROAST TURKEY-2017              | 1            | 3 OUNCES     | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 129.7050     | kcal         | Carbohydrate       | 0.0382       | g            |
| 1343         | SAUCE CRANBERRY                | 1            | 1/4 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 100.0000     | kcal         | Carbohydrate       | 26.0000      | g            |
| A026         | ROLLS, WHEAT, WG               | 1            | 2 OUNCE      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 178.5303     | kcal         | Carbohydrate       | 29.0164      | g            |
| A005         | POTATOES, MASHED               | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 85.3963      | kcal         | Carbohydrate       | 18.1467      | g            |
| A525         | GRAVY POULTRY LS #2422         | 1            | 2 OZ         | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 2.3897       | kcal         | Carbohydrate       | 0.2868       | g            |
| A372         | GREEN BEANS-2017               | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 21.1679      | kcal         | Carbohydrate       | 4.2590       | g            |
| a131         | SALAD, DARK GREENS- EL         | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 3.5905       | kcal         | Carbohydrate       | 0.6010       | g            |
| A361         | TOMATO, FRESH DICED            | 1            | 1/8 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 4.1189       | kcal         | Carbohydrate       | 0.8901       | g            |
| a360         | CARROT, FRESH SHREDDED         | 1            | 1/8 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 5.8094       | kcal         | Carbohydrate       | 1.3574       | g            |
| A7046        | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/8 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 41.2567      | kcal         | Carbohydrate       | 7.7529       | g            |
| 2365         | DRESSING RANCH OTT'S           | 1            | Ounce        | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 85.8443      | kcal         | Carbohydrate       | 4.2922       | g            |
| 1347         | PEACHES SLICD IN LS            | 1            | 1/2 CUP      | 10                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 81.0000      | kcal         | Carbohydrate       | 19.8000      | g            |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |                 |              |              |
|------|------------------------------|--------------|--------------|-----------------|--------------|--------------|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 100.0000     | kcal         | Carbohydrate    | 12.0000      | g            |
| 2389 | COOKIE HOLIDAY BELL          | 1            | COOKIE (1)   | 10              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 120.0000     | kcal         | Carbohydrate    | 19.0000      | g            |

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/13/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 4,097 EE/EL MAIN 18-19 SNACK W3D4  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| 2358         | ANNIE'S CHEDDAR BUNNIES      | 1            | PKG (1)      | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 90.0000      | kcal         | Carbohydrate       | 13.0000      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/14/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 4,058 EE/EL MAIN BFAST W3D5 18-19  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure              | Projected Quantity |              |              |
|--------------|------------------------------|--------------|----------------------|--------------------|--------------|--------------|
| A464         | PANCAKE BLUEBERRY BASH #2383 | 1            | 1 PKG                | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 200.0000     | kcal                 | Carbohydrate       | 36.0000      | g            |
| 1329         | ORANGE 138 CT                | 1            | 1/2 CUP (4-6 WEDGES) | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 29.4972      | kcal                 | Carbohydrate       | 7.5488       | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)           | 10                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 100.0000     | kcal                 | Carbohydrate       | 12.0000      | g            |

**Serving Period:** Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/14/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 3,559 EE/EL MAIN 17-18 LUNCH W1D1J  
**Menu Comments:**

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------|--------------|---------|--------------------|
|--------------|-------------|--------------|---------|--------------------|

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.





Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| A414  | CHICKEN & NOODLES-GAGE       | 1            | 3/4 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 209.5704     | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 26.7570      | g            |    |
| A024  | BISCUITS, MINI, WG           | 1            | 1.25 OUNCE   | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 110.0000     | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 15.0000      | g            |    |
| A011  | VEGETABLES, MIXED            | 1            | 1/2 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 38.4764      | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 8.4649       | g            |    |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1/2 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 3.5905       | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 0.6010       | g            |    |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/8 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 5.8094       | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 1.3574       | g            |    |
| A361  | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 4.1189       | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 0.8901       | g            |    |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/8 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 37.5766      | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 6.8948       | g            |    |
| 1340  | APPLESAUCE UNSWEETENED       | 1            | 1/2 CUP      | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 13.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 4.2922       | g            |    |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 100.0000     | kcal         |    |
|       |                              |              |              |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/14/2018

Feeding Figure: 10

Base Menu Plan: 4,098 EE/EL MAIN 18-19 SNACK W3D5

Menu Comments:

| Stock Number | Description          | Serving Size | Measure      | Projected Quantity |
|--------------|----------------------|--------------|--------------|--------------------|
| 1015         | CHEESE STRING MOZ LT | 1            | PKG (1)      | 10                 |
|              | <b>Nutrient</b>      | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy          | 80.0000      | kcal         |                    |
|              |                      |              |              |                    |
|              | <b>Nutrient</b>      | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate         | 0.0000       | g            |                    |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|      |                              |              |                  |                 |
|------|------------------------------|--------------|------------------|-----------------|
| 1923 | CRACKER SALTINE (WG)         | 1            | PKG (2 CRACKERS) | 10              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> |
|      | Food Energy                  | 30.0003      | kcal             | Carbohydrate    |
|      |                              |              |                  | 4.5000 g        |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)       | 10              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> |
|      | Food Energy                  | 50.0000      | kcal             | Carbohydrate    |
|      |                              |              |                  | 12.9999 g       |

**Serving Period:** Breakfast      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/17/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 4,059 EE/EL MAIN BFAST W4D1 18-19  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A468         | PANCAKE STRAWBERRY #2410     | 1            | 1 PKG        | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 220.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 40.0000 g          |
| 1340         | APPLESAUCE UNSWEETENED       | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 50.0000      | kcal         | Carbohydrate       |
|              |                              |              |              | 13.0000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/17/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 1,003,287 EE/EL 18-19 LUNCH W3D5  
**Menu Comments:**

| Stock Number | Description             | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------|--------------|--------------|--------------------|
| A367         | CHICKEN TERIYAKI W/ VEG | 1            | 1 SERVING    | 10                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy             | 232.8014     | kcal         | Carbohydrate       |
|              |                         |              |              | 35.4269 g          |
| A012         | PEAS                    | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy             | 40.9653      | kcal         | Carbohydrate       |
|              |                         |              |              | 7.6883 g           |
| a131         | SALAD, DARK GREENS- EL  | 1            | 1 CUP        | 10                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy             | 7.1576       | kcal         | Carbohydrate       |
|              |                         |              |              | 1.1981 g           |
| a360         | CARROT, FRESH SHREDDED  | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy             | 5.8094       | kcal         | Carbohydrate       |
|              |                         |              |              | 1.3574 g           |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| A361  | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 4.1189       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.8901 g        |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 37.5766      | kcal         | Carbohydrate    |
|       |                              |              |              | 6.8948 g        |
| 1347  | PEACHES SLICD IN LS          | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 81.0000      | kcal         | Carbohydrate    |
|       |                              |              |              | 19.8000 g       |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 85.8443      | kcal         | Carbohydrate    |
|       |                              |              |              | 4.2922 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/17/2018

Feeding Figure: 10

Base Menu Plan: 4,099 EE/EL MAIN 18-19 SNACK W4D1

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 2409         | COOKIE MINI RASPBERRY WG     | 1            | PKG (1)      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 120.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 20.0000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 12/18/2018

Feeding Figure: 10

Base Menu Plan: 4,060 EE/EL MAIN BFAST W4D2 18-19

Menu Comments:

| Stock Number | Description      | Serving Size | Measure      | Projected Quantity |
|--------------|------------------|--------------|--------------|--------------------|
| 2001         | CEREAL RICE CHEX | 1            | BOWL (1)     | 10                 |
|              | <b>Nutrient</b>  | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy      | 100.0000     | kcal         | Carbohydrate       |
|              |                  |              |              | 24.0000 g          |
| A029         | TOAST, WG        | 1            | 1 SLICE      | 10                 |
|              | <b>Nutrient</b>  | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy      | 112.5000     | kcal         | Carbohydrate       |
|              |                  |              |              | 18.0000 g          |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| a7074 | BLUEBERRIES #7074            | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 38.6000      | kcal         | Carbohydrate    |
|       |                              |              |              | 9.3710 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/18/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 1,003,425 EE/EL 18-19 LUNCH W4D2  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A345         | PIZZA FIESTADA WG #2170      | 1            | 1 PIECE      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 340.0001     | kcal         | Carbohydrate       |
|              |                              |              |              | 39.0000 g          |
| A057         | BROCCOLI, STEAMED            | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 13.2031      | kcal         | Carbohydrate       |
|              |                              |              |              | 2.1230 g           |
| a131         | SALAD, DARK GREENS- EL       | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 3.5905       | kcal         | Carbohydrate       |
|              |                              |              |              | 0.6010 g           |
| a360         | CARROT, FRESH SHREDDED       | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 5.8094       | kcal         | Carbohydrate       |
|              |                              |              |              | 1.3574 g           |
| A361         | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 4.1189       | kcal         | Carbohydrate       |
|              |                              |              |              | 0.8901 g           |
| A7020        | BEANS, BLACK (SALAD BAR)     | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 37.5766      | kcal         | Carbohydrate       |
|              |                              |              |              | 6.8948 g           |
| A7078        | STRAWBERRIES #7078           | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 39.6486      | kcal         | Carbohydrate       |
|              |                              |              |              | 10.3086 g          |
| 2366         | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 29.3055      | kcal         | Carbohydrate       |
|              |                              |              |              | 7.8148 g           |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

**Serving Period:** Snack  
**Date:** 12/18/2018  
**Base Menu Plan:** 4,100 EE/EL MAIN 18-19 SNACK W4D2  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

| Stock Number    | Description                  | Serving Size       | Measure    | Projected Quantity |
|-----------------|------------------------------|--------------------|------------|--------------------|
| 1423            | GOLDFISH CHEDDAR WG          | 1                  | PKG (1)    | 10                 |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b>    |
|                 | Food Energy                  | 100.0000           | kcal       | Carbohydrate       |
|                 |                              |                    |            | 14.0000 g          |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1                  | CARTON (1) | 10                 |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b>    |
|                 | Food Energy                  | 100.0000           | kcal       | Carbohydrate       |
|                 |                              |                    |            | 12.0000 g          |

**Serving Period:** Breakfast  
**Date:** 12/19/2018  
**Base Menu Plan:** 4,061 EE/EL MAIN BFAST W4D3 18-19  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

| Stock Number    | Description                  | Serving Size       | Measure    | Projected Quantity |
|-----------------|------------------------------|--------------------|------------|--------------------|
| A041            | BISCUITS W/GRAVY, WG. MINI   | 1                  | 2 BISCUITS | 10                 |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b>    |
|                 | Food Energy                  | 279.4904           | kcal       | Carbohydrate       |
|                 |                              |                    |            | 38.4986 g          |
| 1333            | BANANAS PREM 40LB            | 1                  | 1/2 BANANA | 10                 |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b>    |
|                 | Food Energy                  | 52.5100            | kcal       | Carbohydrate       |
|                 |                              |                    |            | 13.4756 g          |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1                  | CARTON (1) | 10                 |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b>    |
|                 | Food Energy                  | 100.0000           | kcal       | Carbohydrate       |
|                 |                              |                    |            | 12.0000 g          |

**Serving Period:** Lunch  
**Date:** 12/19/2018  
**Base Menu Plan:** 1,003,288 EE/EL 18-19 LUNCH W4D3  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

| Stock Number    | Description                    | Serving Size       | Measure   | Projected Quantity |
|-----------------|--------------------------------|--------------------|-----------|--------------------|
| A082            | WG SPAGHETTI & ZESTY MEATSAUCE | 1                  | 1 SERVING | 10                 |
| <b>Nutrient</b> |                                | <b>Value Units</b> |           | <b>Nutrient</b>    |
|                 | Food Energy                    | 235.2619           | kcal      | Carbohydrate       |
|                 |                                |                    |           | 21.9456 g          |
| A359            | CORN, COOKED                   | 1                  | 1/2 CUP   | 10                 |
| <b>Nutrient</b> |                                | <b>Value Units</b> |           | <b>Nutrient</b>    |
|                 | Food Energy                    | 99.2998            | kcal      | Carbohydrate       |
|                 |                                |                    |           | 20.8661 g          |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |                 |
|-------|------------------------------|--------------|--------------|-----------------|
| A050  | APPLES, HOT SPICED           | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 121.4842     | kcal         | Carbohydrate    |
|       |                              |              |              | 26.3734 g       |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1/2 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 3.5905       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.6010 g        |
| a360  | CARROT, FRESH SHREDED        | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 5.8094       | kcal         | Carbohydrate    |
|       |                              |              |              | 1.3574 g        |
| A361  | TOMATO, FRESH DICED          | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 4.1189       | kcal         | Carbohydrate    |
|       |                              |              |              | 0.8901 g        |
| a7024 | BEANS, PINTO (SALAD BAR)     | 1            | 1/8 CUP      | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 47.6842      | kcal         | Carbohydrate    |
|       |                              |              |              | 8.7583 g        |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 29.3055      | kcal         | Carbohydrate    |
|       |                              |              |              | 7.8148 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10              |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|       | Food Energy                  | 100.0000     | kcal         | Carbohydrate    |
|       |                              |              |              | 12.0000 g       |

**Serving Period:** Snack      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/19/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 4,101 EE/EL MAIN 18-19 SNACK W4D3  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 2393         | CRACKER BEAN AND VEG IW      | 1            | PKG (1)      | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 140.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 22.0000 g          |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

**Serving Period:** Breakfast      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/20/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 4,062 EE/EL MAIN BFAST W4D4 18-19  
**Menu Comments:**

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------|--------------|---------|--------------------|
|--------------|-------------|--------------|---------|--------------------|

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|      |                              |              |                      |                 |
|------|------------------------------|--------------|----------------------|-----------------|
| A463 | PANCAKE CONFETTI #2378       | 1            | 1 PKG                | 10              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b> |
|      | Food Energy                  | 220.0000     | kcal                 | Carbohydrate    |
|      |                              |              |                      | 36.0000 g       |
| 1329 | ORANGE 138 CT                | 1            | 1/2 CUP (4-6 WEDGES) | 10              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b> |
|      | Food Energy                  | 29.4972      | kcal                 | Carbohydrate    |
|      |                              |              |                      | 7.5488 g        |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)           | 10              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b> |
|      | Food Energy                  | 100.0000     | kcal                 | Carbohydrate    |
|      |                              |              |                      | 12.0000 g       |

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/20/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 4,082 EE/EL 18-19 LUNCH W4D4  
**Menu Comments:**

| Stock Number | Description                 | Serving Size | Measure      | Projected Quantity |
|--------------|-----------------------------|--------------|--------------|--------------------|
| A435         | BEEF PATTY WGR BREADED#7163 | 1            | 1 PATTY      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 260.0000     | kcal         | Carbohydrate       |
|              |                             |              |              | 11.0000 g          |
| A005         | POTATOES, MASHED            | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 85.3963      | kcal         | Carbohydrate       |
|              |                             |              |              | 18.1467 g          |
| A140         | COUNTRY GRAVY               | 1            | 2 OZ         | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 59.4904      | kcal         | Carbohydrate       |
|              |                             |              |              | 8.4986 g           |
| A026         | ROLLS, WHEAT, WG            | 1            | 2 OUNCE      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 178.5303     | kcal         | Carbohydrate       |
|              |                             |              |              | 29.0164 g          |
| A011         | VEGETABLES, MIXED           | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 38.4764      | kcal         | Carbohydrate       |
|              |                             |              |              | 8.4649 g           |
| a131         | SALAD, DARK GREENS- EL      | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 3.5905       | kcal         | Carbohydrate       |
|              |                             |              |              | 0.6010 g           |
| a360         | CARROT, FRESH SHREDDED      | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 5.8094       | kcal         | Carbohydrate       |
|              |                             |              |              | 1.3574 g           |
| A361         | TOMATO, FRESH DICED         | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                 | 4.1189       | kcal         | Carbohydrate       |
|              |                             |              |              | 0.8901 g           |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

|       |                                |              |                 |                 |
|-------|--------------------------------|--------------|-----------------|-----------------|
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/8 CUP         | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 41.2567      | kcal            | Carbohydrate    |
|       |                                |              |                 | 7.7529 g        |
| 1348  | PEARS SLICD IN LS              | 1            | SERVING 1/2 CUP | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 80.0000      | kcal            | Carbohydrate    |
|       |                                |              |                 | 20.0000 g       |
| 2365  | DRESSING RANCH OTT'S           | 1            | Ounce           | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 85.8443      | kcal            | Carbohydrate    |
|       |                                |              |                 | 4.2922 g        |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)      | 10              |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>    | <b>Nutrient</b> |
|       | Food Energy                    | 100.0000     | kcal            | Carbohydrate    |
|       |                                |              |                 | 12.0000 g       |

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/20/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 4,102 EE/EL MAIN 18-19 SNACK W4D4  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| 2106         | APPLE SLICES 100/2 OZ        | 1            | PKG          | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 30.0000      | kcal         | Carbohydrate       |
|              |                              |              |              | 7.0000 g           |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|              |                              |              |              | 12.0000 g          |

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 12/21/2018 **Feeding Figure:** 10  
**Base Menu Plan:** 4,063 EE/EL MAIN BFAST W4D5 18-19  
**Menu Comments:**

| Stock Number | Description               | Serving Size | Measure      | Projected Quantity |
|--------------|---------------------------|--------------|--------------|--------------------|
| 1402         | CEREAL CHEERIOS BOWL 1 OZ | 1            | BOWLPAK (1)  | 10                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 100.0000     | kcal         | Carbohydrate       |
|              |                           |              |              | 20.0000 g          |
| A029         | TOAST, WG                 | 1            | 1 SLICE      | 10                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 112.5000     | kcal         | Carbohydrate       |
|              |                           |              |              | 18.0000 g          |
| A7078        | STRAWBERRIES #7078        | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 39.6486      | kcal         | Carbohydrate       |
|              |                           |              |              | 10.3086 g          |

Trans Fat is displayed for informational purposes only, not for monitoring.  
 \* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.





Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 10 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 12/21/2018      **Feeding Figure:** 10  
**Base Menu Plan:** 4,083 EE/EL 18-19 LUNCH W4D5  
**Menu Comments:**

| Stock Number | Description              | Serving Size | Measure      | Projected Quantity |
|--------------|--------------------------|--------------|--------------|--------------------|
| A100         | CHEESEBURGER ON WG BUN   | 1            | 1 SANDWICH   | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 340.4695     | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 28.0117      | g            |                    |
| A070         | CARROTS, COOKED          | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 27.9508      | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 6.2113       | g            |                    |
| a131         | SALAD, DARK GREENS- EL   | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 3.5905       | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 0.6010       | g            |                    |
| a360         | CARROT, FRESH SHREDDED   | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 5.8094       | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 1.3574       | g            |                    |
| A361         | TOMATO, FRESH DICED      | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 4.1189       | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 0.8901       | g            |                    |
| A7020        | BEANS, BLACK (SALAD BAR) | 1            | 1/8 CUP      | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 37.5766      | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 6.8948       | g            |                    |
| a7074        | BLUEBERRIES #7074        | 1            | 1/2 CUP      | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 38.6000      | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 9.3710       | g            |                    |
| 2365         | DRESSING RANCH OTT'S     | 1            | Ounce        | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 85.8443      | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 4.2922       | g            |                    |
| 2286         | KETCHUP JUG WITH PUMP    | 1            | Ounce        | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 33.3278      | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 8.3320       | g            |                    |
| 1097         | MUSTARD                  | 1            | Ounce        | 10                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 0.0000       | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 0.0000       | g            |                    |

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

