



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/3/2018

Feeding Figure: 467

Base Menu Plan: 4,600 EL BFAST 18-19 W1D1

Menu Comments: change strawberry cup #3998 to mixed fruit cup #4600

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A394	CINNAMON MINIS #1381	1	1 PKG	323		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1392	POP TART STRAW WG	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
7153	FRUIT CUP MIXED DICED 1760	1	CUP (1)	351		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	70.0000	kcal	Carbohydrate	15.9999	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/3/2018 **Feeding Figure:** 511
Base Menu Plan: 1,003,352 EL 18-19 LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	308
Nutrient		Value	Units	
Food Energy		332.8338	kcal	
Nutrient		Value	Units	
Carbohydrate		32.1840	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	308
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		21.0000	g	
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	203
Nutrient		Value	Units	
Food Energy		204.2101	kcal	
Nutrient		Value	Units	
Carbohydrate		21.6249	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	206
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0001	g	
A372	GREEN BEANS-2017	1	1/2 CUP	257
Nutrient		Value	Units	
Food Energy		21.1679	kcal	
Nutrient		Value	Units	
Carbohydrate		4.2590	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	53
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	385
Nutrient		Value	Units	
Food Energy		121.4842	kcal	
Nutrient		Value	Units	
Carbohydrate		26.3734	g	

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	78
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1125	SALAD DRESG LF	1	Ounce	53
	Nutrient	Value	Units	
	Food Energy	35.7850	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	53
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	206
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/4/2018

Feeding Figure: 467

Base Menu Plan: 3,999 EL BFAST 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	

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a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/4/2018

Feeding Figure: 511

Base Menu Plan: 4,009 EL 18-19 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	307
	Nutrient	Value	Units	
	Food Energy	297.3600	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	

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Scheduled Menu Plans

A338	NACHO BITES #2265	1	8 SERVING	204
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	27.9508	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/5/2018

Feeding Figure: 467

Base Menu Plan: 4,000 EL BFAST 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/5/2018

Feeding Figure: 511

Base Menu Plan: 4,010 EL 18-19 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	232.6962	kcal	Carbohydrate	25.6039	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	153		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	13.2031	kcal	Carbohydrate	2.1230	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	95.3707	kcal	Carbohydrate	17.5171	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	384		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.6000	kcal	Carbohydrate	9.3710	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g

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1086	SAUCE BBQ	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/6/2018

Feeding Figure: 467

Base Menu Plan: 4,599 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A359	CORN, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/7/2018

Feeding Figure: 467

Base Menu Plan: 4,002 EL BFAST 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	323		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 12/7/2018
Base Menu Plan: 2,761 EL 17-18 CHILI
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A080	CHILI	1	3/4 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	194.4703	kcal	Carbohydrate	18.8556	g
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	9.0000	g
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	295.2202	kcal	Carbohydrate	50.1329	g
4019	BOWL 12 OZ CAMP	1	BOWL	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	255		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A011	VEGETABLES, MIXED	1	1/2 CUP	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.4764	kcal	Carbohydrate	8.4649	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	256
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	179
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	149
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	184
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/10/2018

Feeding Figure: 467

Base Menu Plan: 4,600 EL BFAST 18-19 W1D1

Menu Comments: change strawberry cup #3998 to mixed fruit cup #4600

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7153	FRUIT CUP MIXED DICED 1760	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	70.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/10/2018 **Feeding Figure:** 511
Base Menu Plan: 1,003,371 EL 18-19 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A465	FISH NACHO STICKS #2401	1	4 STICKS	359
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	359
	Nutrient	Value	Units	
	Food Energy	145.8523	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.7791	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	152
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
7045	SALSA	1	1/4 CUP	155
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	257
	Nutrient	Value	Units	
	Food Energy	13.2031	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.1230	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	53
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	385
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	257
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	53
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	206
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/11/2018

Feeding Figure: 467

Base Menu Plan: 3,999 EL BFAST 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/11/2018

Feeding Figure: 511

Base Menu Plan: 1,003,389 EL 18-19 LUNCH W3D2

Menu Comments: NEED TO MOVE PEP INVENTORY

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	358
	Nutrient	Value	Units	
	Food Energy	256.4172	kcal	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	358
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	358
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	153
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
A359	CORN, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	38.6000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/12/2018 **Feeding Figure:** 467
Base Menu Plan: 4,000 EL BFAST 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/12/2018 **Feeding Figure:** 511
Base Menu Plan: 1,003,240 EL 18-19 LUNCH W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	307			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		419.9999	kcal	Carbohydrate		41.0001	g
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		67.0982*	kcal	Carbohydrate		3.6160*	g
A365	HOTDOG	1	1 HOTDOG	204			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		350.0000	kcal	Carbohydrate		27.0000	g
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		120.0001	kcal	Carbohydrate		19.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	256			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		27.9508	kcal	Carbohydrate		6.2113	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		7.1576	kcal	Carbohydrate		1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		11.6147	kcal	Carbohydrate		2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		8.1076	kcal	Carbohydrate		1.7522	g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		65.0014	kcal	Carbohydrate		6.0002	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	384			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		39.6486	kcal	Carbohydrate		10.3086	g

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/13/2018

Feeding Figure: 467

Base Menu Plan: 4,599 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	511
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	511
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
2389	COOKIE HOLIDAY BELL	1	COOKIE (1)	384
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	21.1679	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2590	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	169
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	174
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	169
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/14/2018 **Feeding Figure:** 467
Base Menu Plan: 4,002 EL BFAST 18-19 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/14/2018 **Feeding Figure:** 511
Base Menu Plan: 4,533 EL 18-19 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	307
	Nutrient	Value	Units	
	Food Energy	209.5704	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7570	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	307
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	204
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4649	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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Independence Central Office

Scheduled Menu Plans

1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/17/2018

Feeding Figure: 467

Base Menu Plan: 4,600 EL BFAST 18-19 W1D1

Menu Comments: change strawberry cup #3998 to mixed fruit cup #4600

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

7153	FRUIT CUP MIXED DICED 1760	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	70.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 12/17/2018 **Feeding Figure:** 511
Base Menu Plan: 4,017 EL 18-19 LUNCH W3D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	307
	Nutrient	Value	Units	
	Food Energy	232.8014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4269	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	204
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A012	PEAS	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	40.9653	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.6883	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICED IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/18/2018

Feeding Figure: 467

Base Menu Plan: 3,999 EL BFAST 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	

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Independence Central Office

Scheduled Menu Plans

A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/18/2018

Feeding Figure: 511

Base Menu Plan: 4,601 EL 18-19 LUNCH W4D2

Menu Comments: NEW MENU

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	307
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.0273	g	
7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	204
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

2407	RICE KRISPIES COCOA WG	1	PKG (1)	486
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	13.2031	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 12/19/2018
Base Menu Plan: 4,000 EL BFAST 18-19 W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 467

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/19/2018

Feeding Figure: 511

Base Menu Plan: 1,003,267 EL 18-19 LUNCH W4D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	307												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>235.2619</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	235.2619	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.9456</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.9456	g	
Nutrient	Value	Units														
Food Energy	235.2619	kcal														
Nutrient	Value	Units														
Carbohydrate	21.9456	g														
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>110.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	110.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0000	g														
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	204												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>267.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	267.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>33.0001</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	33.0001	g	
Nutrient	Value	Units														
Food Energy	267.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	33.0001	g														
A359	CORN, COOKED	1	1/2 CUP	256												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>99.2998</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	99.2998	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>20.8661</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	20.8661	g	
Nutrient	Value	Units														
Food Energy	99.2998	kcal														
Nutrient	Value	Units														
Carbohydrate	20.8661	g														
A050	APPLES, HOT SPICED	1	1/2 CUP	384												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>121.4842</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	121.4842	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>26.3734</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	26.3734	g	
Nutrient	Value	Units														
Food Energy	121.4842	kcal														
Nutrient	Value	Units														
Carbohydrate	26.3734	g														
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>60.0001</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	60.0001	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>15.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	15.0000	g	
Nutrient	Value	Units														
Food Energy	60.0001	kcal														
Nutrient	Value	Units														
Carbohydrate	15.0000	g														
a131	SALAD, DARK GREENS- EL	1	1 CUP	52												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>7.1576</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	7.1576	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.1981</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	1.1981	g	
Nutrient	Value	Units														
Food Energy	7.1576	kcal														
Nutrient	Value	Units														
Carbohydrate	1.1981	g														
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>11.6147</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	11.6147	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.7139</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	2.7139	g	
Nutrient	Value	Units														
Food Energy	11.6147	kcal														
Nutrient	Value	Units														
Carbohydrate	2.7139	g														
A361	TOMATO, FRESH DICED	1	1/4 CUP	21												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>8.1076</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	8.1076	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.7522</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	1.7522	g	
Nutrient	Value	Units														
Food Energy	8.1076	kcal														
Nutrient	Value	Units														
Carbohydrate	1.7522	g														
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>95.3707</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	95.3707	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>17.5171</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	17.5171	g	
Nutrient	Value	Units														
Food Energy	95.3707	kcal														
Nutrient	Value	Units														
Carbohydrate	17.5171	g														
2366	DRESSING ITALIAN OTT'S	1	Ounce	52												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>29.3055</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	29.3055	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>7.8148</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	7.8148	g	
Nutrient	Value	Units														
Food Energy	29.3055	kcal														
Nutrient	Value	Units														
Carbohydrate	7.8148	g														

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 12/20/2018
Base Menu Plan: 4,599 EL BFAST 18-19 W1D4
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 467

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	234		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 12/20/2018
Base Menu Plan: 4,021 EL 18-19 LUNCH W4D4
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	307
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	205
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4649	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 12/21/2018

Feeding Figure: 467

Base Menu Plan: 4,002 EL BFAST 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch
Date: 12/21/2018
Base Menu Plan: 4,022 EL 18-19 LUNCH W4D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	307
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	205
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	

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Independence Central Office

Scheduled Menu Plans

A462	PORK LS SAUSAGE # 2405	1	1 PATTY	205
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	204
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A1223	CARROTS BABY 30LBS	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	19.8450	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	38.6000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	205
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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

Item ID	Item Name	Quantity	Unit	Calculated Value	Calculated Units	Menu Item ID	Menu Item Name	Quantity	Unit	Calculated Value	Calculated Units
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)			154					
	Nutrient			Value	Units		Nutrient			Value	Units
	Food Energy			129.9999	kcal		Carbohydrate			23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)			205					
	Nutrient			Value	Units		Nutrient			Value	Units
	Food Energy			100.0000	kcal		Carbohydrate			12.0000	g

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