



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/3/2018

Feeding Figure: 350

Base Menu Plan: 4,153 HS 18-19 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A394	CINNAMON MINIS #1381	1	1 PKG	208		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1159	YOGURT RASP/PEACH	1	CARTON (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0001	g
1387	GRAHAMS ORIGINAL	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	16.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	15		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	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
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g

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1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/3/2018

Feeding Figure: 1025

Base Menu Plan: 1,003,413 HS 18-19 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A498	SANDWICH, STEAK WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	42
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
A413	ROASTED CHICKEN BBQ	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	324.1071	kcal	
A110	ROASTED CHICKEN	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	265.7835	kcal	

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A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	84
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	

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A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	41
	Nutrient	Value	Units	
	Food Energy	641.5251	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.3359	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2458	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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1329	ORANGE 138 CT			1	ORANGE (1)			84
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	47.1954	kcal		Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE			1	CARTON (1)			210
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	60.0001	kcal		Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ			1	CARTON (1)			210
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	60.0001	kcal		Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP			1	Ounce			210
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	33.3278	kcal		Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA			1	OZ			84
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	33.3278	kcal		Carbohydrate	6.6656	g	
1097	MUSTARD			1	OZ (1)			84
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g	
1086	SAUCE BBQ			1	Ounce			42
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	29.1618	kcal		Carbohydrate	6.6655	g	
2366	DRESSING ITALIAN OTT'S			1	Ounce			9
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	29.3055	kcal		Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S			1	Ounce			84
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF			1	Ounce			9
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	18.8858	kcal		Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S			1	Ounce			42
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	141.6433	kcal		Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ			1	CARTON (1)			294
	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)			252
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/4/2018 **Feeding Figure:** 350
Base Menu Plan: 4,513 HS 18-19 BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60
Nutrient		Value	Units	
Food Energy		230.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119
Nutrient		Value	Units	
Food Energy		290.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	27
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
Nutrient		Value	Units	
Food Energy		74.8864	kcal	
Nutrient		Value	Units	
Carbohydrate		17.9728	g	

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1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/4/2018

Feeding Figure: 1025

Base Menu Plan: 4,164 HS 18-19 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	541.6668	kcal	
			Carbohydrate	48.6111 g
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
			Carbohydrate	33.0001 g
A511	CHICKEN DICED, CHIPOTLE	1	3 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	113.6001	kcal	
			Carbohydrate	1.1202 g
A540	SAUCE QUESO CHEESE	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	59.0000	kcal	
			Carbohydrate	1.0000 g

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A516	TACO MEAT	1	3 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	108.9109	kcal	
A513	HARD SHELL TACO SHELLS	1	2 TACO SHELLS	0
	Nutrient	Value	Units	
	Food Energy	100.9206	kcal	
A514	NACHO CHIPS	1	2 OUNCES	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A515	TORTILLA 8"	1	1 TORTILLA	0
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A523	CHEESE CHEDDAR, SHREDDED RF	1	1/2 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A517	LETTUCE, SHREDDED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	2.5382	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	252
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
7045	SALSA	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	

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A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	450.0233	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	

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A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	79.3200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/5/2018

Feeding Figure: 350

Base Menu Plan: 4,155 HS 18-19 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>176.5800</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	176.5800	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0400</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.0400	g	
Nutrient	Value	Units														
Food Energy	176.5800	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0400	g														
1399	COCOA PUFFS RS WG	1	BOWL (1)	30												
<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>25.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	25.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	25.0000	g														
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30												
<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>22.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	22.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	22.0000	g														
1392	POP TART STRAW WG	1	PKG (1)	30												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>180.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	180.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>38.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	38.0000	g	
Nutrient	Value	Units														
Food Energy	180.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	38.0000	g														
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>180.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	180.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>38.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	38.0000	g	
Nutrient	Value	Units														
Food Energy	180.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	38.0000	g														
1015	CHEESE STRING MOZ LT	1	PKG (1)	74												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>80.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	80.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.0000	g	
Nutrient	Value	Units														
Food Energy	80.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	0.0000	g														
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0												
<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>39.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	39.0000	g	
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Food Energy	240.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	39.0000	g														
2079	APPLE GALA 138 CT	1	APPLE (1)	74												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>74.8864</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	74.8864	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>17.9728</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	17.9728	g	
Nutrient	Value	Units														
Food Energy	74.8864	kcal														
Nutrient	Value	Units														
Carbohydrate	17.9728	g														
1333	BANANAS PREM 40LB	1	BANANA (1)	74												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>105.0201</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	105.0201	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>26.9512</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	26.9512	g	
Nutrient	Value	Units														
Food Energy	105.0201	kcal														
Nutrient	Value	Units														
Carbohydrate	26.9512	g														
1329	ORANGE 138 CT	1	ORANGE (1)	74												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>47.1954</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	47.1954	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.0781</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	12.0781	g	
Nutrient	Value	Units														
Food Energy	47.1954	kcal														
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Carbohydrate	12.0781	g														
1468	JUICE BLUE RAZZ	1	CARTON (1)	89												
<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>14.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	14.0000	g	
Nutrient	Value	Units														
Food Energy	60.0001	kcal														
Nutrient	Value	Units														
Carbohydrate	14.0000	g														
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89												
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Food Energy	60.0001	kcal														
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Carbohydrate	14.0000	g														

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
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)	89
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)	74
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/5/2018 **Feeding Figure:** 1025
Base Menu Plan: 4,165 HS 18-19 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	42
Nutrient		Value	Units	
	Food Energy	320.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	42
Nutrient		Value	Units	
	Food Energy	20.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.0000	g	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	42
Nutrient		Value	Units	
	Food Energy	240.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	38.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	42
Nutrient		Value	Units	
	Food Energy	120.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
A500	EGG PATTY SCRAMBLE #2385	1	1 PATTY	42
Nutrient		Value	Units	
	Food Energy	60.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.0000	g	
a240	NOODLES, WG	1	2 OUNCE	84
Nutrient		Value	Units	
	Food Energy	72.8168	kcal	
Nutrient		Value	Units	
	Carbohydrate	15.3782	g	
A518	PENNE PASTA, WG	1	2 OUNCE	84
Nutrient		Value	Units	
	Food Energy	212.4001	kcal	
Nutrient		Value	Units	
	Carbohydrate	41.9999	g	
A519	SAUCE, SPAGHETTI MEAT	1	6 OUNCE	84
Nutrient		Value	Units	
	Food Energy	178.9285	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.6428	g	

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Independence Central Office

Scheduled Menu Plans

A520	SAUCE, ALFREDO W/ CHICKEN- JTM	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	127.6961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6039	g	
A522	SAUCE, ALFREDO- JTM	1	1 SERVING	17
	Nutrient	Value	Units	
	Food Energy	82.6961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6039	g	
A521	SAUCE, MARINARA	1	3/4 CUP	26
	Nutrient	Value	Units	
	Food Energy	94.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.7500	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	17
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	636.1596	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	26.3708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2404	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6589	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	

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Independence Central Office

Scheduled Menu Plans

1347	PEACHES SLICD IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
			Carbohydrate	6.6656 g

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	42			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294			
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)	252			
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)	252			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/6/2018 **Feeding Figure:** 350
Base Menu Plan: 4,156 HS 18-19 BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	240.0000	kcal		Carbohydrate	38.0000	g
A499	SAUSAGE #2405	1	1 PATTY	119			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	120.0000	kcal		Carbohydrate	0.0000	g
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	150.0000	kcal		Carbohydrate	24.0000	g
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	15.9999	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	22.0000	g

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1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/6/2018

Feeding Figure: 1025

Base Menu Plan: 4,166 HS 18-19 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	419.9999	kcal	Carbohydrate	41.0001	g
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	67.0982*	kcal	Carbohydrate	3.6160*	g
A338	NACHO BITES #2265	1	8 SERVING	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	270.0000	kcal	Carbohydrate	32.0000	g
7045	SALSA	1	1/4 CUP	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A110	ROASTED CHICKEN	1	1 SERVING	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	265.7835	kcal	Carbohydrate	0.8346	g
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	168		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A525	GRAVY POULTRY LS #2422	1	2 OZ	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g

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Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	450.0233	kcal	

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Scheduled Menu Plans

A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	42.9865	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.2318	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.1120	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/7/2018

Feeding Figure: 350

Base Menu Plan: 4,157 HS 18-19 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	310.0002	kcal	Carbohydrate	29.0000	g
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	38.0000	g
1122	SYRUP PKT	1	PACKET	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	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
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g

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Scheduled Menu Plans

1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	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)	89
	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)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/7/2018 **Feeding Figure:** 1025
Base Menu Plan: 4,358 HS 18-19 LUNCH W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	194.4703	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.8556	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	42
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	295.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1329	g	
4019	BOWL 12 OZ CAMP	1	BOWL	42
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	

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Scheduled Menu Plans

A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.5645	g	
A497	CHICKEN TERIYAKI STIR-FRY-MINH	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	125.0289	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.8187	g	
a240	NOODLES, WG	1	2 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3782	g	
A019	RICE, STEAMED	1	1 CUP	42
	Nutrient	Value	Units	
	Food Energy	93.6938	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.8469	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	

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Independence Central Office

Scheduled Menu Plans

A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4945	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	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

7017	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	101.9241	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	

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Independence Central Office

Scheduled Menu Plans

2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294		
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)	294		
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)	252		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/10/2018 **Feeding Figure:** 296
Base Menu Plan: 4,153 HS 18-19 BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A394	CINNAMON MINIS #1381	1	1 PKG	208		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1159	YOGURT RASP/PEACH	1	CARTON (1)	30		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0001	g
1387	GRAHAMS ORIGINAL	1	PKG (1)	30		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	16.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	15		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/10/2018

Feeding Figure: 839

Base Menu Plan: 4,158 HS 18-19 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A365	HOTDOG	1	1 HOTDOG	42
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A015	MAC AND CHEESE	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	215.5708	kcal	
A495	BREADSTICK CHEESE FILLED #2375	1	2 BREADSTICKS	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
A110	ROASTED CHICKEN	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	265.7835	kcal	
A413	ROASTED CHICKEN BBQ	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	324.1071	kcal	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	84
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	

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Independence Central Office

Scheduled Menu Plans

a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	17
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	641.5251	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.3359	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2458	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1103	PICKLE RELISH	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/11/2018

Feeding Figure: 296

Base Menu Plan: 4,513 HS 18-19 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119
	Nutrient	Value	Units	
	Food Energy	290.0001	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 12/11/2018
Base Menu Plan: 4,159 HS 18-19 LUNCH W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0001	kcal	Carbohydrate	28.0000	g
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	238.0000	kcal	Carbohydrate	12.6000	g
1122	SYRUP PKT	1	PKT (1)	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A351	WAFFLE WG	1	1 WAFFLE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	14.0000	g
A511	CHICKEN DICED, CHIPOTLE	1	3 OUNCE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	113.6001	kcal	Carbohydrate	1.1202	g
A516	TACO MEAT	1	3 OUNCE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	108.9109	kcal	Carbohydrate	2.9703	g
A513	HARD SHELL TACO SHELLS	1	2 TACOS	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.9206	kcal	Carbohydrate	14.1289	g
A514	NACHO CHIPS	1	2 OUNCES	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	38.0000	g
A515	TORTILLA 8"	1	1 TORTILLA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	20.0000	g
A523	CHEESE CHEDDAR, SHREDDED RF	1	1/2 OUNCE	168		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
A517	LETTUCE, SHREDDED	1	1/2 CUP	168		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.5382	kcal	Carbohydrate	0.5385	g

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Independence Central Office

Scheduled Menu Plans

A069	BEANS, REFRIED	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A016	RICE, MEXICAN	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	168
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
7045	SALSA	1	1/4 CUP	168
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	17
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	450.0233	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9260	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	79.3200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	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)	294
	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)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 12/12/2018
Base Menu Plan: 4,155 HS 18-19 BFAST W1D3
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4987	g	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.5000	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	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

1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/12/2018

Feeding Figure: 839

Base Menu Plan: 4,390 HS 18-19 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	116.2510	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.4807	g	

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Independence Central Office

Scheduled Menu Plans

A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	42
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	42
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
A518	PENNE PASTA, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	212.4001	kcal	
a240	NOODLES, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
A519	SAUCE, SPAGHETTI MEAT	1	6 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	178.9285	kcal	
A520	SAUCE, ALFREDO W/ CHICKEN- JTM	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	127.6961	kcal	
A521	SAUCE, MARINARA	1	3/4 CUP	26
	Nutrient	Value	Units	
	Food Energy	94.5000	kcal	
A522	SAUCE, ALFREDO- JTM	1	1 SERVING	17
	Nutrient	Value	Units	
	Food Energy	82.6961	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	636.1596	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A147	SPINACH	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	61.0705	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.5422	g	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	26.3708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2404	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1347	PEACHES SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/13/2018

Feeding Figure: 296

Base Menu Plan: 4,156 HS 18-19 BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Carbohydrate	38.0000 g
A499	SAUSAGE #2405	1	1 PATTY	119
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Carbohydrate	0.0000 g

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Independence Central Office

Scheduled Menu Plans

2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.9999	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	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)	89
	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)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/13/2018 **Feeding Figure:** 839
Base Menu Plan: 1,003,190 HS 18-19 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	84
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	42
	Nutrient	Value	Units	
	Food Energy	506.0001*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000*	g	
A408	ROAST TURKEY	1	4 OUNCES	126
	Nutrient	Value	Units	
	Food Energy	172.9401	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0509	g	
A005	POTATOES, MASHED	1	1/2 CUP	126
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	126
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
2389	COOKIE HOLIDAY BELL	1	COOKIE (1)	629
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	

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Independence Central Office

Scheduled Menu Plans

1343	SAUCE CRANBERRY	1	1/4 CUP	126
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	

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Independence Central Office

Scheduled Menu Plans

A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	450.0233	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	42.9865	kcal	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/14/2018

Feeding Figure: 296

Base Menu Plan: 4,157 HS 18-19 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	310.0002	kcal	Carbohydrate	29.0000	g
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	38.0000	g
1122	SYRUP PKT	1	PACKET	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	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
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/14/2018 **Feeding Figure:** 839
Base Menu Plan: 4,162 HS 18-19 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	84
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	84
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
A497	CHICKEN TERIYAKI STIR-FRY-MINH	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	125.0289	kcal	

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Independence Central Office

Scheduled Menu Plans

A019	RICE, STEAMED	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	93.6938	kcal	
a240	NOODLES, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	168
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	126
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	

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Independence Central Office

Scheduled Menu Plans

A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	17
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
A491	GRAB N GO WG SUB-ITALIAN	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	679.9654	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	81.8352	kcal	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	126
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	126
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	126
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	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)	210
	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)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/17/2018 **Feeding Figure:** 296
Base Menu Plan: 4,153 HS 18-19 BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	208
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1159	YOGURT RASP/PEACH	1	CARTON (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	15
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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

2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/17/2018

Feeding Figure: 839

Base Menu Plan: 4,163 HS 18-19 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A498	SANDWICH, STEAK WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	42
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	

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Independence Central Office

Scheduled Menu Plans

A413	ROASTED CHICKEN BBQ	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	324.1071	kcal	
A110	ROASTED CHICKEN	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	265.7835	kcal	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	84
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	

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Independence Central Office

Scheduled Menu Plans

A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	41
	Nutrient	Value	Units	
	Food Energy	641.5251	kcal	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	84
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	OZ (1)	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294			
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)	252			
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)	294			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g

Serving Period: Breakfast
Date: 12/18/2018
Base Menu Plan: 4,513 HS 18-19 BFAST W1D2
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	230.0000	kcal		Carbohydrate	39.0000	g
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	290.0001	kcal		Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	22.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	25.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g
1392	POP TART STRAW WG	1	PKG (1)	27			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	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)	89
	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)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 12/18/2018
Base Menu Plan: 4,164 HS 18-19 LUNCH W2D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity
A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	541.6668	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.6111	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	

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Independence Central Office

Scheduled Menu Plans

A511	CHICKEN DICED, CHIPOTLE	1	3 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	113.6001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1202	g	
A540	SAUCE QUESO CHEESE	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	59.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
A516	TACO MEAT	1	3 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	108.9109	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9703	g	
A513	HARD SHELL TACO SHELLS	1	2 TACO SHELLS	0
	Nutrient	Value	Units	
	Food Energy	100.9206	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.1289	g	
A514	NACHO CHIPS	1	2 OUNCES	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A515	TORTILLA 8"	1	1 TORTILLA	0
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A523	CHEESE CHEDDAR, SHREDDED RF	1	1/2 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
A517	LETTUCE, SHREDDED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	2.5382	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.5385	g	
A016	RICE, MEXICAN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A069	BEANS, REFRIED	1	1/2 CUP	252
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
7045	SALSA	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	

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Independence Central Office

Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	450.0233	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	

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Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9260	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	79.3200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	84
	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)	294
	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)	294
	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)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 12/19/2018
Base Menu Plan: 4,155 HS 18-19 BFAST W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4987	g	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.5000	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	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)	89
	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)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/19/2018 **Feeding Figure:** 839
Base Menu Plan: 4,165 HS 18-19 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	42
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	42
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	42
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A500	EGG PATTY SCRAMBLE #2385	1	1 PATTY	42
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a240	NOODLES, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3782	g	

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Independence Central Office

Scheduled Menu Plans

A518	PENNE PASTA, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	212.4001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.9999	g	
A519	SAUCE, SPAGHETTI MEAT	1	6 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	178.9285	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.6428	g	
A520	SAUCE, ALFREDO W/ CHICKEN- JTM	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	127.6961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6039	g	
A522	SAUCE, ALFREDO- JTM	1	1 SERVING	17
	Nutrient	Value	Units	
	Food Energy	82.6961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6039	g	
A521	SAUCE, MARINARA	1	3/4 CUP	26
	Nutrient	Value	Units	
	Food Energy	94.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.7500	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	

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Independence Central Office

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a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	17
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	636.1596	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	26.3708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2404	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6589	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	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	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
1347	PEACHES SLICED IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	210												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>33.3278</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	33.3278	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>8.3320</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	8.3320	g	
Nutrient	Value	Units														
Food Energy	33.3278	kcal														
Nutrient	Value	Units														
Carbohydrate	8.3320	g														
2225	KETCHUP SRIRACHA	1	Ounce	42												
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Nutrient	Value	Units														
Food Energy	33.3278	kcal														
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Carbohydrate	6.6656	g														
1097	MUSTARD	1	Ounce	42												
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Nutrient	Value	Units														
Food Energy	0.0000	kcal														
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Carbohydrate	0.0000	g														
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>129.9999</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	129.9999	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>24.9999</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	24.9999	g	
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Food Energy	129.9999	kcal														
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Carbohydrate	24.9999	g														
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252												
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Food Energy	129.9999	kcal														
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Carbohydrate	23.0000	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252												
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Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	12.0000	g														

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/20/2018 **Feeding Figure:** 296
Base Menu Plan: 4,156 HS 18-19 BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119												
<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>38.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	38.0000	g	
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Carbohydrate	38.0000	g														
A499	SAUSAGE #2405	1	1 PATTY	119												
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Nutrient	Value	Units														
Food Energy	120.0000	kcal														
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Carbohydrate	0.0000	g														
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>150.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	150.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>24.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	24.0000	g	
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Carbohydrate	24.0000	g														
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60												
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Food Energy	100.0000	kcal														
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1399	COCOA PUFFS RS WG	1	BOWL (1)	30												
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Carbohydrate	25.0000	g														

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Scheduled Menu Plans

2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	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)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 12/20/2018 **Feeding Figure:** 839
Base Menu Plan: 4,166 HS 18-19 LUNCH W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	84
Nutrient		Value	Units	
Food Energy		419.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	84
Nutrient		Value	Units	
Food Energy		67.0982*	kcal	
Nutrient		Value	Units	
Carbohydrate		3.6160*	g	
A338	NACHO BITES #2265	1	8 SERVING	42
Nutrient		Value	Units	
Food Energy		270.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		32.0000	g	
7045	SALSA	1	1/4 CUP	42
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A110	ROASTED CHICKEN	1	1 SERVING	42
Nutrient		Value	Units	
Food Energy		265.7835	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8346	g	
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	42
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	84
Nutrient		Value	Units	
Food Energy		2.3897	kcal	
Nutrient		Value	Units	
Carbohydrate		0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
Nutrient		Value	Units	
Food Energy		178.5303	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0164	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	

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Independence Central Office

Scheduled Menu Plans

A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	450.0233	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	42.9865	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.2318	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.1120	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/21/2018

Feeding Figure: 296

Base Menu Plan: 4,157 HS 18-19 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
	Nutrient	Value	Units	Nutrient
	Food Energy	310.0002	kcal	Carbohydrate
				29.0000 g
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	60
	Nutrient	Value	Units	Nutrient
	Food Energy	230.0000	kcal	Carbohydrate
				38.0000 g
1122	SYRUP PKT	1	PACKET	60
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				31.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				22.0000 g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				25.0000 g
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	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
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	Nutrient
	Food Energy	74.8864	kcal	Carbohydrate
				17.9728 g
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 12/21/2018

Feeding Figure: 839

Base Menu Plan: 4,167 HS 18-19 LUNCH W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A480	FISH TACO WG	1	1 TACO	42
	Nutrient	Value	Units	
	Food Energy	382.8858	kcal	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
A497	CHICKEN TERIYAKI STIR-FRY-MINH	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	125.0289	kcal	

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Independence Central Office

Scheduled Menu Plans

a240	NOODLES, WG	1	2 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3782	g	
A019	RICE, STEAMED	1	1 CUP	42
	Nutrient	Value	Units	
	Food Energy	93.6938	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.8469	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	

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Independence Central Office

Scheduled Menu Plans

A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	436.6637	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	375.0639	kcal	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	81.8352	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	23.0000 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ		1	CARTON (1)		252
Nutrient			Value			Units
Food Energy			100.0000	kcal		
Nutrient			Value			Units
Carbohydrate			12.0000	g		

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