



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/3/2018

Feeding Figure: 70

Base Menu Plan: 3,943 IA K-8 BFAST W2D2 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure              | Projected Quantity |
|--------------|-------------------------------|--------------|----------------------|--------------------|
| 1392         | POP TART STRAW WG             | 1            | PKG (1)              | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 180.0000     | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 38.0000 g          |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)              | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 180.0000     | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 38.0000 g          |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 23.0000 g          |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 22.0000 g          |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 51                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 80.0000      | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 0.0000 g           |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 240.0000     | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 39.0000 g          |
| 1329         | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 29.4972      | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 7.5488 g           |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 50.0000      | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 12.9999 g          |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 60.0001      | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 15.0000 g          |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 129.9999     | kcal                 |                    |
|              |                               |              | <b>Nutrient</b>      | <b>Value</b>       |
|              |                               |              | Carbohydrate         | 24.9999 g          |

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

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





Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
|      |                              |              |              |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 4  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/4/2018

Feeding Figure: 70

Base Menu Plan: 3,942 IA K-8 BFAST W2D1 18-19

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A447         | FRENCH TOAST STICKS WG #2400 | 1            | 2 STICKS     | 55                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 240.0000     | kcal         |                    |
|              |                              |              |              |                    |
| A462         | PORK LS SAUSAGE # 2405       | 1            | 1 PATTY      | 55                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 120.0000     | kcal         |                    |
|              |                              |              |              |                    |

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Scheduled Menu Plans

|      |                               |              |              |    |
|------|-------------------------------|--------------|--------------|----|
| 2163 | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 23.0000      | g            |    |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 22.0000      | g            |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 80.0000      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 0.0000       | g            |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 240.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 39.0000      | g            |    |
| 2079 | APPLE GALA 138 CT             | 1            | APPLE (1)    | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 74.8864      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 17.9728      | g            |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 50.0000      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 12.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/4/2018

Feeding Figure: 60

Base Menu Plan: 3,953 IA K-8 LUNCH W2D2 18-19

Menu Comments:

| Stock Number | Description             | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------|--------------|--------------|--------------------|
| A076         | HARD SHELL TACO W/ MEAT | 1            | 2 TACOS      | 98                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy             | 256.4172     | kcal         |                    |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate            | 18.6866      | g            |                    |

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|       |                                |              |                  |    |
|-------|--------------------------------|--------------|------------------|----|
| A016  | RICE, MEXICAN                  | 1            | 1/2 CUP          | 98 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 78.7958      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 13.4837      | g                |    |
| 7045  | SALSA                          | 1            | Ounce            | 98 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 8.8527       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.7705       | g                |    |
| A472  | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 628.8102     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 72.1898      | g                |    |
| A473  | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 618.8101     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 73.1897      | g                |    |
| A057  | BROCCOLI, STEAMED              | 1            | 3/4 CUP          | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 19.7892      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 3.1821       | g                |    |
| a131  | SALAD, DARK GREENS- EL         | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.7522       | g                |    |
| A7020 | BEANS, BLACK (SALAD BAR)       | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 75.1369      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 13.7866      | g                |    |
| A7078 | STRAWBERRIES #7078             | 1            | 3/4 CUP          | 44 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 59.4907      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 15.4676      | g                |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 21.9065      | g                |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)       | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 105.0201     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 26.9512      | g                |    |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/5/2018

Feeding Figure: 70

Base Menu Plan: 3,944 IA K-8 BFAST W2D3 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| 2215         | CRISPS CINNAMON               | 1            | PKG (1)      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 150.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 25.0000      | g            |                    |
| A395         | YOGURT STRAW/BAN #1167        | 1            | 1 CONTAINER  | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 100.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 15.9999      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |               |    |
|------|------------------------------|--------------|---------------|----|
| 1015 | CHEESE STRING MOZ LT         | 1            | PKG (1)       | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 80.0000      | kcal          |    |
|      |                              |              |               |    |
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG         | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 240.0000     | kcal          |    |
|      |                              |              |               |    |
| 1333 | BANANAS PREM 40LB            | 1            | MEDIUM BANANA | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 105.0201     | kcal          |    |
|      |                              |              |               |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)    | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 50.0000      | kcal          |    |
|      |                              |              |               |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 60.0001      | kcal          |    |
|      |                              |              |               |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)    | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 129.9999     | kcal          |    |
|      |                              |              |               |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)    | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 129.9999     | kcal          |    |
|      |                              |              |               |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)    | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 100.0000     | kcal          |    |
|      |                              |              |               |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/5/2018

Feeding Figure: 60

Base Menu Plan: 3,954 IA K-8 LUNCH W2D3 18-19

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A100         | CHEESEBURGER ON WG BUN       | 1            | 1 SANDWICH   | 98                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 340.4695     | kcal         |                    |
|              |                              |              |              |                    |
| A362         | POTATO BAKED FRIES           | 1            | 1/2 CUP      | 98                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 190.4000     | kcal         |                    |
|              |                              |              |              |                    |
| a164         | LETTUCE, TOMATO, PICKLE 6 CT | 1            | 1 serving    | 27                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 10.2443      | kcal         |                    |
|              |                              |              |              |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |                  |    |
|-------|------------------------------|--------------|------------------|----|
| A146  | GRAB N GO WG HAM SAND. MEAL  | 1            | 1 SANDWICH/CHIPS | 10 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 522.7830     | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 70.6275      | g                |    |
| A372  | GREEN BEANS-2017             | 1            | 3/4 CUP          | 22 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 31.7429      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 6.3867       | g                |    |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 1.7522       | g                |    |
| a7024 | BEANS, PINTO (SALAD BAR)     | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 95.3707      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 17.5171      | g                |    |
| a7074 | BLUEBERRIES #7074            | 1            | 3/4 CUP          | 44 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 57.8500      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 14.0444      | g                |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 21.9065      | g                |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)       | 4  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 105.0201     | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 26.9512      | g                |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 50.0000      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 12.9999      | g                |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 60.0001      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 15.0000      | g                |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce            | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 85.8443      | kcal             |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                 | 4.2922       | g                |    |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2286 | KETCHUP JUG WITH PUMP        | 1            | Ounce        | 44 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 33.3278      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 8.3320       | g            |    |
| 1097 | MUSTARD                      | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 0.0000       | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 0.0000       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/6/2018      **Feeding Figure:** 70  
**Base Menu Plan:** 3,946 IA K-8 BFAST W2D5 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A230         | BISCUIT W/GRAVY, WG. LRG SPLT | 1            | 1 SERVING    | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 269.4904     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 35.4987      | g            |                    |
| A446         | EGG PATTY SCRAMBLE W/CHEESE   | 1            | 1 PATTY      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 100.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 1.5000       | g            |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |                      |    |
|------|------------------------------|--------------|----------------------|----|
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG                | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 240.0000     | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 39.0000      | g                    |    |
| 1329 | ORANGE 138 CT                | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 29.4972      | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 7.5488       | g                    |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 50.0000      | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 12.9999      | g                    |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 60.0001      | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 15.0000      | g                    |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)           | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 24.9999      | g                    |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)           | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 23.0000      | g                    |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 100.0000     | kcal                 |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                 | 12.0000      | g                    |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/6/2018

Feeding Figure: 60

Base Menu Plan: 3,955 IA K-8 LUNCH W2D4 18-19

Menu Comments:

| Stock Number | Description                      | Serving Size | Measure       | Projected Quantity |
|--------------|----------------------------------|--------------|---------------|--------------------|
| A383         | CHICKEN PATTY WG<br>BREADED#2344 | 1            | 1 PATTY       | 98                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 171.0000     | kcal          |                    |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                     | 9.0000       | g             |                    |
| A005         | POTATOES, MASHED                 | 1            | 1/2 CUP       | 98                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 85.3963      | kcal          |                    |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                     | 18.1467      | g             |                    |
| A140         | COUNTRY GRAVY                    | 1            | 2 OZ          | 98                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 59.4904      | kcal          |                    |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                     | 8.4986       | g             |                    |
| A327         | ROLL, DINNER WG #1974            | 1            | 1 DINNER ROLL | 98                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 130.0000     | kcal          |                    |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                     | 20.0000      | g             |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |                  |    |
|-------|--------------------------------|--------------|------------------|----|
| A472  | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 628.8102     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 72.1898      | g                |    |
| A473  | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 618.8101     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 73.1897      | g                |    |
| A070  | CARROTS, COOKED                | 1            | 3/4 CUP          | 22 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 41.9027      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 9.3117       | g                |    |
| a131  | SALAD, DARK GREENS- EL         | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.7522       | g                |    |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 82.4860      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 15.5007      | g                |    |
| 1347  | PEACHES SLICD IN LS            | 1            | 3/4 CUP          | 44 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 121.5000     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 29.6999      | g                |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 21.9065      | g                |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)       | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 105.0201     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 26.9512      | g                |    |
| 2140  | JUICE ORANGE 4 OZ              | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 60.0001      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 15.0000      | g                |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 50.0000      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 12.9999      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2286 | KETCHUP JUG WITH PUMP        | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 33.3278      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 8.3320       | g            |    |
| 1086 | SAUCE BBQ                    | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.1618      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 6.6655       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/7/2018

Feeding Figure: 70

Base Menu Plan: 3,945 IA K-8 BFAST W2D4 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A312         | FRUDEL CHERRY #2187           | 1            | 1 PKG        | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 210.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 37.0000      | g            |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG        | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 240.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 39.0000      | g            |    |
| 1332 | PEAR BARTLETT 100CT          | 1            | PEAR (1)     | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 111.6281     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 26.5700      | g            |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/7/2018      **Feeding Figure:** 60  
**Base Menu Plan:** 4,366 IA K-8 LUNCH W2D5 18-19  
**Menu Comments:**

| Stock Number | Description                    | Serving Size | Measure            | Projected Quantity |
|--------------|--------------------------------|--------------|--------------------|--------------------|
| A080         | CHILI                          | 1            | 3/4 CUP            | 98                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                    | 194.4703     | kcal               |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                   | 18.8556      | g                  |                    |
| 4019         | BOWL 12 OZ CAMP                | 1            | BOWL               | 98                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                    | 0.0000       | kcal               |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                   | 0.0000       | g                  |                    |
| 1923         | CRACKER SALTINE (WG)           | 1            | SERVING 4 CRACKERS | 98                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                    | 60.0000      | kcal               |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                   | 9.0000       | g                  |                    |
| A302         | CINNAMON ROLLS PREMADE, 2.5 OZ | 1            | 2.5 OUNCE          | 98                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                    | 295.2202     | kcal               |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                   | 50.1329      | g                  |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                   |              |                  |    |
|-------|-----------------------------------|--------------|------------------|----|
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 10 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 515.7825     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 70.0617      | g                |    |
| A011  | VEGETABLES, MIXED                 | 1            | 3/4 CUP          | 22 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 57.6055      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 12.6733      | g                |    |
| a131  | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.7522       | g                |    |
| A7020 | BEANS, BLACK (SALAD BAR)          | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 75.1369      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 13.7866      | g                |    |
| 1348  | PEARS SLICD IN LS                 | 1            | 3/4 CUP          | 44 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 119.9999     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 30.0000      | g                |    |
| 1320  | APPLE GOLDEN 138                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.9065      | g                |    |
| 1333  | BANANAS PREM 40LB                 | 1            | BANANA (1)       | 4  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 105.0201     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 26.9512      | g                |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ      | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 50.0000      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 12.9999      | g                |    |
| 2140  | JUICE ORANGE 4 OZ                 | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 60.0001      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 15.0000      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast  
**Date:** 12/10/2018  
**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Base Menu Plan:** 3,937 IA K-8 BFAST W1D1 18-19  
**Feeding Figure:** 68  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A463         | PANCAKE CONFETTI #2378        | 1            | 1 PKG        | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 220.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 36.0000      | g            |                    |
| 1122         | SYRUP PKT                     | 1            | PKT (1)      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 120.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 31.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 39.0000      | g            |                    |
| 2079         | APPLE GALA 138 CT             | 1            | APPLE (1)    | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 74.8864      | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 17.9728      | g            |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 50.0000      | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 12.9999      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/10/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 1,003,201 IA K-8 LUNCH W3D1 18-19  
**Menu Comments:**

| Stock Number | Description                       | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------------|--------------|------------------|--------------------|
| A414         | CHICKEN & NOODLES-GAGE            | 1            | 3/4 CUP          | 98                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 209.5704     | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 26.7570      | g                |                    |
| A385         | BISCUIT FRZ EASY SPLIT #2211      | 1            | 1 BISCUIT        | 98                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 210.0000     | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 27.0000      | g                |                    |
| A129         | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 10                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 515.7825     | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 70.0617      | g                |                    |
| A130         | PEAS & CARROTS                    | 1            | 3/4 CUP          | 22                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 76.9160      | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 15.0668      | g                |                    |
| a131         | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 7.1576       | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 1.1981       | g                |                    |
| a360         | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 11.6147      | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 2.7139       | g                |                    |
| A361         | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 8.1076       | kcal             |                    |
|              |                                   |              |                  |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 1.7522       | g                |                    |

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





Independence Central Office

Scheduled Menu Plans

|       |                                |              |              |    |
|-------|--------------------------------|--------------|--------------|----|
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 82.4860      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.5007      | g            |    |
| 1340  | APPLESAUCE UNSWEETENED         | 1            | 3/4 CUP      | 49 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 75.0000      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 19.5000      | g            |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)   | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ              | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S           | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 4.2922       | g            |    |
| 2286  | KETCHUP JUG WITH PUMP          | 1            | Ounce        | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 33.3278      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 8.3320       | g            |    |
| 1097  | MUSTARD                        | 1            | Ounce        | 17 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 0.0000       | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 0.0000       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 7.8148       | g            |    |
| 2154  | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 22 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 24.9999      | g            |    |
| 2139  | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | 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)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/11/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,938 IA K-8 BFAST W1D2 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure              | Projected Quantity |
|--------------|-------------------------------|--------------|----------------------|--------------------|
| A446         | EGG PATTY SCRAMBLE W/CHEESE   | 1            | 1 PATTY              | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 100.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 1.5000       | g                    |                    |
| A029         | TOAST, WG                     | 1            | 1 SLICE              | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 112.5000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 18.0000      | g                    |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 22.0000      | g                    |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 23.0000      | g                    |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 80.0000      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 0.0000       | g                    |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 240.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 39.0000      | g                    |                    |
| 1329         | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 29.4972      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 7.5488       | g                    |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 50.0000      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 12.9999      | g                    |                    |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 60.0001      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 15.0000      | g                    |                    |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 129.9999     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 24.9999      | g                    |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| A252 | CHERRY CRISP w/o stabilizer  | 1            | 1 piece      | 44 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 177.7405     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 29.0911      | g            |    |
| 1348 | PEARS SLICD IN LS            | 1            | 3/4 CUP      | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 119.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 30.0000      | g            |    |
| 1320 | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 88.8102      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 21.1897      | g            |    |
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 21.9065      | g            |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 4  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 26.9512      | g            |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/12/2018

Feeding Figure: 68

Base Menu Plan: 3,939 IA K-8 BFAST W1D3 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure       | Projected Quantity |
|--------------|-------------------------------|--------------|---------------|--------------------|
| A420         | YOGURT RASP/PEACH #1159       | 1            | 1 CONTAINER   | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal          | Carbohydrate       |
|              |                               |              |               | 22.0001 g          |
| 1387         | GRAHAMS ORIGINAL              | 1            | PKG (1)       | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 90.0000      | kcal          | Carbohydrate       |
|              |                               |              |               | 16.0000 g          |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)      | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal          | Carbohydrate       |
|              |                               |              |               | 22.0000 g          |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)      | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal          | Carbohydrate       |
|              |                               |              |               | 23.0000 g          |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)       | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 80.0000      | kcal          | Carbohydrate       |
|              |                               |              |               | 0.0000 g           |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG         | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 240.0000     | kcal          | Carbohydrate       |
|              |                               |              |               | 39.0000 g          |
| 1333         | BANANAS PREM 40LB             | 1            | MEDIUM BANANA | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 105.0201     | kcal          | Carbohydrate       |
|              |                               |              |               | 26.9512 g          |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)    | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 50.0000      | kcal          | Carbohydrate       |
|              |                               |              |               | 12.9999 g          |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)    | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 60.0001      | kcal          | Carbohydrate       |
|              |                               |              |               | 15.0000 g          |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)    | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | Food Energy                   | 129.9999     | kcal          | Carbohydrate       |
|              |                               |              |               | 24.9999 g          |
| 2139         | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)    | 31                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  | <b>Nutrient</b>    |
|              | 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)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/12/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 1,003,203 IA K-8 LUNCH W3D3 18-19  
**Menu Comments:**

| Stock Number | Description                 | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------|--------------|------------------|--------------------|
| A453         | LASAGNA ROLLUP WG #2371     | 1            | 1 PIECE          | 103                |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 332.8338     | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 32.1840      | g                |                    |
| 1361         | BREADSTICK WG               | 1            | STICK (1)        | 103                |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 110.0000     | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 21.0000      | g                |                    |
| A146         | GRAB N GO WG HAM SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 5                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 522.7830     | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 70.6275      | g                |                    |
| A359         | CORN, COOKED                | 1            | 3/4 CUP          | 27                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 149.0646     | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 31.3233      | g                |                    |
| a131         | SALAD, DARK GREENS- EL      | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 7.1576       | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 1.1981       | g                |                    |
| a360         | CARROT, FRESH SHREDED       | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 11.6147      | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 2.7139       | g                |                    |
| A361         | TOMATO, FRESH DICED         | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 8.1076       | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 1.7522       | g                |                    |
| A448         | BEANS, RED (SALAD BAR)      | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 65.0014      | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 6.0002       | g                |                    |
| A7078        | STRAWBERRIES #7078          | 1            | 3/4 CUP          | 44                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 59.4907      | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 15.4676      | g                |                    |
| 1320         | APPLE GOLDEN 138            | 1            | APPLE (1)        | 6                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 88.8102      | kcal             |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 21.1897      | g                |                    |

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|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
|      |                              |              |              |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 4  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/13/2018

Feeding Figure: 68

Base Menu Plan: 3,941 IA K-8 BFAST W1D5 18-19

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------------|--------------|--------------|--------------------|
| A324         | PIZZA 3.67oz TRKY SAU BRKFST | 1            | 1 PIZZA      | 55                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 240.0000     | kcal         |                    |
|              |                              |              |              |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL     | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                  | 110.0000     | kcal         |                    |
|              |                              |              |              |                    |

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Scheduled Menu Plans

|      |                               |              |                      |    |
|------|-------------------------------|--------------|----------------------|----|
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 110.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 22.0000      | g                    |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 80.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 0.0000       | g                    |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 240.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 39.0000      | g                    |    |
| 1329 | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 29.4972      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 7.5488       | g                    |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 50.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.9999      | g                    |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 60.0001      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 15.0000      | g                    |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 24.9999      | g                    |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)           | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 23.0000      | g                    |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 100.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.0000      | g                    |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/13/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 3,473 IA EL TURKEY DAY DECEMBER  
**Menu Comments:**

| Stock Number | Description       | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------|--------------|--------------|--------------------|
| A407         | ROAST TURKEY-2017 | 1            | 3 OUNCES     | 103                |
|              | <b>Nutrient</b>   | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy       | 129.7050     | kcal         |                    |
|              | <b>Nutrient</b>   | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate      | 0.0382       | g            |                    |
| A026         | ROLLS, WHEAT, WG  | 1            | 2 OUNCE      | 103                |
|              | <b>Nutrient</b>   | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy       | 178.5303     | kcal         |                    |
|              | <b>Nutrient</b>   | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate      | 29.0164      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A005 | POTATOES, MASHED               | 1            | 1/2 CUP          | 103 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 85.3963      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 18.1467      | g                |     |
| A525 | GRAVY POULTRY LS #2422         | 1            | 2 OZ             | 103 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 2.3897       | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 0.2868       | g                |     |
| 1343 | SAUCE CRANBERRY                | 1            | 1/4 CUP          | 103 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 100.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 26.0000      | g                |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 3   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 618.8101     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 73.1897      | g                |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 2   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 628.8102     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 72.1898      | g                |     |
| 2389 | COOKIE HOLIDAY BELL            | 1            | COOKIE (1)       | 81  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 120.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 19.0000      | g                |     |
| A003 | SALAD, DARK GREENS             | 1            | 1 CUP            | 2   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 7.1576       | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 1.1981       | g                |     |
| a360 | CARROT, FRESH SHREDED          | 1            | 1/4 CUP          | 2   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 11.6147      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 2.7139       | g                |     |
| A361 | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 8.1076       | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 1.7522       | g                |     |
| 7046 | BEAN GRT NORTHERN LSO          | 1            | 1/4 CUP          | 2   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 74.5001      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 14.0000      | g                |     |
| A070 | CARROTS, COOKED                | 1            | 3/4 CUP          | 54  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 41.9027      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 9.3117       | g                |     |
| A331 | GREEN BEANS-SEC DICED HAM      | 1            | 3/4 CUP          | 17  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 32.2317      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 5.4225       | g                |     |
| 1468 | JUICE BLUE RAZZ                | 1            | CARTON (1)       | 27  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 60.0001      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 14.0000      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1467 | JUICE ROYAL GRAPE            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
| 1320 | APPLE GOLDEN 138             | 1            | APPLE (1)    | 15 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 88.8102      | kcal         |    |
| 2079 | APPLE GALA 138 CT            | 1            | APPLE (1)    | 15 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 74.8864      | kcal         |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 15 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
| 1347 | PEACHES SLICD IN LS          | 1            | 3/4 CUP      | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 121.5000     | kcal         |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
| 1832 | DRESSING CAESAR FF           | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 18.8858      | kcal         |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 49 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 49 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 11 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/14/2018

Feeding Figure: 68

Base Menu Plan: 3,940 IA K-8 BFAST W1D4 18-19

Menu Comments:

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

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

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



Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |    |
|------|-------------------------------|--------------|--------------|----|
| 2408 | BREAKFAST BUNS WG WWB5160     | 1            | PKG (1)      | 55 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 230.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 39.0000      | g            |    |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 22.0000      | g            |    |
| 2163 | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 23.0000      | g            |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 80.0000      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 0.0000       | g            |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 240.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 39.0000      | g            |    |
| 1332 | PEAR BARTLETT 100CT           | 1            | PEAR (1)     | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 111.6281     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 26.5700      | g            |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 50.0000      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                   | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                  | 12.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/14/2018

Feeding Figure: 108

Base Menu Plan: 1,003,204 IA K-8 LUNCH W3D5 18-19

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

|       |                                   |              |                  |     |
|-------|-----------------------------------|--------------|------------------|-----|
| A443  | RIPPER CHEESE TOPPED WG #2369     | 1            | 1 BREADSTICK     | 103 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 280.0000     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 30.0000      | g                |     |
| A536  | SAUCE, MEATSAUCE DIP              | 1            | 1/4 CUP          | 103 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 67.0982*     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 3.6160*      | g                |     |
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 5   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 515.7825     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 70.0617      | g                |     |
| A011  | VEGETABLES, MIXED                 | 1            | 3/4 CUP          | 27  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 57.6055      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 12.6733      | g                |     |
| a131  | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 7.1576       | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 1.1981       | g                |     |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 11.6147      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 2.7139       | g                |     |
| A361  | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 8.1076       | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 1.7522       | g                |     |
| A7020 | BEANS, BLACK (SALAD BAR)          | 1            | 1/4 CUP          | 2   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 75.1369      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 13.7866      | g                |     |
| 1344  | FRUIT MIX IN LS                   | 1            | 3/4 CUP          | 44  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 120.0001     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 26.9999      | g                |     |
| 1320  | APPLE GOLDEN 138                  | 1            | APPLE (1)        | 6   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 88.8102      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 21.1897      | g                |     |
| 1319  | APPLE RED 138 CT                  | 1            | APPLE (1)        | 6   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 91.9264      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 21.9065      | g                |     |
| 1333  | BANANAS PREM 40LB                 | 1            | BANANA (1)       | 4   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 105.0201     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 26.9512      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 11 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/17/2018

Feeding Figure: 68

Base Menu Plan: 3,943 IA K-8 BFAST W2D2 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| 1392         | POP TART STRAW WG             | 1            | PKG (1)      | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 180.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 38.0000      | g            |                    |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 180.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 38.0000      | g            |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |                      |    |
|------|------------------------------|--------------|----------------------|----|
| 1015 | CHEESE STRING MOZ LT         | 1            | PKG (1)              | 51 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 80.0000      | kcal                 |    |
|      |                              |              |                      |    |
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG                | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 240.0000     | kcal                 |    |
|      |                              |              |                      |    |
| 1329 | ORANGE 138 CT                | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 29.4972      | kcal                 |    |
|      |                              |              |                      |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 50.0000      | kcal                 |    |
|      |                              |              |                      |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 60.0001      | kcal                 |    |
|      |                              |              |                      |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)           | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 129.9999     | kcal                 |    |
|      |                              |              |                      |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)           | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 129.9999     | kcal                 |    |
|      |                              |              |                      |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 100.0000     | kcal                 |    |
|      |                              |              |                      |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/17/2018

Feeding Figure: 108

Base Menu Plan: 3,962 IA K-8 LUNCH W4D1 18-19

Menu Comments:

| Stock Number | Description                    | Serving Size | Measure      | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A082         | WG SPAGHETTI & ZESTY MEATSAUCE | 1            | 1 SERVING    | 98                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 235.2619     | kcal         |                    |
|              |                                |              |              |                    |
| A459         | BREADSTICK CHEESE FILLED #2375 | 1            | 1 BREADSTICK | 98                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 150.0000     | kcal         |                    |
|              |                                |              |              |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                   |              |                  |    |
|-------|-----------------------------------|--------------|------------------|----|
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 10 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 515.7825     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 70.0617      | g                |    |
| A057  | BROCCOLI, STEAMED                 | 1            | 3/4 CUP          | 27 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 19.7892      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 3.1821       | g                |    |
| a131  | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.7522       | g                |    |
| A7046 | BEANS, NORTHERN GR (SALAD BAR)    | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 82.4860      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 15.5007      | g                |    |
| 1347  | PEACHES SLICD IN LS               | 1            | 3/4 CUP          | 44 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 121.5000     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 29.6999      | g                |    |
| 1320  | APPLE GOLDEN 138                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.9065      | g                |    |
| 1333  | BANANAS PREM 40LB                 | 1            | BANANA (1)       | 4  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 105.0201     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 26.9512      | g                |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ      | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 50.0000      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 12.9999      | g                |    |
| 2140  | JUICE ORANGE 4 OZ                 | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 60.0001      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 15.0000      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/18/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,942 IA K-8 BFAST W2D1 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A447         | FRENCH TOAST STICKS WG #2400  | 1            | 2 STICKS     | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 38.0000      | g            |                    |
| A462         | PORK LS SAUSAGE # 2405        | 1            | 1 PATTY      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 120.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 39.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2079 | APPLE GALA 138 CT            | 1            | APPLE (1)    | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 74.8864      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 17.9728      | g            |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/18/2018

Feeding Figure: 108

Base Menu Plan: 1,003,403 IA K-8 LUNCH W4D2 18-19

Menu Comments:

| Stock Number | Description                    | Serving Size | Measure          | Projected Quantity |
|--------------|--------------------------------|--------------|------------------|--------------------|
| a539         | FIESTA NACHO-CHICKEN MS        | 1            | 1 NACHO          | 103                |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 461.4527     | kcal             |                    |
|              |                                |              |                  |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 42.0273      | g                |                    |
| 7045         | SALSA                          | 1            | Tbsp             | 103                |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 5.0000       | kcal             |                    |
|              |                                |              |                  |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 1.0000       | g                |                    |
| A472         | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 3                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 628.8102     | kcal             |                    |
|              |                                |              |                  |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 72.1898      | g                |                    |
| A473         | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 2                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 618.8101     | kcal             |                    |
|              |                                |              |                  |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 73.1897      | g                |                    |
| A069         | BEANS, REFRIED                 | 1            | 1/2 CUP          | 11                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 131.7402     | kcal             |                    |
|              |                                |              |                  |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 20.3267      | g                |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| A056  | CORN, MEXICALI               | 1            | 3/4 CUP      | 11 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 184.0504     | kcal         |    |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1 CUP        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 7.1576       | kcal         |    |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 11.6147      | kcal         |    |
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 8.1076       | kcal         |    |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 75.1369      | kcal         |    |
| a7074 | BLUEBERRIES #7074            | 1            | 1/2 CUP      | 49 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 38.6000      | kcal         |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 88.8102      | kcal         |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 91.9264      | kcal         |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)   | 4  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 105.0201     | kcal         |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 60.0001      | kcal         |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 29.3055      | kcal         |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast  
**Date:** 12/19/2018  
**Base Menu Plan:** 3,944 IA K-8 BFAST W2D3 18-19  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 68

| Stock Number | Description                   | Serving Size | Measure       | Projected Quantity |
|--------------|-------------------------------|--------------|---------------|--------------------|
| 2215         | CRISPS CINNAMON               | 1            | PKG (1)       | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 150.0000     | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 25.0000      | g             |                    |
| A395         | YOGURT STRAW/BAN #1167        | 1            | 1 CONTAINER   | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 100.0000     | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 15.9999      | g             |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)      | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 110.0000     | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 22.0000      | g             |                    |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)      | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 110.0000     | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 23.0000      | g             |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)       | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 80.0000      | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 0.0000       | g             |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG         | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 240.0000     | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 39.0000      | g             |                    |
| 1333         | BANANAS PREM 40LB             | 1            | MEDIUM BANANA | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 105.0201     | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 26.9512      | g             |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)    | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                   | 50.0000      | kcal          |                    |
|              |                               |              |               |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate                  | 12.9999      | g             |                    |

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



Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 24 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/19/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 3,964 IA K-8 LUNCH W4D3 18-19  
**Menu Comments:**

| Stock Number | Description                 | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------|--------------|------------------|--------------------|
| A367         | CHICKEN TERIYAKI W/ VEG     | 1            | 1 SERVING        | 103                |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 232.8014     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 35.4269      | g                |                    |
| 2416         | FORTUNE COOKIE 40002        | 1            | PKG (1)          | 103                |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 20.0000      | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 4.0000       | g                |                    |
| A146         | GRAB N GO WG HAM SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 5                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 522.7830     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 70.6275      | g                |                    |
| A012         | PEAS                        | 1            | 3/4 CUP          | 27                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 61.3446      | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 11.5131      | g                |                    |
| a131         | SALAD, DARK GREENS- EL      | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 7.1576       | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 1.1981       | g                |                    |
| a360         | CARROT, FRESH SHREDDED      | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 11.6147      | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 2.7139       | g                |                    |
| A361         | TOMATO, FRESH DICED         | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 8.1076       | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 1.7522       | g                |                    |

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



Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| a7024 | BEANS, PINTO (SALAD BAR)     | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 95.3707      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 17.5171      | g            |    |
| 1348  | PEARS SLICD IN LS            | 1            | 3/4 CUP      | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 119.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 30.0000      | g            |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)   | 4  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 4.2922       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 7.8148       | g            |    |
| 2154  | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 24.9999      | g            |    |
| 2139  | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 23.0000      | g            |    |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 100.0000     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 12.0000      | g            |    |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/20/2018

Feeding Figure: 68

Base Menu Plan: 3,946 IA K-8 BFAST W2D5 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure              | Projected Quantity |              |              |
|--------------|-------------------------------|--------------|----------------------|--------------------|--------------|--------------|
| A230         | BISCUIT W/GRAVY, WG. LRG SPLT | 1            | 1 SERVING            | 55                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 269.4904     | kcal                 | Carbohydrate       | 35.4987      | g            |
| A446         | EGG PATTY SCRAMBLE W/CHEESE   | 1            | 1 PATTY              | 55                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 100.0000     | kcal                 | Carbohydrate       | 1.5000       | g            |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)             | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal                 | Carbohydrate       | 23.0000      | g            |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal                 | Carbohydrate       | 22.0000      | g            |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 17                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 80.0000      | kcal                 | Carbohydrate       | 0.0000       | g            |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 240.0000     | kcal                 | Carbohydrate       | 39.0000      | g            |
| 1329         | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 29.4972      | kcal                 | Carbohydrate       | 7.5488       | g            |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 50.0000      | kcal                 | Carbohydrate       | 12.9999      | g            |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 60.0001      | kcal                 | Carbohydrate       | 15.0000      | g            |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal                 | Carbohydrate       | 24.9999      | g            |
| 2139         | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)           | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | 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)   | 21 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
| Food Energy     |                              | 100.0000     | kcal         |    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
| Carbohydrate    |                              | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 12/20/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 3,965 IA K-8 LUNCH W4D4 18-19  
**Menu Comments:**

| Stock Number    | Description                    | Serving Size | Measure          | Projected Quantity |
|-----------------|--------------------------------|--------------|------------------|--------------------|
| A353            | CHICKEN NUGGETS WG#2345        | 1            | 1 SERVING (5)    | 103                |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 170.0000     | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 9.0000       | g                |                    |
| A005            | POTATOES, MASHED               | 1            | 1/2 CUP          | 103                |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 85.3963      | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 18.1467      | g                |                    |
| A525            | GRAVY POULTRY LS #2422         | 1            | 2 OZ             | 103                |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 2.3897       | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 0.2868       | g                |                    |
| A327            | ROLL, DINNER WG #1974          | 1            | 1 DINNER ROLL    | 103                |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 130.0000     | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 20.0000      | g                |                    |
| A472            | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 3                  |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 628.8102     | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 72.1898      | g                |                    |
| A473            | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 2                  |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 618.8101     | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 73.1897      | g                |                    |
| A070            | CARROTS, COOKED                | 1            | 3/4 CUP          | 22                 |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 41.9027      | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 9.3117       | g                |                    |
| a131            | SALAD, DARK GREENS- EL         | 1            | 1 CUP            | 2                  |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 7.1576       | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 1.1981       | g                |                    |
| a360            | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 2                  |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 11.6147      | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 2.7139       | g                |                    |
| A361            | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2                  |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                                | 8.1076       | kcal             |                    |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                                | 1.7522       | g                |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |              |    |
|-------|--------------------------------|--------------|--------------|----|
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 82.4860      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.5007      | g            |    |
| 1347  | PEACHES SLICD IN LS            | 1            | 1/2 CUP      | 49 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 81.0000      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 19.8000      | g            |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)   | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ              | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S           | 1            | Ounce        | 11 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 4.2922       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 7.8148       | g            |    |
| 2154  | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 22 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 24.9999      | g            |    |
| 2139  | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 23.0000      | g            |    |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)   | 22 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 100.0000     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 12.0000      | g            |    |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/21/2018

Feeding Figure: 68

Base Menu Plan: 3,945 IA K-8 BFAST W2D4 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A312         | FRUDEL CHERRY #2187           | 1            | 1 PKG        | 55                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 210.0000     | kcal         | Carbohydrate       | 37.0000      | g            |
| 2163         | CEREAL LUCKY CHARMS BOWL      | 1            | BOWL (1)     | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 23.0000      | g            |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 22.0000      | g            |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 17                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 80.0000      | kcal         | Carbohydrate       | 0.0000       | g            |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 240.0000     | kcal         | Carbohydrate       | 39.0000      | g            |
| 1332         | PEAR BARTLETT 100CT           | 1            | PEAR (1)     | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 111.6281     | kcal         | Carbohydrate       | 26.5700      | g            |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 50.0000      | kcal         | Carbohydrate       | 12.9999      | g            |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 60.0001      | kcal         | Carbohydrate       | 15.0000      | g            |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal         | Carbohydrate       | 24.9999      | g            |
| 2139         | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal         | Carbohydrate       | 23.0000      | g            |
| 1027         | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 21                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 100.0000     | kcal         | Carbohydrate       | 12.0000      | g            |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/21/2018

Feeding Figure: 108

Base Menu Plan: 3,966 IA K-8 LUNCH W4D5 18-19

Menu Comments:

| Stock Number | Description                    | Serving Size | Measure          | Projected Quantity |              |              |
|--------------|--------------------------------|--------------|------------------|--------------------|--------------|--------------|
| A345         | PIZZA FIESTADA WG #2170        | 1            | 1 PIECE          | 103                |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 340.0001     | kcal             | Carbohydrate       | 39.0000      | g            |
| A129         | GRAB N GO WG TURKEY SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 5                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 515.7825     | kcal             | Carbohydrate       | 70.0617      | g            |
| A057         | BROCCOLI, STEAMED              | 1            | 1 CUP            | 49                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 26.3708      | kcal             | Carbohydrate       | 4.2404       | g            |
| a131         | SALAD, DARK GREENS- EL         | 1            | 1 CUP            | 2                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 7.1576       | kcal             | Carbohydrate       | 1.1981       | g            |
| a360         | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 2                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 11.6147      | kcal             | Carbohydrate       | 2.7139       | g            |
| A361         | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 8.1076       | kcal             | Carbohydrate       | 1.7522       | g            |
| A7020        | BEANS, BLACK (SALAD BAR)       | 1            | 1/4 CUP          | 2                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 75.1369      | kcal             | Carbohydrate       | 13.7866      | g            |
| A050         | APPLES, HOT SPICED             | 1            | 3/4 CUP          | 27                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 182.5194     | kcal             | Carbohydrate       | 39.6237      | g            |
| 1320         | APPLE GOLDEN 138               | 1            | APPLE (1)        | 6                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 88.8102      | kcal             | Carbohydrate       | 21.1897      | g            |
| 1319         | APPLE RED 138 CT               | 1            | APPLE (1)        | 6                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 91.9264      | kcal             | Carbohydrate       | 21.9065      | g            |
| 1333         | BANANAS PREM 40LB              | 1            | BANANA (1)       | 4                  |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 105.0201     | kcal             | Carbohydrate       | 26.9512      | g            |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 22 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

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