



Independence Central Office

Scheduled Menu Plans

3050 James Bridger Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/3/2018

Feeding Figure: 400

Base Menu Plan: 4,104 MS BIC 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A394	CINNAMON MINIS #1381	1	1 PKG	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	122		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/3/2018 **Feeding Figure:** 700
Base Menu Plan: 1,003,406 MS 18-19 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	116.2510	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.4807	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	258
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A498	SANDWICH, STEAK WG	1	1 SANDWICH	322
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.9999	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	322
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	322
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	129
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	

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A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.1903	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	215.2383	kcal	
	Nutrient	Value	Units	
	Carbohydrate	34.6101	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	59.4907	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.4676	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/4/2018

Feeding Figure: 400

Base Menu Plan: 4,105 MS BIC 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	

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2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/4/2018

Feeding Figure: 700

Base Menu Plan: 1,003,410 MS 18-19LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	258
	Nutrient	Value	Units	
	Food Energy	480.0173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.0775	g	

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7045	SALSA	1	1/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	226
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	129
	Nutrient	Value	Units	
	Food Energy	202.7802	kcal	
1871	CHIP DOR NACHO RF WG	1	BAG (1 OZ)	129
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
2407	RICE KRISPIES COCOA WG	1	PKG (1)	484
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
A069	BEANS, REFRIED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	

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Independence Central Office

Scheduled Menu Plans

1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/5/2018

Feeding Figure: 450

Base Menu Plan: 4,106 MS BIC 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	261		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/5/2018 **Feeding Figure:** 700
Base Menu Plan: 4,116 MS 18-19 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	322
Nutrient		Value	Units	
Food Energy		126.0141	kcal	
Nutrient		Value	Units	
Carbohydrate		12.5645	g	
A019	RICE, STEAMED	1	3/4 CUP	322
Nutrient		Value	Units	
Food Energy		93.6938	kcal	
Nutrient		Value	Units	
Carbohydrate		14.8469	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	322
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	161
Nutrient		Value	Units	
Food Energy		498.6447*	kcal	
Nutrient		Value	Units	
Carbohydrate		53.1496*	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	129
Nutrient		Value	Units	
Food Energy		340.4695	kcal	
Nutrient		Value	Units	
Carbohydrate		28.0117	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
Nutrient		Value	Units	
Food Energy		628.8102	kcal	
Nutrient		Value	Units	
Carbohydrate		72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	12
Nutrient		Value	Units	
Food Energy		618.8101	kcal	
Nutrient		Value	Units	
Carbohydrate		73.1897	g	
A012	PEAS	1	3/4 CUP	97
Nutrient		Value	Units	
Food Energy		61.3446	kcal	
Nutrient		Value	Units	
Carbohydrate		11.5131	g	
A066	CUCUMBER SALAD	1	3/4 CUP	97
Nutrient		Value	Units	
Food Energy		23.2985	kcal	
Nutrient		Value	Units	
Carbohydrate		5.6447	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	

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1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
1344	FRUIT MIX IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9999	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	OZ (1)	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/6/2018

Feeding Figure: 400

Base Menu Plan: 4,107 MS BIC 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/6/2018

Feeding Figure: 700

Base Menu Plan: 4,117 MS 18-19 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	290
	Nutrient	Value	Units	
	Food Energy	238.1163	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.8725	g	
A005	POTATOES, MASHED	1	1/2 CUP	290
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	290
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0431	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	290
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	194
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	

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Independence Central Office

Scheduled Menu Plans

A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	194
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	
A338	NACHO BITES #2265	1	8 SERVING	129
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	32.2317	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.4225	g	
A059	ZUCCHINI SAUTE	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	35.7754	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.4234	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	CUP	258
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5999	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/7/2018

Feeding Figure: 400

Base Menu Plan: 4,108 MS BIC 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A463	PANCAKE CONFETTI #2378	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 12/7/2018
Base Menu Plan: 4,368 MS 18-19 LUNCH W2D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 700

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	322
	Nutrient	Value	Units	
	Food Energy	194.4703	kcal	
			Nutrient	Value
			Carbohydrate	18.8556 g
4019	BOWL 12 OZ CAMP	1	BOWL	322
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
			Nutrient	Value
			Carbohydrate	0.0000 g
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	322
	Nutrient	Value	Units	
	Food Energy	295.2202	kcal	
			Nutrient	Value
			Carbohydrate	50.1329 g
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	322
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
			Nutrient	Value
			Carbohydrate	9.0000 g
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	161
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
			Nutrient	Value
			Carbohydrate	33.0001 g
1874	CHIP SUN MG SALSA (V	1	BAG (1 OZ)	161
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
			Nutrient	Value
			Carbohydrate	18.0000 g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	129
	Nutrient	Value	Units	
	Food Energy	311.8781	kcal	
			Nutrient	Value
			Carbohydrate	28.0469 g
1221	POTATO FRIES SPICY	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
			Nutrient	Value
			Carbohydrate	20.0000 g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
			Nutrient	Value
			Carbohydrate	72.1898 g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	12
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
			Nutrient	Value
			Carbohydrate	73.1897 g
A1223	CARROTS BABY 30LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
			Nutrient	Value
			Carbohydrate	7.0122 g

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Independence Central Office

Scheduled Menu Plans

A011	VEGETABLES, MIXED	1	1 CUP	97
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A003	SALAD, DARK GREENS	1	1 CUP	7
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/10/2018 **Feeding Figure:** 348
Base Menu Plan: 4,104 MS BIC 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	35
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/10/2018

Feeding Figure: 644

Base Menu Plan: 1,003,218 MS 18-19 LUNCH W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A413	ROASTED CHICKEN BBQ	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	324.1071	kcal	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	258
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	130
	Nutrient	Value	Units	
	Food Energy	327.4475	kcal	
A362	POTATO BAKED FRIES	1	1/2 CUP	130
	Nutrient	Value	Units	
	Food Energy	110.5216	kcal	

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Independence Central Office

Scheduled Menu Plans

A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	195
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	195
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	28
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
1223	CARROT BABY 30 LBS	1	3/4 CUP	98
	Nutrient	Value	Units	
	Food Energy	37.2094	kcal	
A067	BEANS, BAKED	1	3/4 CUP	98
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	8
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	130
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	162
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1832	DRESSING CAESAR FF	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	130
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	130
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/11/2018

Feeding Figure: 348

Base Menu Plan: 4,105 MS BIC 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A312	FRUDEL CHERRY #2187	1	1 PKG	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	210.0000	kcal	Carbohydrate	37.0000	g
1392	POP TART STRAW WG	1	PKG (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1467	JUICE ROYAL GRAPE	1	CARTON (1)	261		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/11/2018 **Feeding Figure:** 644
Base Menu Plan: 1,003,222 MS 18-19 LUNCH W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	323
Nutrient		Value	Units	
Food Energy		461.4527	kcal	
Nutrient		Value	Units	
Carbohydrate		42.0273	g	
7045	SALSA	1	1/4 CUP	323
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	195
Nutrient		Value	Units	
Food Energy		320.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		35.0000	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	195
Nutrient		Value	Units	
Food Energy		67.0982*	kcal	
Nutrient		Value	Units	
Carbohydrate		3.6160*	g	
A387	CORN DOG #1182	1	1 CORNDOG	98
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		30.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	21
Nutrient		Value	Units	
Food Energy		628.8102	kcal	
Nutrient		Value	Units	
Carbohydrate		72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	7
Nutrient		Value	Units	
Food Energy		618.8101	kcal	
Nutrient		Value	Units	
Carbohydrate		73.1897	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	98
Nutrient		Value	Units	
Food Energy		215.2383	kcal	
Nutrient		Value	Units	
Carbohydrate		34.6101	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	98
Nutrient		Value	Units	
Food Energy		21.3602	kcal	
Nutrient		Value	Units	
Carbohydrate		4.4464	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1329	ORANGE 138 CT	1	3/4 CUP (5-7 WEDGES)	258
	Nutrient	Value	Units	
	Food Energy	35.3966	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0586	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	130
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	162
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	21
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	TBSP	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	162
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	130
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	130
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/12/2018 **Feeding Figure:** 348
Base Menu Plan: 4,106 MS BIC 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/12/2018

Feeding Figure: 644

Base Menu Plan: 1,003,226 MS 18-19 LUNCH W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A528	CHICKEN POPCORN 14PC WG#2379	1	1 SERVING (14)	258
	Nutrient	Value	Units	
	Food Energy	193.0000	kcal	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	145.8523	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	162
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	162
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	98
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	

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Independence Central Office

Scheduled Menu Plans

A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	61
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
A011	VEGETABLES, MIXED	1	3/4 CUP	98
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
A066	CUCUMBER SALAD	1	3/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
A050	APPLES, HOT SPICED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	182.5194	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	130
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	21
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	162
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	130
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	130
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/13/2018

Feeding Figure: 348

Base Menu Plan: 4,107 MS BIC 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/13/2018

Feeding Figure: 644

Base Menu Plan: 3,471 MS TURKEY DAY DECEMBER

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A407	ROAST TURKEY-2017	1	3 OUNCES	322
	Nutrient	Value	Units	
	Food Energy	129.7050	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0382	g	
A005	POTATOES, MASHED	1	1/2 CUP	322
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	322
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	322
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
1343	SAUCE CRANBERRY	1	1/4 CUP	322
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
2389	COOKIE HOLIDAY BELL	1	COOKIE (1)	483
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	129
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	129
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	31
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A003	SALAD, DARK GREENS	1	1 CUP	7
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	

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Independence Central Office

Scheduled Menu Plans

7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	74.5001	kcal	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	32.2317	kcal	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
1347	PEACHES SLICD IN LS	1	3/4 CUP	322
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1086	SAUCE BBQ	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	129
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	290
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	290
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/14/2018 **Feeding Figure:** 348
Base Menu Plan: 4,108 MS BIC 18-19 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/14/2018 **Feeding Figure:** 644
Base Menu Plan: 4,123 MS 18-19 LUNCH W3D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	322
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	322
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	194
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	97
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	11
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	32.2317	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.4225	g	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1344	FRUIT MIX IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	129
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast
Date: 12/17/2018
Base Menu Plan: 4,104 MS BIC 18-19 W1D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 348

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	

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Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	35
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 12/17/2018
Base Menu Plan: 1,003,441 MS 18-19 LUNCH W4D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 644

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	258		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.2619	kcal	Carbohydrate	21.9456	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	258		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A112	WG FAJITA TACO	1	1 TACO	161		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	283.5238	kcal	Carbohydrate	22.5274	g
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	161		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	270.0000	kcal	Carbohydrate	31.0000	g
7045	SALSA	1	1/4 CUP	161		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	129		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	30.0000	g
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	129		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	67.0982*	kcal	Carbohydrate	3.6160*	g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	628.8102	kcal	Carbohydrate	72.1898	g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	618.8101	kcal	Carbohydrate	73.1897	g
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	97		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	34.9928	kcal	Carbohydrate	5.9988	g
A070	CARROTS, COOKED	1	3/4 CUP	97		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	41.9027	kcal	Carbohydrate	9.3117	g
A003	SALAD, DARK GREENS	1	1 CUP	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	SERVING 30 GRAM	7
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.0000	g	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	322
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	OZ	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/18/2018 **Feeding Figure:** 348
Base Menu Plan: 4,105 MS BIC 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/18/2018

Feeding Figure: 644

Base Menu Plan: 1,003,448 MS 18-19 LUNCH W4D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	258
	Nutrient	Value	Units	
	Food Energy	256.4172	kcal	
7045	SALSA	1	1/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	226
	Nutrient	Value	Units	
	Food Energy	541.6668	kcal	

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Independence Central Office

Scheduled Menu Plans

A454	CRUNCHERS PIZZA #2395	1	4 STICKS	129
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A069	BEANS, REFRIED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4972	g	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/19/2018

Feeding Figure: 348

Base Menu Plan: 4,106 MS BIC 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/19/2018

Feeding Figure: 644

Base Menu Plan: 4,598 MS 18-19 LUNCH W4D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	258
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	

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Independence Central Office

Scheduled Menu Plans

A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	194
	Nutrient	Value	Units	
	Food Energy	232.8014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4269	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	194
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	161
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	11
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	32.2317	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.4225	g	
A012	PEAS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.5131	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
1344	FRUIT MIX IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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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: 348

Base Menu Plan: 4,107 MS BIC 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1392	POP TART STRAW WG	1	PKG (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1467	JUICE ROYAL GRAPE	1	CARTON (1)	261		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 12/20/2018 **Feeding Figure:** 644
Base Menu Plan: 4,127 MS 18-19 LUNCH W4D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	322
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	322
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	322
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	322
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	194
Nutrient		Value	Units	
Food Energy		311.8781	kcal	
Nutrient		Value	Units	
Carbohydrate		28.0469	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	194
Nutrient		Value	Units	
Food Energy		140.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	97
Nutrient		Value	Units	
Food Energy		202.7802	kcal	
Nutrient		Value	Units	
Carbohydrate		26.0174	g	
1873	CHIP DOR CL RAN RF WG	1	BAG (1 OZ)	97
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		19.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	20
Nutrient		Value	Units	
Food Energy		515.7825	kcal	
Nutrient		Value	Units	
Carbohydrate		70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
Nutrient		Value	Units	
Food Energy		638.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		125.8244	g	

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A252	CHERRY CRISP w/o stabilizer	1	1 piece	483
	Nutrient	Value	Units	
	Food Energy	177.7405	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0911	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A1223	CARROTS BABY 30LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0122	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	57.8500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0444	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2225	KETCHUP SRIRACHA	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 12/21/2018

Feeding Figure: 348

Base Menu Plan: 4,108 MS BIC 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	

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Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Lunch

Date: 12/21/2018

Base Menu Plan: 4,124 MS 18-19 LUNCH W4D1

Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8

Feeding Figure: 644

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	258
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	258
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	194
	Nutrient	Value	Units	
	Food Energy	506.0001*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000*	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	161
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	11
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	215.2383	kcal	
	Nutrient	Value	Units	
	Carbohydrate	34.6101	g	
A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.1903	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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Scheduled Menu Plans

A7078	STRAWBERRIES #7078	1	3/4 CUP	258
	Nutrient		Value	Units
	Food Energy	59.4907	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient		Value	Units
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient		Value	Units
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient		Value	Units
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient		Value	Units
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient		Value	Units
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient		Value	Units
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient		Value	Units
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient		Value	Units
	Food Energy	18.8858	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient		Value	Units
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	20
	Nutrient		Value	Units
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient		Value	Units
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient		Value	Units
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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