



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/1/2019

Feeding Figure: 350

Base Menu Plan: 4,628 HS 18-19 JAN BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	289.6601	kcal	Carbohydrate	28.5666	g
A397	FRUDEL APPLE #1979	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	210.0000	kcal	Carbohydrate	36.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/1/2019

Feeding Figure: 1025

Base Menu Plan: 4,162 HS 18-19 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	42
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	42
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	42
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
A497	CHICKEN TERIYAKI STIR-FRY-MINH	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	133.6040	kcal	

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Independence Central Office

Scheduled Menu Plans

A019	RICE, STEAMED	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	93.6938	kcal	
a240	NOODLES, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	168
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	132.0316	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	

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Independence Central Office

Scheduled Menu Plans

a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A491	GRAB N GO WG SUB-ITALIAN	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	681.7162	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.2847	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	143.0865	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.6783	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4945	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	210
	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)	294
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/4/2019 **Feeding Figure:** 350
Base Menu Plan: 4,624 HS 18-19 JAN BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	208
Nutrient		Value	Units	
Food Energy		220.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		36.0000	g	
1122	SYRUP PKT	1	PKT (1)	208
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		31.0000	g	
1159	YOGURT RASP/PEACH	1	CARTON (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		16.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	15
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/4/2019

Feeding Figure: 1025

Base Menu Plan: 4,662 HS 18-19 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	42
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	145.8523	kcal	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	42
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1310	SAUCE MARINARA			1	SERVING (2 OZ)	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	45.0000	kcal		Carbohydrate	7.5000 g
A447	FRENCH TOAST STICKS WG #2400			1	2 STICKS	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	240.0000	kcal		Carbohydrate	38.0000 g
A499	SAUSAGE #2405			1	1 PATTY	84
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	120.0000	kcal		Carbohydrate	0.0000 g
A040	EGG, SCRAMBLED, CHEESY			1	1/2 CUP	84
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	194.9105	kcal		Carbohydrate	3.9151 g
A385	BISCUIT FRZ EASY SPLIT #2211			1	1 BISCUIT	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	210.0000	kcal		Carbohydrate	27.0000 g
A140	COUNTRY GRAVY			1	2 OZ	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	59.4904	kcal		Carbohydrate	8.4986 g
A100	CHEESEBURGER ON WG BUN			1	1 SANDWICH	84
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	340.4695	kcal		Carbohydrate	28.0117 g
A004	HAMBURGER ON WG BUN			1	1 SANDWICH	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	300.0000	kcal		Carbohydrate	27.0000 g
A195	SANDWICH, CHICKEN WG			1	1 SANDWICH	84
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	341.0001	kcal		Carbohydrate	35.0000 g
A197	CHICKEN SPICY SANDWICH			1	1 SANDWICH	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	385.9999	kcal		Carbohydrate	39.0001 g
A455	POTATO SWT TRAX #2384			1	1/2 CUP	336
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	180.0000	kcal		Carbohydrate	23.0001 g
A478	PIZZA VEGGIE HOMEMADE			1	1 SLICE	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	548.0642	kcal		Carbohydrate	55.2506 g
A307	PIZZA PEPPERONI HOMEMADE			1	1 SLICE	42
	Nutrient	Value	Units		Nutrient	Value
	Food Energy	465.0049*	kcal		Carbohydrate	51.6927* g

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Independence Central Office

Scheduled Menu Plans

a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	643.2758	kcal	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	

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Independence Central Office

Scheduled Menu Plans

7039	PEARS SLICED LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	84
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	OZ (1)	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

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1832	DRESSING CAESAR FF	1	Ounce	9			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	18.8858	kcal		Carbohydrate	2.8329	g
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	141.6433	kcal		Carbohydrate	1.8886	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/5/2019 **Feeding Figure:** 350
Base Menu Plan: 4,625 HS 18-19 JAN BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	230.0000	kcal		Carbohydrate	39.0000	g
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	290.0001	kcal		Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	24.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g

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Independence Central Office

Scheduled Menu Plans

1392	POP TART STRAW WG	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch
Date: 2/5/2019
Base Menu Plan: 4,164 HS 18-19 LUNCH W2D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 1025

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	541.6668	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.6111	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A511	CHICKEN DICED, CHIPOTLE	1	3 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	113.6001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1202	g	
A540	SAUCE QUESO CHEESE	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	59.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
A516	TACO MEAT	1	3 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	108.9109	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9703	g	
A513	HARD SHELL TACO SHELLS	1	2 TACO SHELLS	0
	Nutrient	Value	Units	
	Food Energy	100.9206	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.1289	g	
A514	NACHO CHIPS	1	2 OUNCES	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A515	TORTILLA 8"	1	1 TORTILLA	0
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A523	CHEESE CHEDDAR, SHREDDED RF	1	1/2 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
A517	LETTUCE, SHREDDED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	2.5382	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.5385	g	
A016	RICE, MEXICAN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A069	BEANS, REFRIED	1	1/2 CUP	252
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	136.8141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.5725	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9260	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT		1	ORANGE (1)	84
	Nutrient	Value		Nutrient	
	Food Energy	47.1954 kcals		Carbohydrate	12.0781 g
1467	JUICE ROYAL GRAPE		1	CARTON (1)	210
	Nutrient	Value		Nutrient	
	Food Energy	60.0001 kcals		Carbohydrate	14.0000 g
1468	JUICE BLUE RAZZ		1	CARTON (1)	210
	Nutrient	Value		Nutrient	
	Food Energy	60.0001 kcals		Carbohydrate	14.0000 g
2366	DRESSING ITALIAN OTT'S		1	Ounce	9
	Nutrient	Value		Nutrient	
	Food Energy	29.3055 kcals		Carbohydrate	7.8148 g
2365	DRESSING RANCH OTT'S		1	Ounce	84
	Nutrient	Value		Nutrient	
	Food Energy	85.8443 kcals		Carbohydrate	4.2922 g
1832	DRESSING CAESAR FF		1	Ounce	9
	Nutrient	Value		Nutrient	
	Food Energy	18.8858 kcals		Carbohydrate	2.8329 g
2364	DRESSING CHIPOTLE RANCH OTT'S		1	Ounce	42
	Nutrient	Value		Nutrient	
	Food Energy	141.6433 kcals		Carbohydrate	1.8886 g
1086	SAUCE BBQ		1	Ounce	42
	Nutrient	Value		Nutrient	
	Food Energy	29.1618 kcals		Carbohydrate	6.6655 g
2286	KETCHUP JUG WITH PUMP		1	Ounce	26
	Nutrient	Value		Nutrient	
	Food Energy	33.3278 kcals		Carbohydrate	8.3320 g
2225	KETCHUP SRIRACHA		1	Ounce	26
	Nutrient	Value		Nutrient	
	Food Energy	33.3278 kcals		Carbohydrate	6.6656 g
1097	MUSTARD		1	Ounce	84
	Nutrient	Value		Nutrient	
	Food Energy	0.0000 kcals		Carbohydrate	0.0000 g
2154	MILK CHOC CARTON FF 8 OZ		1	CARTON (1)	294
	Nutrient	Value		Nutrient	
	Food Energy	129.9999 kcals		Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ		1	CARTON (1)	294
	Nutrient	Value		Nutrient	
	Food Energy	129.9999 kcals		Carbohydrate	23.0000 g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/6/2019

Feeding Figure: 350

Base Menu Plan: 4,626 HS 18-19 JAN BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
Nutrient		Value	Units	
Food Energy		269.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		35.4987	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	119
Nutrient		Value	Units	
Food Energy		194.9105	kcal	
Nutrient		Value	Units	
Carbohydrate		3.9151	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
Nutrient		Value	Units	
Food Energy		176.5800	kcal	
Nutrient		Value	Units	
Carbohydrate		21.0400	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/6/2019

Feeding Figure: 1025

Base Menu Plan: 4,666 HS 18-19 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	42
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
7045	SALSA	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A498	SANDWICH, STEAK WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

a240	NOODLES, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3782	g	
A518	PENNE PASTA, WG	1	2 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	212.4001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.9999	g	
A519	SAUCE, SPAGHETTI MEAT	1	6 OUNCE	68
	Nutrient	Value	Units	
	Food Energy	178.9285	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.6428	g	
A520	SAUCE, ALFREDO W/ CHICKEN- JTM	1	1 SERVING	51
	Nutrient	Value	Units	
	Food Energy	127.6961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6039	g	
A522	SAUCE, ALFREDO- JTM	1	1 SERVING	26
	Nutrient	Value	Units	
	Food Energy	82.6961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6039	g	
A521	SAUCE, MARINARA	1	3/4 CUP	26
	Nutrient	Value	Units	
	Food Energy	94.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.7500	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	

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Independence Central Office

Scheduled Menu Plans

A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	637.9108	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.1027	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6589	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	210			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	33.3278	kcal		Carbohydrate	8.3320	g
2225	KETCHUP SRIRACHA	1	Ounce	42			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	33.3278	kcal		Carbohydrate	6.6656	g
1097	MUSTARD	1	Ounce	42			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/7/2019 **Feeding Figure:** 350
Base Menu Plan: 4,627 HS 18-19 JAN BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	240.0000	kcal		Carbohydrate	38.0000	g
A499	SAUSAGE #2405	1	1 PATTY	119			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	120.0000	kcal		Carbohydrate	0.0000	g
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	150.0000	kcal		Carbohydrate	24.0000	g
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	15.9999	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	24.0000	g

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Independence Central Office

Scheduled Menu Plans

2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/7/2019 **Feeding Figure:** 1025
Base Menu Plan: 4,166 HS 18-19 LUNCH W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	84
Nutrient		Value	Units	
Food Energy		419.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		41.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	84
Nutrient		Value	Units	
Food Energy		45.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5000	g	
A338	NACHO BITES #2265	1	8 SERVING	42
Nutrient		Value	Units	
Food Energy		270.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		32.0000	g	
7045	SALSA	1	1/4 CUP	42
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A110	ROASTED CHICKEN	1	1 SERVING	42
Nutrient		Value	Units	
Food Energy		265.7835	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8346	g	
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	42
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	84
Nutrient		Value	Units	
Food Energy		2.3897	kcal	
Nutrient		Value	Units	
Carbohydrate		0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
Nutrient		Value	Units	
Food Energy		178.5303	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0164	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	

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Independence Central Office

Scheduled Menu Plans

A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	79.0296	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.5720	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/8/2019

Feeding Figure: 350

Base Menu Plan: 4,628 HS 18-19 JAN BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	289.6601	kcal	Carbohydrate	28.5666	g
A397	FRUDEL APPLE #1979	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	210.0000	kcal	Carbohydrate	36.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1329	ORANGE 138 CT	1	ORANGE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	47.1954	kcal	Carbohydrate	12.0781	g

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/8/2019 **Feeding Figure:** 1025
Base Menu Plan: 4,358 HS 18-19 LUNCH W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	194.4703	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.8556	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	42
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	295.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1329	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	42
	Nutrient	Value	Units	
	Food Energy	*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	*	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	84
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	

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Independence Central Office

Scheduled Menu Plans

A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.5645	g	
A497	CHICKEN TERIYAKI STIR-FRY-MINH	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	133.6040	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.5745	g	
a240	NOODLES, WG	1	2 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	72.8168	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3782	g	
A019	RICE, STEAMED	1	1 CUP	42
	Nutrient	Value	Units	
	Food Energy	93.6938	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.8469	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	132.0316	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.7641	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	

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Independence Central Office

Scheduled Menu Plans

a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4945	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7017	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	101.9241	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.9793	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/11/2019 **Feeding Figure:** 296
Base Menu Plan: 4,624 HS 18-19 JAN BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	208
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT	1	PKT (1)	208
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1159	YOGURT RASP/PEACH	1	CARTON (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	15
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 2/11/2019
Base Menu Plan: 4,663 HS 18-19 LUNCH W1D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity
A365	HOTDOG	1	1 HOTDOG	42
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A015	MAC AND CHEESE	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	215.5708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0821	g	

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Independence Central Office

Scheduled Menu Plans

A495	BREADSTICK CHEESE FILLED #2375	1	2 BREADSTICKS	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.9999	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	42
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	42
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	42
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A499	SAUSAGE #2405	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	42
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	

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Independence Central Office

Scheduled Menu Plans

A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	643.2758	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.3359	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2458	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
1103	PICKLE RELISH	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/12/2019 **Feeding Figure:** 296
Base Menu Plan: 4,625 HS 18-19 JAN BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119
	Nutrient	Value	Units	
	Food Energy	290.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	

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Independence Central Office

Scheduled Menu Plans

2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/12/2019

Feeding Figure: 839

Base Menu Plan: 4,159 HS 18-19 LUNCH W1D2

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	136.8141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.5725	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9260	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/13/2019 **Feeding Figure:** 296
Base Menu Plan: 4,626 HS 18-19 JAN BFAST W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4987	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	119
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/13/2019

Feeding Figure: 839

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	637.9108	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A147	SPINACH	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	61.0705	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.5422	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.1027	g	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/14/2019

Feeding Figure: 296

Base Menu Plan: 4,627 HS 18-19 JAN BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	119
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	

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Independence Central Office

Scheduled Menu Plans

1167	YOGURT STRAW/STBAN	1	CARTON (1)	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/14/2019 **Feeding Figure:** 839
Base Menu Plan: 1,003,593 HS 18-19 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2388	COOKIE HOLIDAY HEART	1	COOKIE (1)	629
Nutrient		Value	Units	
	Food Energy	120.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	19.0000	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	84
Nutrient		Value	Units	
	Food Energy	779.7307	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.9793	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	42
Nutrient		Value	Units	
	Food Energy	460.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	42
Nutrient		Value	Units	
	Food Energy	26.9446	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.9494	g	
A110	ROASTED CHICKEN	1	1 SERVING	42
Nutrient		Value	Units	
	Food Energy	265.7835	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.8346	g	
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	84
Nutrient		Value	Units	
	Food Energy	260.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
Nutrient		Value	Units	
	Food Energy	85.3963	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
Nutrient		Value	Units	
	Food Energy	59.4904	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.4986	g	

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Independence Central Office

Scheduled Menu Plans

A525	GRAVY POULTRY LS #2422	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	

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Independence Central Office

Scheduled Menu Plans

A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	79.0296	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.5720	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT		1	ORANGE (1)		84
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	47.1954	kcal	Carbohydrate	12.0781	g
1468	JUICE BLUE RAZZ		1	CARTON (1)		210
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
1467	JUICE ROYAL GRAPE		1	CARTON (1)		210
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2366	DRESSING ITALIAN OTT'S		1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
2365	DRESSING RANCH OTT'S		1	Ounce		84
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1832	DRESSING CAESAR FF		1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	18.8858	kcal	Carbohydrate	2.8329	g
2364	DRESSING CHIPOTLE RANCH OTT'S		1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886	g
2286	KETCHUP JUG WITH PUMP		1	Ounce		126
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
2225	KETCHUP SRIRACHA		1	Ounce		26
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	6.6656	g
1086	SAUCE BBQ		1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.1618	kcal	Carbohydrate	6.6655	g
1097	MUSTARD		1	Ounce		17
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
2154	MILK CHOC CARTON FF 8 OZ		1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ		1	CARTON (1)		294
	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)	252
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/19/2019 **Feeding Figure:** 296
Base Menu Plan: 4,625 HS 18-19 JAN BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60
Nutrient		Value	Units	
Food Energy		230.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119
Nutrient		Value	Units	
Food Energy		290.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	27
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
Nutrient		Value	Units	
Food Energy		74.8864	kcal	
Nutrient		Value	Units	
Carbohydrate		17.9728	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/19/2019

Feeding Figure: 839

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	136.8141	kcal	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Scheduled Menu Plans

1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/20/2019

Feeding Figure: 296

Base Menu Plan: 4,626 HS 18-19 JAN BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4987	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	119
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	

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Independence Central Office

Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/20/2019 **Feeding Figure:** 839
Base Menu Plan: 4,666 HS 18-19 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	42
Nutrient		Value	Units	
	Food Energy	320.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	42
Nutrient		Value	Units	
	Food Energy	20.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.0000	g	
A498	SANDWICH, STEAK WG	1	1 SANDWICH	42
Nutrient		Value	Units	
	Food Energy	490.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	36.9999	g	
a240	NOODLES, WG	1	2 OUNCE	84
Nutrient		Value	Units	
	Food Energy	72.8168	kcal	
Nutrient		Value	Units	
	Carbohydrate	15.3782	g	
A518	PENNE PASTA, WG	1	2 OUNCE	84
Nutrient		Value	Units	
	Food Energy	212.4001	kcal	
Nutrient		Value	Units	
	Carbohydrate	41.9999	g	
A519	SAUCE, SPAGHETTI MEAT	1	6 OUNCE	68
Nutrient		Value	Units	
	Food Energy	178.9285	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.6428	g	
A520	SAUCE, ALFREDO W/ CHICKEN- JTM	1	1 SERVING	51
Nutrient		Value	Units	
	Food Energy	127.6961	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.6039	g	
A522	SAUCE, ALFREDO- JTM	1	1 SERVING	26
Nutrient		Value	Units	
	Food Energy	82.6961	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.6039	g	

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Independence Central Office

Scheduled Menu Plans

A521	SAUCE, MARINARA	1	3/4 CUP	26
	Nutrient	Value	Units	
	Food Energy	94.5000	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	

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Independence Central Office

Scheduled Menu Plans

A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	637.9108	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.1027	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6589	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	23.0000 g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/21/2019

Feeding Figure: 296

Base Menu Plan: 4,627 HS 18-19 JAN BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	119
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
Nutrient		Value	Units	
Food Energy		150.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		15.9999	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/21/2019

Feeding Figure: 839

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	84
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	84
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	

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Independence Central Office

Scheduled Menu Plans

A338	NACHO BITES #2265	1	8 SERVING	42
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A110	ROASTED CHICKEN	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	265.7835	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8346	g	
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	42
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	

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Independence Central Office

Scheduled Menu Plans

A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	79.0296	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.5720	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/22/2019

Feeding Figure: 296

Base Menu Plan: 4,628 HS 18-19 JAN BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
	Nutrient	Value	Units	
	Food Energy	289.6601	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.5666	g	
A397	FRUDEL APPLE #1979	1	1 PKG	60
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	

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Independence Central Office

Scheduled Menu Plans

2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 2/22/2019
Base Menu Plan: 4,167 HS 18-19 LUNCH W2D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity
A480	FISH TACO WG	1	1 TACO	42
	Nutrient	Value	Units	Nutrient
	Food Energy	382.8858	kcal	Carbohydrate
				50.1227 g
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	84
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				30.0000 g
1310	SAUCE MARINARA	1	SERVING (2 OZ)	42
	Nutrient	Value	Units	Nutrient
	Food Energy	45.0000	kcal	Carbohydrate
				7.5000 g
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	42
	Nutrient	Value	Units	Nutrient
	Food Energy	126.0141	kcal	Carbohydrate
				12.5645 g
A497	CHICKEN TERIYAKI STIR-FRY-MINH	1	1 SERVING	42
	Nutrient	Value	Units	Nutrient
	Food Energy	133.6040	kcal	Carbohydrate
				12.5745 g
a240	NOODLES, WG	1	2 OUNCE	42
	Nutrient	Value	Units	Nutrient
	Food Energy	72.8168	kcal	Carbohydrate
				15.3782 g
A019	RICE, STEAMED	1	1 CUP	42
	Nutrient	Value	Units	Nutrient
	Food Energy	93.6938	kcal	Carbohydrate
				14.8469 g
2416	FORTUNE COOKIE 40002	1	PKG (1)	84
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	Nutrient
	Food Energy	340.4695	kcal	Carbohydrate
				28.0117 g
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	Nutrient
	Food Energy	300.0000	kcal	Carbohydrate
				27.0000 g
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	Nutrient
	Food Energy	341.0001	kcal	Carbohydrate
				35.0000 g

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	132.0316	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	143.0865	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/25/2019

Feeding Figure: 296

Base Menu Plan: 4,624 HS 18-19 JAN BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	208
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT	1	PKT (1)	208
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1159	YOGURT RASP/PEACH	1	CARTON (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	

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Independence Central Office

Scheduled Menu Plans

2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	15
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/25/2019 **Feeding Figure:** 839
Base Menu Plan: 4,663 HS 18-19 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A365	HOTDOG	1	1 HOTDOG	42
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A015	MAC AND CHEESE	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	215.5708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0821	g	
A495	BREADSTICK CHEESE FILLED #2375	1	2 BREADSTICKS	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.9999	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	42
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	42
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	42
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A499	SAUSAGE #2405	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	42
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	643.2758	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	

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Independence Central Office

Scheduled Menu Plans

A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2458	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1103	PICKLE RELISH	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/26/2019

Feeding Figure: 296

Base Menu Plan: 4,625 HS 18-19 JAN BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
A537	MUFFIN ENG,WG SAUSAGE & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	290.0001	kcal	Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1392	POP TART STRAW WG	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/26/2019

Feeding Figure: 839

Base Menu Plan: 4,159 HS 18-19 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	42
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	42
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
1122	SYRUP PKT	1	PKT (1)	42
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A351	WAFFLE WG	1	1 WAFFLE	42
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
A511	CHICKEN DICED, CHIPOTLE	1	3 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	113.6001	kcal	

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Independence Central Office

Scheduled Menu Plans

A516	TACO MEAT	1	3 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	108.9109	kcal	
A513	HARD SHELL TACO SHELLS	1	2 TACOS	42
	Nutrient	Value	Units	
	Food Energy	100.9206	kcal	
A514	NACHO CHIPS	1	2 OUNCES	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A515	TORTILLA 8"	1	1 TORTILLA	42
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A523	CHEESE CHEDDAR, SHREDDED RF	1	1/2 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A517	LETTUCE, SHREDDED	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	2.5382	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
7045	SALSA	1	1/4 CUP	168
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	136.8141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.5725	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.4683	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9260	g	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/27/2019

Feeding Figure: 296

Base Menu Plan: 4,626 HS 18-19 JAN BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4987	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	119
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	

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Independence Central Office

Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/27/2019 **Feeding Figure:** 839
Base Menu Plan: 4,160 HS 18-19 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A101	RIB-Q ON BUN	1	1 SANDWICH	42
Nutrient		Value	Units	
	Food Energy	354.5809	kcal	
Nutrient		Value	Units	
	Carbohydrate	39.3327	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	42
Nutrient		Value	Units	
	Food Energy	340.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	39.0000	g	
A518	PENNE PASTA, WG	1	2 OUNCE	84
Nutrient		Value	Units	
	Food Energy	212.4001	kcal	
Nutrient		Value	Units	
	Carbohydrate	41.9999	g	
a240	NOODLES, WG	1	2 OUNCE	84
Nutrient		Value	Units	
	Food Energy	72.8168	kcal	
Nutrient		Value	Units	
	Carbohydrate	15.3782	g	
A519	SAUCE, SPAGHETTI MEAT	1	6 OUNCE	68
Nutrient		Value	Units	
	Food Energy	178.9285	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.6428	g	
A520	SAUCE, ALFREDO W/ CHICKEN- JTM	1	1 SERVING	51
Nutrient		Value	Units	
	Food Energy	127.6961	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.6039	g	
A521	SAUCE, MARINARA	1	3/4 CUP	26
Nutrient		Value	Units	
	Food Energy	94.5000	kcal	
Nutrient		Value	Units	
	Carbohydrate	15.7500	g	
A522	SAUCE, ALFREDO- JTM	1	1 SERVING	26
Nutrient		Value	Units	
	Food Energy	82.6961	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.6039	g	

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a479	PIZZA BBQ CKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	84
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	

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Independence Central Office

Scheduled Menu Plans

A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	637.9108	kcal	
	Nutrient	Value	Units	
	Carbohydrate	71.2863	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	438.4146	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5828	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A147	SPINACH	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	61.0705	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.5422	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.1027	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	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)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/28/2019 **Feeding Figure:** 296
Base Menu Plan: 4,627 HS 18-19 JAN BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	119
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
Nutrient		Value	Units	
Food Energy		150.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		15.9999	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	

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Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/28/2019

Feeding Figure: 839

Base Menu Plan: 1,003,735 HS 18-19 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	84
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.0000	g	

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Independence Central Office

Scheduled Menu Plans

A033	SAUCE, TARTER	1	1 OZ	42
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9494	g	
A110	ROASTED CHICKEN	1	1 SERVING	42
	Nutrient	Value	Units	
	Food Energy	265.7835	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8346	g	
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	548.0642	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.2506	g	

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Independence Central Office

Scheduled Menu Plans

A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
a479	PIZZA BBQ KKN HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	393.3309	kcal	
	Nutrient	Value	Units	
	Carbohydrate	55.0621	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	436.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.2073	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.7742	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2365	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	376.8147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5830	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	55.8809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	79.0296	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.5720	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient		Value	Units
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient		Value	Units
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient		Value	Units
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient		Value	Units
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient		Value	Units
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient		Value	Units
	Food Energy	100.0000	kcal	

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