



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/3/2019

Feeding Figure: 21

Base Menu Plan: 4,047 EE/EL MAIN BFAST W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1/2 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	56.2312	kcal	Carbohydrate	8.9970	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/3/2019

Feeding Figure: 22

Base Menu Plan: 4,067 EE/EL 18-19 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	171.0000	kcal	Carbohydrate	9.0000	g
A140	COUNTRY GRAVY	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g

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A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	111.6666	kcal	Carbohydrate
				20.9376 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	39.5599	kcal	Carbohydrate
				9.2966 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/3/2019 **Feeding Figure:** 19
Base Menu Plan: 4,084 EE/EL MAIN 18-19 SNACK W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.0000	kcal	Carbohydrate
				18.9000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/4/2019 **Feeding Figure:** 21
Base Menu Plan: 4,048 EE/EL MAIN BFAST W1D5 18-19
Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A464	PANCAKE BLUEBERRY BASH #2383	1	1 PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	36.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/4/2019 **Feeding Figure:** 22
Base Menu Plan: 4,066 EE/EL 18-19 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	126.0141	kcal	Carbohydrate	12.5645	g
A019	RICE, STEAMED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	46.8472	kcal	Carbohydrate	7.4235	g
A130	PEAS & CARROTS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	51.2616	kcal	Carbohydrate	10.0415	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	32.4963	kcal	Carbohydrate	2.9997	g

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A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	69.4375	kcal	Carbohydrate
				16.4915 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/4/2019 **Feeding Figure:** 19
Base Menu Plan: 4,088 EE/EL MAIN 18-19 SNACK W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/7/2019 **Feeding Figure:** 10
Base Menu Plan: 4,049 EE/EL MAIN BFAST W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				40.0000 g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/7/2019 **Feeding Figure:** 10
Base Menu Plan: 4,069 EE/EL 18-19 LUNCH W2D1
Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A526	FISH NACHO STICKS #2401 EE	1	2 STICKS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	11.0000	g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	145.8523	kcal	Carbohydrate	10.7791	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	111.6666	kcal	Carbohydrate	20.9376	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	41.2567	kcal	Carbohydrate	7.7529	g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.0001	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/7/2019

Feeding Figure: 10

Base Menu Plan: 4,089 EE/EL MAIN 18-19 SNACK W2D1

Menu Comments:

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Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/8/2019 **Feeding Figure:** 10
Base Menu Plan: 4,050 EE/EL MAIN BFAST W2D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2001	CEREAL RICE CHEX	1	BOWL (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	24.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.5599	kcal	Carbohydrate	9.2966	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/8/2019 **Feeding Figure:** 10
Base Menu Plan: 4,070 EE/EL 18-19 LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	297.3600	kcal	Carbohydrate	16.3599	g
A016	RICE, MEXICAN	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	78.7958	kcal	Carbohydrate	13.4837	g

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A070	CARROTS, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	27.9508	kcal	Carbohydrate
				6.2113 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A050	APPLES, HOT SPICED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	121.4842	kcal	Carbohydrate
				26.3734 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/8/2019

Feeding Figure: 10

Base Menu Plan: 4,090 EE/EL MAIN 18-19 SNACK W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2409	COOKIE MINI RASPBERRY WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				20.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/9/2019

Feeding Figure: 10

Base Menu Plan: 4,051 EE/EL MAIN BFAST W2D3 18-19

Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>279.4904</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	279.4904	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>38.4986</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	38.4986	g	
Nutrient	Value	Units														
Food Energy	279.4904	kcal														
Nutrient	Value	Units														
Carbohydrate	38.4986	g														
1333	BANANAS PREM 40LB	1	1/2 BANANA	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>52.5100</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	52.5100	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.4756</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	13.4756	g	
Nutrient	Value	Units														
Food Energy	52.5100	kcal														
Nutrient	Value	Units														
Carbohydrate	13.4756	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	100.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	12.0000	g	
Nutrient	Value	Units														
Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	12.0000	g														

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/9/2019 **Feeding Figure:** 10
Base Menu Plan: 4,071 EE/EL 18-19 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>232.6962</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	232.6962	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>25.6039</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	25.6039	g	
Nutrient	Value	Units														
Food Energy	232.6962	kcal														
Nutrient	Value	Units														
Carbohydrate	25.6039	g														
A379	BREADSTICK WG #1361	1	1 BREADSTICK	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>110.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	110.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0000	g														
A057	BROCCOLI, STEAMED	1	1/2 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>131.9859</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	131.9859	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>25.0340</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	25.0340	g	
Nutrient	Value	Units														
Food Energy	131.9859	kcal														
Nutrient	Value	Units														
Carbohydrate	25.0340	g														
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>3.5905</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	3.5905	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.6010</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.6010	g	
Nutrient	Value	Units														
Food Energy	3.5905	kcal														
Nutrient	Value	Units														
Carbohydrate	0.6010	g														
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10												
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Nutrient	Value	Units														
Food Energy	5.8094	kcal														
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Carbohydrate	1.3574	g														
A361	TOMATO, FRESH DICED	1	1/8 CUP	10												
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Nutrient	Value	Units														
Food Energy	4.1189	kcal														
Nutrient	Value	Units														
Carbohydrate	0.8901	g														
a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>47.6842</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	47.6842	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>8.7583</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	8.7583	g	
Nutrient	Value	Units														
Food Energy	47.6842	kcal														
Nutrient	Value	Units														
Carbohydrate	8.7583	g														

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Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	39.5599	kcal	Carbohydrate
				9.2966 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/9/2019 **Feeding Figure:** 10
Base Menu Plan: 4,091 EE/EL MAIN 18-19 SNACK W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/10/2019 **Feeding Figure:** 10
Base Menu Plan: 4,052 EE/EL MAIN BFAST W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				36.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/10/2019 **Feeding Figure:** 10
Base Menu Plan: 4,473 EE/EL 18-19 LUNCH W2D4
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	238.1163	kcal	Carbohydrate
				13.8725 g
A005	POTATOES, MASHED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A524	GRAVY BROWN LS #2421	1	2 OZ	10
	Nutrient	Value	Units	Nutrient
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	133.2287	kcal	Carbohydrate
				30.7451 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.9999 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 1/10/2019
Base Menu Plan: 4,094 EE/EL MAIN 18-19 SNACK W3D1
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 1/11/2019
Base Menu Plan: 4,053 EE/EL MAIN BFAST W2D5 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 1/11/2019
Base Menu Plan: 3,398 EE/EL 17-18R CHILI
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A080	CHILI	1	3/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	194.4703	kcal	Carbohydrate	18.8556	g

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Independence Central Office

Scheduled Menu Plans

1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
2350	MUFFIN WG CORNBREAD IW	1	PKG (1.8 OZ)	10
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
4019	BOWL 12 OZ CAMP	1	BOWL	10
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A011	VEGETABLES, MIXED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	69.4375	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	37.5766	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/11/2019

Feeding Figure: 10

Base Menu Plan: 4,664 EE/EL MAIN 18-19 SNACK W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

7071	PEACH CUPS FROZEN	1	CUP (1)	10
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/14/2019 **Feeding Figure:** 10
Base Menu Plan: 4,054 EE/EL MAIN BFAST W3D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/14/2019 **Feeding Figure:** 10
Base Menu Plan: 4,078 EE/EL 18-19 LUNCH W3D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	10
	Nutrient	Value	Units	
	Food Energy	249.9517	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9384	g	
A012	PEAS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	40.9653	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.6883	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	10
	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	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/14/2019 **Feeding Figure:** 10
Base Menu Plan: 4,094 EE/EL MAIN 18-19 SNACK W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/15/2019 **Feeding Figure:** 10
Base Menu Plan: 4,055 EE/EL MAIN BFAST W3D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				37.0000 g

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Independence Central Office

Scheduled Menu Plans

A7078	STRAWBERRIES #7078	1	1/2 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		69.4375	kcal	Carbohydrate
				16.4915 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	Nutrient
Food Energy		100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/15/2019 **Feeding Figure:** 10
Base Menu Plan: 4,075 EE/EL 18-19 LUNCH W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A081	WG SOFT TACO W/MEAT	1	1 TACO	10
Nutrient		Value	Units	Nutrient
Food Energy		275.4966	kcal	Carbohydrate
				24.5578 g
7045	SALSA	1	1/4 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		20.0000	kcal	Carbohydrate
				4.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		133.2287	kcal	Carbohydrate
				30.7451 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		37.5766	kcal	Carbohydrate
				6.8948 g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
Nutrient		Value	Units	Nutrient
Food Energy		60.0000	kcal	Carbohydrate
				14.0001 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
Nutrient		Value	Units	Nutrient
Food Energy		85.8443	kcal	Carbohydrate
				4.2922 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/15/2019 **Feeding Figure:** 10
Base Menu Plan: 4,095 EE/EL MAIN 18-19 SNACK W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		21.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,056 EE/EL MAIN BFAST W3D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		31.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
Nutrient		Value	Units	
Food Energy		52.5100	kcal	
Nutrient		Value	Units	
Carbohydrate		13.4756	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,074 EE/EL 18-19 LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	10
Nutrient		Value	Units	
Food Energy		332.8338	kcal	
Nutrient		Value	Units	
Carbohydrate		32.1840	g	

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	131.9859	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0340	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7529	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/16/2019

Feeding Figure: 10

Base Menu Plan: 4,096 EE/EL MAIN 18-19 SNACK W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	10
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 1/17/2019
Base Menu Plan: 4,057 EE/EL MAIN BFAST W3D4 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 1/17/2019
Base Menu Plan: 4,077 EE/EL 18-19 LUNCH W3D4
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	170.0000	kcal	Carbohydrate	9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A525	GRAVY POULTRY LS #2422	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	39.5599	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1086	SAUCE BBQ	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/17/2019

Feeding Figure: 10

Base Menu Plan: 4,451 EE/EL MAIN 18-19 SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Carbohydrate	17.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Carbohydrate	12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 1/22/2019
Base Menu Plan: 4,060 EE/EL MAIN BFAST W4D2 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2001	CEREAL RICE CHEX	1	BOWL (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	24.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.5599	kcal	Carbohydrate	9.2966	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 1/22/2019
Base Menu Plan: 4,080 EE/EL 18-19 LUNCH W4D2
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	320.0001	kcal	Carbohydrate	35.0001	g
7045	SALSA	1	1/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	131.9859	kcal	Carbohydrate	25.0340	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	69.4375	kcal	Carbohydrate
				16.4915 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/22/2019 **Feeding Figure:** 10
Base Menu Plan: 4,100 EE/EL MAIN 18-19 SNACK W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/23/2019 **Feeding Figure:** 10
Base Menu Plan: 4,061 EE/EL MAIN BFAST W4D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10
	Nutrient	Value	Units	Nutrient
	Food Energy	279.4904	kcal	Carbohydrate
				38.4986 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	52.5100	kcal	Carbohydrate
				13.4756 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/23/2019 **Feeding Figure:** 10
Base Menu Plan: 4,649 EE/EL MAIN 17-18 LUNCH W1D1J
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	10
Nutrient		Value	Units	
Food Energy		209.5704	kcal	
Nutrient		Value	Units	
Carbohydrate		26.7570	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
A130	PEAS & CARROTS	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		51.2616	kcal	
Nutrient		Value	Units	
Carbohydrate		10.0415	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.5905	kcal	
Nutrient		Value	Units	
Carbohydrate		0.6010	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		4.1189	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8901	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		37.5766	kcal	
Nutrient		Value	Units	
Carbohydrate		6.8948	g	
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		50.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
Nutrient		Value	Units	
Food Energy		85.8443	kcal	
Nutrient		Value	Units	
Carbohydrate		4.2922	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 1/23/2019
Base Menu Plan: 4,101 EE/EL MAIN 18-19 SNACK W4D3
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 1/24/2019
Base Menu Plan: 4,062 EE/EL MAIN BFAST W4D4 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 1/24/2019
Base Menu Plan: 4,082 EE/EL 18-19 LUNCH W4D4
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g

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Independence Central Office

Scheduled Menu Plans

A140	COUNTRY GRAVY	1	2 OZ	10
	Nutrient	Value	Units	Nutrient
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A011	VEGETABLES, MIXED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.4764	kcal	Carbohydrate
				8.4649 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.9999 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/24/2019

Feeding Figure: 10

Base Menu Plan: 4,102 EE/EL MAIN 18-19 SNACK W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/25/2019 **Feeding Figure:** 10
Base Menu Plan: 4,063 EE/EL MAIN BFAST W4D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		100.0000	kcal	Carbohydrate		20.0000	g
A029	TOAST, WG	1	1 SLICE	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		112.5000	kcal	Carbohydrate		18.0000	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		69.4375	kcal	Carbohydrate		16.4915	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/25/2019 **Feeding Figure:** 10
Base Menu Plan: 4,083 EE/EL 18-19 LUNCH W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		340.4695	kcal	Carbohydrate		28.0117	g
A070	CARROTS, COOKED	1	1/2 CUP	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		27.9508	kcal	Carbohydrate		6.2113	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		3.5905	kcal	Carbohydrate		0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		5.8094	kcal	Carbohydrate		1.3574	g

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	39.5599	kcal	Carbohydrate
				9.2966 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1097	MUSTARD	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/25/2019 **Feeding Figure:** 10
Base Menu Plan: 4,103 EE/EL MAIN 18-19 SNACK W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				16.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/28/2019 **Feeding Figure:** 10
Base Menu Plan: 4,044 EE/EL MAIN BFAST W1D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/28/2019 **Feeding Figure:** 10
Base Menu Plan: 4,064 EE/EL 18-19 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10
	Nutrient	Value	Units	
	Food Energy	170.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A351	WAFFLE WG	1	1 WAFFLE	10
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1122	SYRUP PKT	1	PKT (1)	10
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A067	BEANS, BAKED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	117.7311	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.1326	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.9999 g
1086	SAUCE BBQ	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	1
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/28/2019

Feeding Figure: 10

Base Menu Plan: 4,084 EE/EL MAIN 18-19 SNACK W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.0000	kcal	Carbohydrate
				18.9000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/29/2019

Feeding Figure: 10

Base Menu Plan: 4,045 EE/EL MAIN BFAST W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				37.0000 g

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Independence Central Office

Scheduled Menu Plans

A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	69.4375	kcal	Carbohydrate
				16.4915 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/29/2019 **Feeding Figure:** 10
Base Menu Plan: 4,065 EE/EL 18-19 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	133.2287	kcal	Carbohydrate
				30.7451 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A053	APPLESAUCE, ROSY	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	62.0849	kcal	Carbohydrate
				16.0220 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 1/29/2019
Base Menu Plan: 4,452 EE/EL MAIN 18-19 SNACK W1D2
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
2402	MANDARIN ORANGE CUP 605376	1	CUP (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				21.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast
Date: 1/30/2019
Base Menu Plan: 4,046 EE/EL MAIN BFAST W1D3 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10
Nutrient		Value Units		Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				31.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
Nutrient		Value Units		Nutrient
	Food Energy	52.5100	kcal	Carbohydrate
				13.4756 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch
Date: 1/30/2019
Base Menu Plan: 4,066 EE/EL 18-19 LUNCH W1D3
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	10
Nutrient		Value Units		Nutrient
	Food Energy	126.0141	kcal	Carbohydrate
				12.5645 g
A019	RICE, STEAMED	1	1/2 CUP	10
Nutrient		Value Units		Nutrient
	Food Energy	46.8472	kcal	Carbohydrate
				7.4235 g

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Independence Central Office

Scheduled Menu Plans

A130	PEAS & CARROTS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	51.2616	kcal	Carbohydrate
				10.0415 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	69.4375	kcal	Carbohydrate
				16.4915 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/30/2019

Feeding Figure: 10

Base Menu Plan: 4,451 EE/EL MAIN 18-19 SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				17.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/31/2019

Feeding Figure: 10

Base Menu Plan: 4,047 EE/EL MAIN BFAST W1D4 18-19

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPACK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1/2 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	56.2312	kcal	Carbohydrate	8.9970	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 1/31/2019 **Feeding Figure:** 10
Base Menu Plan: 4,067 EE/EL 18-19 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	171.0000	kcal	Carbohydrate	9.0000	g
A140	COUNTRY GRAVY	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	111.6666	kcal	Carbohydrate	20.9376	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7529	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	39.5599	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.2966	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 1/31/2019

Feeding Figure: 10

Base Menu Plan: 4,087 EE/EL MAIN 18-19 SNACK W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1015	CHEESE STRING MOZ LT	1	PKG (1)	10
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	10
	Nutrient	Value	Units	
	Food Energy	30.0003	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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