



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/2/2019

Feeding Figure: 50

Base Menu Plan: 2,331 OPEN SITE EL 16-17 BFAST

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	229
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	280.0000	kcal	Carbohydrate
				59.0001 g
7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	467
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	90.0000	kcal	Carbohydrate
				22.0001 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/2/2019

Feeding Figure: 60

Base Menu Plan: 4,647 OPEN SITE EL 18-19 lunch

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A359	CORN, COOKED	1	1/2 CUP	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	133.2287	kcal	Carbohydrate
				30.7451 g

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2409	COOKIE MINI RASPBERRY WG	1	PKG (1)	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
7153	FRUIT CUP MIXED DICED 1760	1	CUP (1)	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	70.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/3/2019

Feeding Figure: 467

Base Menu Plan: 4,640 EL BFAST JAN 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	

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A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/3/2019

Feeding Figure: 511

Base Menu Plan: 4,648 EL 18-19 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	

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A140	COUNTRY GRAVY	1	2 OZ	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	419.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	67.0982*	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.6160*	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	111.6666	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.9376	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2966	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	

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2286	KETCHUP JUG WITH PUMP	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/4/2019      **Feeding Figure:** 467  
**Base Menu Plan:** 4,641 EL BFAST JAN 18-19 W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/4/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,005 EL 18-19 LUNCH W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	126.0141	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.5645	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A019	RICE, STEAMED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	46.8472	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4235	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	267.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.0001	g	
A130	PEAS & CARROTS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.2616	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.0415	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	

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A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.4375	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/7/2019

Feeding Figure: 467

Base Menu Plan: 4,637 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	35.0000 g

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1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 1/7/2019  
**Serving Line:** MAIN  
**Age Group:** Grades K-5  
**Base Menu Plan:** 4,008 EL 18-19 LUNCH W2D1  
**Feeding Figure:** 511  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A465	FISH NACHO STICKS #2401	1	4 STICKS	358
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

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Independence Central Office

Scheduled Menu Plans

A531	MAC AND CHEESE TWISTED	1	1/2 CUP	358
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	145.8523	kcal	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	153
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0000	kcal	
7045	SALSA	1	1/4 CUP	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	111.6666	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/8/2019

Feeding Figure: 467

Base Menu Plan: 4,638 EL BFAST JAN 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/8/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,644 EL 18-19 LUNCH W2D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	297.3600	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
7045	SALSA	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	27.9508	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	

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Scheduled Menu Plans

A050	APPLES, HOT SPICED	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4842	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.3734	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/9/2019

Feeding Figure: 467

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/9/2019

Feeding Figure: 511

Base Menu Plan: 4,010 EL 18-19 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	358
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	232.6962	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	358
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	153
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.9859	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2966	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	77
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/10/2019

Feeding Figure: 467

Base Menu Plan: 4,665 EL BFAST JAN 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	3		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	234		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	22.0001	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 1/10/2019  
**Base Menu Plan:** 4,474 EL 18-19 LUNCH W2D4  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A078	MEATLOAF-HOMEMADE	1	1 SLICE	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	238.1163	kcal	Carbohydrate	13.8725	g
A005	POTATOES, MASHED	1	1/2 CUP	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A524	GRAVY BROWN LS #2421	1	2 OZ	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	25.2695	kcal	Carbohydrate	4.0431	g
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	204		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	30.0000	g
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	67.0982*	kcal	Carbohydrate	3.6160*	g
A359	CORN, COOKED	1	1/2 CUP	256		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	133.2287	kcal	Carbohydrate	30.7451	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g

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Scheduled Menu Plans

7039	PEARS SLICED LS	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/11/2019

Feeding Figure: 467

Base Menu Plan: 4,641 EL BFAST JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

A011	VEGETABLES, MIXED	1	1/2 CUP	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.4764	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	358
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.4375	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	179
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	149
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/14/2019

Feeding Figure: 467

Base Menu Plan: 4,637 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 1/14/2019  
**Base Menu Plan:** 4,342 EL 18-19 LUNCH W3D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	249.9517	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.9384	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A012	PEAS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	40.9653	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.6883	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
7029	FRUIT MIXED	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/15/2019      **Feeding Figure:** 467  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		176.5800	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		269.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		29.4972	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		50.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/15/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,014 EL 18-19 LUNCH W3D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	358
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		256.4172	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		18.6866	g	
7045	SALSA	1	1/4 CUP	358
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0000	g	
A016	RICE, MEXICAN	1	1/2 CUP	358
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		78.7958	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.4837	g	
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	153
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		190.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		5.0000	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	154
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
A359	CORN, COOKED	1	1/2 CUP	256
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		133.2287	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		30.7451	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		75.1369	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.7866	g	

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Scheduled Menu Plans

7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0001	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/16/2019

Feeding Figure: 467

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/16/2019

Feeding Figure: 511

Base Menu Plan: 4,013 EL 18-19 LUNCH W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	332.8338	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.1840	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	204.2101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.6249	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0001	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.9859	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0340	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1097	MUSTARD	1	Ounce	16
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
1125	SALAD DRESG LF	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	35.7850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.1281	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/17/2019      **Feeding Figure:** 467  
**Base Menu Plan:** 4,640 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		230.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		59.0001	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		269.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	234
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		51.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		50.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/17/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,016 EL 18-19 LUNCH W3D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		170.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		85.3963	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		2.3897	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.2868	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		130.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	204
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		343.7030	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		36.8464	g	
1911	CHEETO PUFF	1	PKG (1)	205
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		90.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	256
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		27.9508	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	

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Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
1086	SAUCE BBQ	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/18/2019

Feeding Figure: 467

Base Menu Plan: 2,331 OPEN SITE EL 16-17 BFAST

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
			Carbohydrate	56.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	229
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
			Carbohydrate	59.0001 g

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Independence Central Office

Scheduled Menu Plans

7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	467
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/18/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,352 OPEN SITE EL 16-17 LUNCH2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0117	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	132.0316	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.7641	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.9859	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0340	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	205
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	205
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	128
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/22/2019

Feeding Figure: 467

Base Menu Plan: 4,638 EL BFAST JAN 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/22/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,645 EL 18-19 LUNCH W4D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	480.0173	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	44.0775	g	
2407	RICE KRISPIES COCOA WG	1	PKG (1)	486
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.0000	g	
A069	BEANS, REFRIED	1	1/2 CUP	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.3267	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.9859	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0340	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.4375	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/23/2019

Feeding Figure: 467

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
			Carbohydrate	36.0000 g

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Independence Central Office

Scheduled Menu Plans

1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/23/2019

Feeding Figure: 511

Base Menu Plan: 4,646 EL 18-19 LUNCH W4D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	209.5704	kcal	

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Independence Central Office

Scheduled Menu Plans

A024	BISCUITS, MINI, WG	1	1.25 OUNCE	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
A130	PEAS & CARROTS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.2616	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.0415	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
7029	FRUIT MIXED	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/24/2019

Feeding Figure: 467

Base Menu Plan: 4,640 EL BFAST JAN 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	234		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	51.0000	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 1/24/2019  
**Base Menu Plan:** 4,021 EL 18-19 LUNCH W4D4  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	260.0000	kcal	Carbohydrate
				11.0000 g
A005	POTATOES, MASHED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A140	COUNTRY GRAVY	1	2 OZ	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	150.0000	kcal	Carbohydrate
				18.0000 g
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	67.0982*	kcal	Carbohydrate
				3.6160* g
A011	VEGETABLES, MIXED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	38.4764	kcal	Carbohydrate
				8.4649 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	82.4860	kcal	Carbohydrate
				15.5007 g

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Independence Central Office

Scheduled Menu Plans

7039	PEARS SLICED LS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/25/2019

Feeding Figure: 467

Base Menu Plan: 4,641 EL BFAST JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/25/2019

Feeding Figure: 511

Base Menu Plan: 4,022 EL 18-19 LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0117	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.5000	g	
A1223	CARROTS BABY 30LBS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	19.8450	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.6721	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2966	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/28/2019

Feeding Figure: 467

Base Menu Plan: 4,637 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	210.0000	kcal	Carbohydrate
				35.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/28/2019

Feeding Figure: 511

Base Menu Plan: 4,003 EL 18-19 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	358		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	170.0000	kcal	Carbohydrate	9.0000	g
A351	WAFFLE WG	1	1 WAFFLE	358		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	14.0000	g
1122	SYRUP PKT	1	PKT (1)	358		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A101	RIB-Q ON BUN	1	1 SANDWICH	153		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	343.7030	kcal	Carbohydrate	36.8464	g
1911	CHEETO PUFF	1	PKG (1)	154		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	13.0000	g
A067	BEANS, BAKED	1	1/2 CUP	128		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	117.7311	kcal	Carbohydrate	22.1326	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g
7039	PEARS SLICED LS	1	1/2 CUP	256		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1086	SAUCE BBQ	1	Ounce	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/29/2019      **Feeding Figure:** 467  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/29/2019

Feeding Figure: 511

Base Menu Plan: 4,643 EL 18-19 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	461.4527	kcal	
7045	SALSA	1	1/4 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	

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Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	1/2 CUP	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A053	APPLESAUCE, ROSY	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	62.0849	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/30/2019

Feeding Figure: 467

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A397	FRUDEL APPLE #1979	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/30/2019

Feeding Figure: 511

Base Menu Plan: 4,005 EL 18-19 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	126.0141	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.5645	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A019	RICE, STEAMED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	46.8472	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4235	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	267.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.0001	g	
A130	PEAS & CARROTS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.2616	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.0415	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0002	g	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.4375	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.4915	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/31/2019      **Feeding Figure:** 467  
**Base Menu Plan:** 4,640 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 1/31/2019      **Feeding Figure:** 511  
**Base Menu Plan:** 4,006 EL 18-19 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A114	BURRITO	1	1 BURRITO	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	309.0021	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9128	g	
7045	SALSA	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	111.6666	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.9376	g	

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a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2966	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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