



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/3/2019

Feeding Figure: 70

Base Menu Plan: 4,607 IA K-8 BFAST W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/3/2019 **Feeding Figure:** 65
Base Menu Plan: 3,952 IA K-8 LUNCH W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	98
Nutrient		Value	Units	
Food Energy		349.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	10
Nutrient		Value	Units	
Food Energy		515.7825	kcal	
Nutrient		Value	Units	
Carbohydrate		70.0617	g	
A359	CORN, COOKED	1	3/4 CUP	22
Nutrient		Value	Units	
Food Energy		200.0015	kcal	
Nutrient		Value	Units	
Carbohydrate		46.1542	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	
A050	APPLES, HOT SPICED	1	3/4 CUP	44
Nutrient		Value	Units	
Food Energy		182.5194	kcal	
Nutrient		Value	Units	
Carbohydrate		39.6237	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
Nutrient		Value	Units	
Food Energy		88.8102	kcal	
Nutrient		Value	Units	
Carbohydrate		21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
Nutrient		Value	Units	
Food Energy		91.9264	kcal	
Nutrient		Value	Units	
Carbohydrate		21.9065	g	

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/4/2019

Feeding Figure: 70

Base Menu Plan: 4,608 IA K-8 BFAST W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	

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1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/4/2019

Feeding Figure: 65

Base Menu Plan: 3,951 IA K-8 LUNCH W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	103
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
A351	WAFFLE WG	1	1 WAFFLE	103
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1122	SYRUP PKT	1	PKT (1)	103
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	3
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A067	BEANS, BAKED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7029	FRUIT MIXED	1	3/4 CUP	27
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/7/2019 **Feeding Figure:** 68
Base Menu Plan: 4,609 IA K-8 BFAST W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1392	POP TART STRAW WG	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	

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2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	51
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/7/2019

Feeding Figure: 108

Base Menu Plan: 3,956 IA K-8 LUNCH W2D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	98
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.5645	g	
A019	RICE, STEAMED	1	3/4 CUP	98
	Nutrient	Value	Units	
	Food Energy	70.3821	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.1529	g	

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2416	FORTUNE COOKIE 40002	1	PKG (1)	98
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	10
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A012	PEAS	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7039	PEARS SLICED LS	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/8/2019 **Feeding Figure:** 68
Base Menu Plan: 4,610 IA K-8 BFAST W2D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/8/2019 **Feeding Figure:** 108
Base Menu Plan: 3,953 IA K-8 LUNCH W2D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	98
	Nutrient	Value	Units	
	Food Energy	256.4172	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.6866	g	
A016	RICE, MEXICAN	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
7045	SALSA	1	Ounce	98
	Nutrient	Value	Units	
	Food Energy	8.8527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7705	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	6
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	4
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	27
	Nutrient	Value	Units	
	Food Energy	197.8368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.5241	g	

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a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7078	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/9/2019 **Feeding Figure:** 68
Base Menu Plan: 4,611 IA K-8 BFAST W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.9999	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/9/2019 **Feeding Figure:** 108
Base Menu Plan: 3,954 IA K-8 LUNCH W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	98
Nutrient		Value	Units	
	Food Energy	340.4695	kcal	
Nutrient		Value	Units	
	Carbohydrate	28.0117	g	
A362	POTATO BAKED FRIES	1	1/2 CUP	98
Nutrient		Value	Units	
	Food Energy	209.4900	kcal	
Nutrient		Value	Units	
	Carbohydrate	36.1190	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
Nutrient		Value	Units	
	Food Energy	10.2443	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.0638	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	10
Nutrient		Value	Units	
	Food Energy	522.7830	kcal	
Nutrient		Value	Units	
	Carbohydrate	70.6275	g	
A372	GREEN BEANS-2017	1	3/4 CUP	22
Nutrient		Value	Units	
	Food Energy	167.4377	kcal	
Nutrient		Value	Units	
	Carbohydrate	31.3948	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
	Food Energy	7.1576	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	11.6147	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	8.1076	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.7522	g	

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Scheduled Menu Plans

a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	59.2886	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.9328	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/10/2019

Feeding Figure: 68

Base Menu Plan: 4,612 IA K-8 BFAST W2D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
Nutrient		Value	Units	
Food Energy		269.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		35.4987	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
Nutrient		Value	Units	
Food Energy		194.9105	kcal	
Nutrient		Value	Units	
Carbohydrate		3.9151	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
Nutrient		Value	Units	
Food Energy		29.4972	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
Nutrient		Value	Units	
Food Energy		50.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/10/2019 **Feeding Figure:** 108
Base Menu Plan: 3,955 IA K-8 LUNCH W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	98
	Nutrient	Value	Units	
	Food Energy	171.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	98
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	98
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	6
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	4
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A070	CARROTS, COOKED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7035	PEACHES SLICED LS	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/11/2019 **Feeding Figure:** 68
Base Menu Plan: 4,613 IA K-8 BFAST W2D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.5700	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/11/2019 **Feeding Figure:** 108
Base Menu Plan: 4,366 IA K-8 LUNCH W2D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	98
Nutrient		Value	Units	
	Food Energy	194.4703	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.8556	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	98
Nutrient		Value	Units	
	Food Energy	*	kcal	
Nutrient		Value	Units	
	Carbohydrate	*	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	98
Nutrient		Value	Units	
	Food Energy	60.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.0000	g	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	98
Nutrient		Value	Units	
	Food Energy	295.2202	kcal	
Nutrient		Value	Units	
	Carbohydrate	50.1329	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	10
Nutrient		Value	Units	
	Food Energy	515.7825	kcal	
Nutrient		Value	Units	
	Carbohydrate	70.0617	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	22
Nutrient		Value	Units	
	Food Energy	57.6055	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.6733	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
	Food Energy	7.1576	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	11.6147	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	8.1076	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7039	PEARS SLICED LS	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/14/2019

Feeding Figure: 68

Base Menu Plan: 4,604 IA K-8 BFAST W1D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2426	PANCAKE MINI BLUEBERRY WG 626	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

1122	SYRUP PKT	1	PKT (1)	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/14/2019

Feeding Figure: 108

Base Menu Plan: 4,514 IA K-8 LUNCH W3D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	98
	Nutrient	Value	Units	
	Food Energy	209.5704	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7570	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	98
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	6
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	4
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A372	GREEN BEANS-2017	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	167.4377	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3948	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	49
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/15/2019

Feeding Figure: 68

Base Menu Plan: 4,605 IA K-8 BFAST W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	

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Independence Central Office

Scheduled Menu Plans

2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/15/2019

Feeding Figure: 108

Base Menu Plan: 3,958 IA K-8 LUNCH W3D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	103
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0001	g	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	103
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	197.8368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.5241	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	44
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
7039	PEARS SLICED LS	1	3/4 CUP	27
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/16/2019

Feeding Figure: 68

Base Menu Plan: 4,606 IA K-8 BFAST W1D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/16/2019

Feeding Figure: 108

Base Menu Plan: 3,959 IA K-8 LUNCH W3D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	103
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
1361	BREADSTICK WG	1	STICK (1)	103
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	3
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	2
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A359	CORN, COOKED	1	3/4 CUP	27
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
	Nutrient	Value	Units	
	Carbohydrate	46.1542	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A7078	STRAWBERRIES #7078	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/17/2019 **Feeding Figure:** 68
Base Menu Plan: 4,607 IA K-8 BFAST W1D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/17/2019

Feeding Figure: 108

Base Menu Plan: 3,960 IA K-8 LUNCH W3D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	103
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	103
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	103
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	103
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
A012	PEAS	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.5131	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
7035	PEACHES SLICED LS	1	3/4 CUP	49
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/22/2019 **Feeding Figure:** 68
Base Menu Plan: 4,610 IA K-8 BFAST W2D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/22/2019 **Feeding Figure:** 108
Base Menu Plan: 3,963 IA K-8 LUNCH W4D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	103
	Nutrient	Value	Units	
	Food Energy	480.0173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.0775	g	
7045	SALSA	1	Tbsp	103
	Nutrient	Value	Units	
	Food Energy	5.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	3
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	2
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A069	BEANS, REFRIED	1	1/2 CUP	11
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A056	CORN, MEXICALI	1	3/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	247.9691	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.1759	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	49
	Nutrient	Value	Units	
	Food Energy	39.5599	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/23/2019

Feeding Figure: 68

Base Menu Plan: 4,611 IA K-8 BFAST W2D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2215	CRISPS CINNAMON	1	PKG (1)	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	25.0000	g
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	15.9999	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/23/2019 **Feeding Figure:** 108
Base Menu Plan: 3,964 IA K-8 LUNCH W4D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	103
Nutrient		Value	Units	
Food Energy		249.9517	kcal	
Nutrient		Value	Units	
Carbohydrate		38.9384	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	103
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
Nutrient		Value	Units	
Food Energy		522.7830	kcal	
Nutrient		Value	Units	
Carbohydrate		70.6275	g	
A012	PEAS	1	3/4 CUP	27
Nutrient		Value	Units	
Food Energy		61.3446	kcal	
Nutrient		Value	Units	
Carbohydrate		11.5131	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		95.3707	kcal	
Nutrient		Value	Units	
Carbohydrate		17.5171	g	
7039	PEARS SLICED LS	1	3/4 CUP	27
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.4999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
Nutrient		Value	Units	
Food Energy		88.8102	kcal	
Nutrient		Value	Units	
Carbohydrate		21.1897	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/24/2019

Feeding Figure: 68

Base Menu Plan: 4,612 IA K-8 BFAST W2D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	

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Independence Central Office

Scheduled Menu Plans

2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/24/2019

Feeding Figure: 108

Base Menu Plan: 3,965 IA K-8 LUNCH W4D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	103
	Nutrient	Value	Units	
	Food Energy	170.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	103
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	103
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	103
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	3
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	2
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A070	CARROTS, COOKED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	49
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/25/2019

Feeding Figure: 68

Base Menu Plan: 4,613 IA K-8 BFAST W2D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/25/2019

Feeding Figure: 108

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	10
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A372	GREEN BEANS-2017	1	3/4 CUP	27
	Nutrient	Value	Units	
	Food Energy	167.4377	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3948	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/28/2019 **Feeding Figure:** 68
Base Menu Plan: 4,604 IA K-8 BFAST W1D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2426	PANCAKE MINI BLUEBERRY WG 626	1	PKG (1)	55			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	230.0000	kcal		Carbohydrate	38.0000	g
1122	SYRUP PKT	1	PKT (1)	55			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	120.0000	kcal		Carbohydrate	31.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	110.0000	kcal		Carbohydrate	24.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	240.0000	kcal		Carbohydrate	39.0000	g

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/28/2019

Feeding Figure: 108

Base Menu Plan: 3,947 IA K-8 LUNCH W1D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	103
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	103
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	3
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	2
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/29/2019 **Feeding Figure:** 68
Base Menu Plan: 4,605 IA K-8 BFAST W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/29/2019

Feeding Figure: 108

Base Menu Plan: 4,602 IA K-8 LUNCH W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	103
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.0273	g	
7045	SALSA	1	1/4 CUP	103
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A069	BEANS, REFRIED	1	1/2 CUP	103
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A359	CORN, COOKED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
	Nutrient	Value	Units	
	Carbohydrate	46.1542	g	

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Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7074	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	59.2886	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.9328	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.0000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/30/2019 **Feeding Figure:** 68
Base Menu Plan: 4,606 IA K-8 BFAST W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	22.0001 g
1387	GRAHAMS ORIGINAL	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
			Nutrient	Value
			Carbohydrate	16.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	22.0000 g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	24.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Nutrient	Value
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0000 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
			Nutrient	Value
			Carbohydrate	26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	15.0000 g

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/30/2019 **Feeding Figure:** 108
Base Menu Plan: 3,949 IA K-8 LUNCH W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	103
	Nutrient	Value	Units	
	Food Energy	232.6962	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.6039	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	103
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	3
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	2
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	22
	Nutrient	Value	Units	
	Food Energy	197.8368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.5241	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7039	PEARS SLICED LS	1	3/4 CUP	44
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/31/2019

Feeding Figure: 68

Base Menu Plan: 4,607 IA K-8 BFAST W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/31/2019

Feeding Figure: 108

Base Menu Plan: 3,950 IA K-8 LUNCH W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	98
	Nutrient	Value	Units	Nutrient
	Food Energy	238.1163	kcal	Carbohydrate
				13.8725 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	98
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A005	POTATOES, MASHED	1	1/2 CUP	98
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A524	GRAVY BROWN LS #2421	1	2 OZ	98
	Nutrient	Value	Units	Nutrient
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	10
	Nutrient	Value	Units	Nutrient
	Food Energy	522.7830	kcal	Carbohydrate
				70.6275 g
A012	PEAS	1	3/4 CUP	22
	Nutrient	Value	Units	Nutrient
	Food Energy	61.3446	kcal	Carbohydrate
				11.5131 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	82.4860	kcal	Carbohydrate
				15.5007 g
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	38
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				19.5000 g

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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