



Independence Central Office

Scheduled Menu Plans

3050 James Bridger Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/3/2019

Feeding Figure: 400

Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4

Menu Comments:

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

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A252	CHERRY CRISP w/o stabilizer	1	1 piece	484
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
A064	EDAMAME SUCCOTASH	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	166.7116	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.8980	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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1086	SAUCE BBQ	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 1/4/2019
Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 400

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/4/2019

Feeding Figure: 700

Base Menu Plan: 1,003,474 MS 18-19 LUNCH W3D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	322
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.1840	g	

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A379	BREADSTICK WG #1361	1	1 BREADSTICK	322
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	194
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A112	WG FAJITA TACO	1	1 TACO	97
	Nutrient	Value	Units	
	Food Energy	283.5238	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5274	g	
7045	SALSA	1	1/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	97
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	11
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	167.4377	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3948	g	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
	Nutrient	Value	Units	
	Carbohydrate	46.1542	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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1344	FRUIT MIX IN LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1086	SAUCE BBQ	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	129
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/7/2019 **Feeding Figure:** 348
Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	35
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/7/2019 **Feeding Figure:** 644
Base Menu Plan: 4,488 MS 18-19 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	116.2510	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.4807	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	258
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A498	SANDWICH, STEAK WG	1	1 SANDWICH	322
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.9999	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	322
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	322
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A495	BREADSTICK CHEESE FILLED #2375	1	2 BREADSTICKS	129
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.9999	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	

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A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	13
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.1903	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	197.8368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.5241	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/8/2019

Feeding Figure: 348

Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1979	FRUDEL APPLE			1	FRUDEL (1)			171
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	210.0000	kcal		Carbohydrate	36.0000	g	
1392	POP TART STRAW WG			1	PKG (1)			87
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196			1	PKG (1)			87
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT			1	PKG (1)			140
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL			1	1 BAG			0
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	240.0000	kcal		Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT			1	APPLE (1)			87
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	74.8864	kcal		Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB			1	MEDIUM BANANA			87
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	105.0201	kcal		Carbohydrate	26.9512	g	
1329	ORANGE 138 CT			1	1/2 CUP (4-6 WEDGES)			35
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	29.4972	kcal		Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE			1	CARTON (1)			261
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	60.0001	kcal		Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ			1	CARTON (1)			115
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ			1	CARTON (1)			119
	Nutrient	Value	Units		Nutrient	Value	Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ			1	CARTON (1)			115
	Nutrient	Value	Units		Nutrient	Value	Units	
	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-8

Date: 1/8/2019

Feeding Figure: 644

Base Menu Plan: 4,115 MS 18-19LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	258
	Nutrient	Value	Units	Nutrient
	Food Energy	480.0173	kcal	Carbohydrate
				44.0775 g
7045	SALSA	1	1/4 CUP	258
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	226
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0001	kcal	Carbohydrate
				28.0000 g
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	129
	Nutrient	Value	Units	Nutrient
	Food Energy	202.7802	kcal	Carbohydrate
				26.0174 g
1871	CHIP DOR NACHO RF WG	1	BAG (1 OZ)	129
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	Nutrient
	Food Energy	522.7830	kcal	Carbohydrate
				70.6275 g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
	Nutrient	Value	Units	Nutrient
	Food Energy	585.0200	kcal	Carbohydrate
				92.9511 g
2407	RICE KRISPIES COCOA WG	1	PKG (1)	483
	Nutrient	Value	Units	Nutrient
	Food Energy	45.0000	kcal	Carbohydrate
				8.0000 g
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0015	kcal	Carbohydrate
				46.1542 g
A069	BEANS, REFRIED	1	3/4 CUP	97
	Nutrient	Value	Units	Nutrient
	Food Energy	197.6571	kcal	Carbohydrate
				30.4972 g
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/9/2019 **Feeding Figure:** 348
Base Menu Plan: 4,634 MS BIC JAN 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/9/2019 **Feeding Figure:** 644
Base Menu Plan: 4,116 MS 18-19 LUNCH W2D3
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

A066	CUCUMBER SALAD	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
1264	TOMATO FRESH	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
7029	FRUIT MIXED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	OZ (1)	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/10/2019 **Feeding Figure:** 348
Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 1/10/2019
Base Menu Plan: 4,117 MS 18-19 LUNCH W2D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 644

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	290
	Nutrient	Value	Units	
	Food Energy	238.1163	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.8725	g	
A005	POTATOES, MASHED	1	1/2 CUP	290
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	290
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0431	g	

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Independence Central Office

Scheduled Menu Plans

A026	ROLLS, WHEAT, WG	1	2 OUNCE	290
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	194
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	194
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	
A338	NACHO BITES #2265	1	8 SERVING	129
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	167.4377	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3948	g	
A059	ZUCCHINI SAUTE	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	35.7754	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.4234	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	CUP	258
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/11/2019

Feeding Figure: 348

Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	171
	Nutrient	Value	Units	Nutrient
	Food Energy	230.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	Nutrient
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				59.0001 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	Nutrient
	Food Energy	74.8864	kcal	Carbohydrate
				17.9728 g
1333	BANANAS PREM 40LB	1	BANANA (1)	87
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/11/2019 **Feeding Figure:** 644
Base Menu Plan: 4,368 MS 18-19 LUNCH W2D5
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

A1223	CARROTS BABY 30LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
A011	VEGETABLES, MIXED	1	1 CUP	97
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	7
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7039	PEARS SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/14/2019

Feeding Figure: 348

Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	35
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/14/2019

Feeding Figure: 644

Base Menu Plan: 1,003,475 MS 18-19 LUNCH W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	232.6962	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	258
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	194
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1310	SAUCE MARINARA	1	SERVING (2 OZ)	194
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	129
	Nutrient	Value	Units	
	Food Energy	385.9999	kcal	
A362	POTATO BAKED FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	429.5426	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	30
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
1223	CARROT BABY 30 LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	37.2094	kcal	
A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	7
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 1/15/2019
Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 348

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE		1 FRUDEL (1)	171
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
			Carbohydrate	36.0000 g
1392	POP TART STRAW WG		1 PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Carbohydrate	38.0000 g
2406	POP TART FRST BLUEBERRY 17196		1 PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT		1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL		1 1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Carbohydrate	39.0000 g
2079	APPLE GALA 138 CT		1 APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
			Carbohydrate	17.9728 g
1333	BANANAS PREM 40LB		1 MEDIUM BANANA	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
			Carbohydrate	26.9512 g
1329	ORANGE 138 CT		1 1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
			Carbohydrate	7.5488 g
1467	JUICE ROYAL GRAPE		1 CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Carbohydrate	14.0000 g
2154	MILK CHOC CARTON FF 8 OZ		1 CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ		1 CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	23.0000 g

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Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/15/2019 **Feeding Figure:** 644
Base Menu Plan: 4,631 MS 18-19 LUNCH W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	322			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		461.4527	kcal	Carbohydrate		42.0273	g
7045	SALSA	1	1/4 CUP	322			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		20.0000	kcal	Carbohydrate		4.0000	g
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	194			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		340.0001	kcal	Carbohydrate		39.0000	g
A387	CORN DOG #1182	1	1 CORNDOG	97			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		240.0000	kcal	Carbohydrate		30.0000	g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	20			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		522.7830	kcal	Carbohydrate		70.6275	g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		585.0200	kcal	Carbohydrate		92.9511	g
A057	BROCCOLI, STEAMED	1	3/4 CUP	97			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		197.8368	kcal	Carbohydrate		37.5241	g
A014	VEGGIE FRESH MIX	1	3/4 CUP	97			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		21.3602	kcal	Carbohydrate		4.4464	g
A003	SALAD, DARK GREENS	1	1 CUP	33			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		7.1576	kcal	Carbohydrate		1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		11.6147	kcal	Carbohydrate		2.7139	g

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Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1329	ORANGE 138 CT	1	3/4 CUP (5-7 WEDGES)	258
	Nutrient	Value	Units	
	Food Energy	35.3966	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	TBSP	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

1832	DRESSING CAESAR FF	1	Ounce	7			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	18.8858	kcal		Carbohydrate	2.8329	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129			
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)	129			
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)	65			
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: 1/16/2019 **Feeding Figure:** 348
Base Menu Plan: 4,634 MS BIC JAN 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	280.0000	kcal		Carbohydrate	59.0001	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	269.9999	kcal		Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	240.0000	kcal		Carbohydrate	39.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	87			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	74.8864	kcal		Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	105.0201	kcal		Carbohydrate	26.9512	g

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/16/2019 **Feeding Figure:** 644
Base Menu Plan: 4,121 MS 18-19 LUNCH W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A528	CHICKEN POPCORN 14PC WG#2379	1	1 SERVING (14)	258
	Nutrient	Value	Units	
	Food Energy	193.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	145.8523	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.7791	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	161
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	161
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	97
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927*	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	72.1898	g	

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	63
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A066	CUCUMBER SALAD	1	3/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.6447	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A050	APPLES, HOT SPICED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	182.5194	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.6237	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	33
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

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	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2225	KETCHUP SRIRACHA	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/17/2019

Feeding Figure: 348

Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/17/2019

Feeding Figure: 644

Base Menu Plan: 4,122 MS 18-19 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	322
	Nutrient	Value	Units	
	Food Energy	171.0000	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	322
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	322
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	322
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	161
	Nutrient	Value	Units	
	Food Energy	343.7030	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.8464	g	
1911	CHEETO PUFF	1	PKG (1)	161
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A112	WG FAJITA TACO	1	1 TACO	129
	Nutrient	Value	Units	
	Food Energy	283.5238	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5274	g	
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	129
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
7045	SALSA	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	483
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	

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Independence Central Office

Scheduled Menu Plans

A012	PEAS	1	3/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7035	PEACHES SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/22/2019 **Feeding Figure:** 348
Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE	1	FRUDEL (1)	171
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/22/2019 **Feeding Figure:** 644
Base Menu Plan: 4,125 MS 18-19 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	258
	Nutrient	Value	Units	
	Food Energy	256.4172	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.6866	g	
7045	SALSA	1	1/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A016	RICE, MEXICAN	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	226
	Nutrient	Value	Units	
	Food Energy	541.6668	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.6111	g	
A386	CHEESESTICK MOZZ BRD #1145	1	6 STICKS	129
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	129
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	

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Independence Central Office

Scheduled Menu Plans

A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	20
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
A069	BEANS, REFRIED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7035	PEACHES SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/23/2019 **Feeding Figure:** 348
Base Menu Plan: 4,634 MS BIC JAN 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 1/23/2019
Base Menu Plan: 4,126 MS 18-19 LUNCH W4D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 644

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	258
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	194
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	194
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

A462	PORK LS SAUSAGE # 2405	1	1 PATTY	194
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	161
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	20
	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	
A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	167.4377	kcal	
A012	PEAS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
7029	FRUIT MIXED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 1/24/2019
Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 348

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/24/2019 **Feeding Figure:** 644
Base Menu Plan: 4,127 MS 18-19 LUNCH W4D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	322
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	322
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	322
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	322
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	194
Nutrient		Value	Units	
Food Energy		311.8781	kcal	
Nutrient		Value	Units	
Carbohydrate		28.0469	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	194
Nutrient		Value	Units	
Food Energy		140.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	97
Nutrient		Value	Units	
Food Energy		202.7802	kcal	
Nutrient		Value	Units	
Carbohydrate		26.0174	g	
1873	CHIP DOR CL RAN RF WG	1	BAG (1 OZ)	97
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		19.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	20
Nutrient		Value	Units	
Food Energy		515.7825	kcal	
Nutrient		Value	Units	
Carbohydrate		70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	11
Nutrient		Value	Units	
Food Energy		585.0200	kcal	
Nutrient		Value	Units	
Carbohydrate		92.9511	g	

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Independence Central Office

Scheduled Menu Plans

A011	VEGETABLES, MIXED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
A1223	CARROTS BABY 30LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7074	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	59.2886	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	97
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/25/2019

Feeding Figure: 348

Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	87
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/25/2019

Feeding Figure: 644

Base Menu Plan: 4,128 MS 18-19 LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	235.2619	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9456	g	

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	258
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A338	NACHO BITES #2265	1	8 SERVING	161
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	161
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	129
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
2287	MARINARA SAUCE CANNED	1	2 OZ	129
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	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	33
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9988	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7039	PEARS SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	SERVING 30 GRAM	7
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	322
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	OZ	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/28/2019 **Feeding Figure:** 348
Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	35
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/28/2019 **Feeding Figure:** 644
Base Menu Plan: 4,109 MS 18-19 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	249.9517	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9384	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A365	HOTDOG	1	1 HOTDOG	194
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A362	POTATO BAKED FRIES	1	1/2 CUP	194
	Nutrient	Value	Units	
	Food Energy	209.4900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.1190	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	129
	Nutrient	Value	Units	
	Food Energy	506.0001*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000*	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	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	30
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	

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Independence Central Office

Scheduled Menu Plans

A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	160.2101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4080	g	
A1223	CARROTS BABY 30LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0122	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	322
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1103	PICKLE RELISH	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/29/2019

Feeding Figure: 348

Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE	1	FRUDEL (1)	171
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/29/2019

Feeding Figure: 644

Base Menu Plan: 4,110 MS 18-19 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	258
	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	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	194
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	129
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.6160*	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	30
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	21.3602	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4464	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	197.8368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.5241	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7035	PEACHES SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0001	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast
Date: 1/30/2019
Base Menu Plan: 4,634 MS BIC JAN 18-19 W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 348

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	87
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/30/2019

Feeding Figure: 644

Base Menu Plan: 1,003,500 MS 18-19 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	258		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	332.8338	kcal	Carbohydrate	32.1840	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	258		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	194		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	194		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	17.0000	g
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	194		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	10.2443	kcal	Carbohydrate	2.0638	g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	129		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	465.0049*	kcal	Carbohydrate	51.6927*	g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	628.8102	kcal	Carbohydrate	72.1898	g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	618.8101	kcal	Carbohydrate	73.1897	g
A011	VEGETABLES, MIXED	1	3/4 CUP	97		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	57.6055	kcal	Carbohydrate	12.6733	g
A066	CUCUMBER SALAD	1	3/4 CUP	97		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	23.2985	kcal	Carbohydrate	5.6447	g
A003	SALAD, DARK GREENS	1	1 CUP	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	258
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	65
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	161
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/31/2019 **Feeding Figure:** 348
Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/31/2019

Feeding Figure: 644

Base Menu Plan: 4,661 MS 18-19 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a364	SALISBURY STEAK, BEEF PATTY	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	158.3467	kcal	
A524	GRAVY BROWN LS #2421	1	2 OZ	258
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	258
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	

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Independence Central Office

Scheduled Menu Plans

A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	194
	Nutrient	Value	Units	
	Food Energy	341.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	129
	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	33
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	30
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	483
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
A064	EDAMAME SUCCOTASH	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	166.7116	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.8980	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	129
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	65
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	65
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1086	SAUCE BBQ	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ		1	CARTON (1)		65
Nutrient			Value			Units
Food Energy			100.0000	kcal		
Nutrient			Value			Units
Carbohydrate			12.0000	g		

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