



Independence Central Office

Scheduled Menu Plans

5010 Glendale Elementary School

**Serving Period:** Breakfast  
**Date:** 7/2/2018  
**Base Menu Plan:** 3,882 SMR 2018 K-8 BFAST W1D1  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	90.0000	kcal	Carbohydrate
				22.0001 g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

**Serving Period:** Lunch  
**Date:** 7/2/2018  
**Base Menu Plan:** 3,887 SMR 2018 K-8 LUNCH W1D1  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	340.4695	kcal	Carbohydrate
				28.0117 g
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	88.0211	kcal	Carbohydrate
				15.1761 g
A057	BROCCOLI, STEAMED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	12.0817	kcal	Carbohydrate
				2.3244 g
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				17.9999 g

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a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	174
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 7/3/2018

Feeding Figure: 225

Base Menu Plan: 3,883 SMR 2018 K-8 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	

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2105	APPLE WEDGES RED 100/2 OZ	1	PKG (2 OZ)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/3/2018      **Feeding Figure:** 347  
**Base Menu Plan:** 3,888 SMR 2018 K-8 LUNCH W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO	1	1 NACHO	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	476.1023	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	45.8624	g	
7045	SALSA	1	1/4 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	27.9508	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.2113	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	

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2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 7/5/2018  
**Base Menu Plan:** 3,885 SMR 2018 K-8 BFAST W1D4  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7071	PEACH CUPS FROZEN	1	CUP (1)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 7/5/2018  
**Base Menu Plan:** 3,890 SMR 2018 K-8 LUNCH W1D4  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	170.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	

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A140	COUNTRY GRAVY	1	2 OZ	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0683	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0868	g	
a436	APRICOTS #7073	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	109.9170	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9812	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/6/2018 **Feeding Figure:** 225  
**Base Menu Plan:** 3,886 SMR 2018 K-8 BFAST W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	280.0000	kcal	Carbohydrate	57.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	240.0000	kcal	Carbohydrate	40.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	192
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	29.4972	kcal	Carbohydrate	7.5488 g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/6/2018 **Feeding Figure:** 347  
**Base Menu Plan:** 4,149 SMR 2018 K-8 LUNCH W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	297.1623	kcal	Carbohydrate	27.5669 g
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	14.0000 g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	25.0000	kcal	Carbohydrate	6.0000 g

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7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/9/2018      **Feeding Figure:** 225  
**Base Menu Plan:** 3,882 SMR 2018 K-8 BFAST W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/9/2018      **Feeding Figure:** 347  
**Base Menu Plan:** 3,887 SMR 2018 K-8 LUNCH W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.0211	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	12.0817	kcal	
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	174
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/10/2018  
**Base Menu Plan:** 3,883 SMR 2018 K-8 BFAST W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2105	APPLE WEDGES RED 100/2 OZ	1	PKG (2 OZ)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/10/2018  
**Base Menu Plan:** 3,888 SMR 2018 K-8 LUNCH W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A416	FIESTA NACHO	1	1 NACHO	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	476.1023	kcal	Carbohydrate	45.8624	g
7045	SALSA	1	1/4 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g

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a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 7/11/2018

Feeding Figure: 225

Base Menu Plan: 3,884 SMR 2018 K-8 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	65.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	52.5100	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4756	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/11/2018 **Feeding Figure:** 347  
**Base Menu Plan:** 3,889 SMR 2018 K-8 LUNCH W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	0	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	235.2619	kcal	Carbohydrate	21.9456	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	347	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A012	PEAS	1	1/2 CUP	347	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	40.9653	kcal	Carbohydrate	7.6883	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	347	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	18	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	4	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	82.4860	kcal	Carbohydrate	15.5007	g
2365	DRESSING RANCH OTT'S	1	Ounce	18	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/12/2018 **Feeding Figure:** 225  
**Base Menu Plan:** 3,885 SMR 2018 K-8 BFAST W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	269.9999	kcal	Carbohydrate	56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	240.0000	kcal	Carbohydrate	40.0000 g
7071	PEACH CUPS FROZEN	1	CUP (1)	192
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	80.0000	kcal	Carbohydrate	19.0000 g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/12/2018 **Feeding Figure:** 347  
**Base Menu Plan:** 3,890 SMR 2018 K-8 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	170.0000	kcal	Carbohydrate	9.0000 g
A140	COUNTRY GRAVY	1	2 OZ	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	59.4904	kcal	Carbohydrate	8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	85.3963	kcal	Carbohydrate	18.1467 g

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A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0683	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0868	g	
a436	APRICOTS #7073	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	109.9170	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9812	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/13/2018  
**Base Menu Plan:** 3,886 SMR 2018 K-8 BFAST W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/13/2018  
**Base Menu Plan:** 4,149 SMR 2018 K-8 LUNCH W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	297.1623	kcal	Carbohydrate	27.5669	g
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g
7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	22.0001	g

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 7/16/2018  
**Base Menu Plan:** 3,882 SMR 2018 K-8 BFAST W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 7/16/2018  
**Base Menu Plan:** 3,887 SMR 2018 K-8 LUNCH W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0117	g	

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Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.0211	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.1761	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	12.0817	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.3244	g	
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	174
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/17/2018  
**Base Menu Plan:** 3,883 SMR 2018 K-8 BFAST W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2105	APPLE WEDGES RED 100/2 OZ	1	PKG (2 OZ)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/17/2018  
**Base Menu Plan:** 3,888 SMR 2018 K-8 LUNCH W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A416	FIESTA NACHO	1	1 NACHO	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	476.1023	kcal	Carbohydrate	45.8624	g
7045	SALSA	1	1/4 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g

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Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 7/18/2018

Feeding Figure: 225

Base Menu Plan: 3,884 SMR 2018 K-8 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	65.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	52.5100	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4756	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/18/2018 **Feeding Figure:** 347  
**Base Menu Plan:** 3,889 SMR 2018 K-8 LUNCH W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		235.2619	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.9456	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	347
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.0000	g	
A012	PEAS	1	1/2 CUP	347
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		40.9653	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.6883	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	347
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		82.4860	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		85.8443	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/19/2018      **Feeding Figure:** 225  
**Base Menu Plan:** 3,885 SMR 2018 K-8 BFAST W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	269.9999	kcal	Carbohydrate	56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	240.0000	kcal	Carbohydrate	40.0000 g
7071	PEACH CUPS FROZEN	1	CUP (1)	192
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	80.0000	kcal	Carbohydrate	19.0000 g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/19/2018      **Feeding Figure:** 347  
**Base Menu Plan:** 3,890 SMR 2018 K-8 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	170.0000	kcal	Carbohydrate	9.0000 g
A140	COUNTRY GRAVY	1	2 OZ	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	59.4904	kcal	Carbohydrate	8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	85.3963	kcal	Carbohydrate	18.1467 g

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

Scheduled Menu Plans

A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0683	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0868	g	
a436	APRICOTS #7073	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	109.9170	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9812	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/20/2018  
**Base Menu Plan:** 3,886 SMR 2018 K-8 BFAST W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/20/2018  
**Base Menu Plan:** 4,149 SMR 2018 K-8 LUNCH W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	297.1623	kcal	Carbohydrate	27.5669	g
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g
7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	22.0001	g

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Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 7/23/2018  
**Base Menu Plan:** 3,882 SMR 2018 K-8 BFAST W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 7/23/2018  
**Base Menu Plan:** 3,887 SMR 2018 K-8 LUNCH W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0117	g	

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Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.0211	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.1761	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	12.0817	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.3244	g	
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	174
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/24/2018  
**Base Menu Plan:** 3,883 SMR 2018 K-8 BFAST W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2105	APPLE WEDGES RED 100/2 OZ	1	PKG (2 OZ)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/24/2018  
**Base Menu Plan:** 3,888 SMR 2018 K-8 LUNCH W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A416	FIESTA NACHO	1	1 NACHO	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	476.1023	kcal	Carbohydrate	45.8624	g
7045	SALSA	1	1/4 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g

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Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 7/25/2018

Feeding Figure: 225

Base Menu Plan: 3,884 SMR 2018 K-8 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	65.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	52.5100	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4756	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 7/25/2018 **Feeding Figure:** 347  
**Base Menu Plan:** 3,889 SMR 2018 K-8 LUNCH W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		235.2619	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.9456	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	347
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.0000	g	
A012	PEAS	1	1/2 CUP	347
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		40.9653	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.6883	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	347
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		82.4860	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		85.8443	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/26/2018      **Feeding Figure:** 225  
**Base Menu Plan:** 3,885 SMR 2018 K-8 BFAST W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	269.9999	kcal	Carbohydrate	56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	240.0000	kcal	Carbohydrate	40.0000 g
7071	PEACH CUPS FROZEN	1	CUP (1)	192
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	80.0000	kcal	Carbohydrate	19.0000 g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 7/26/2018      **Feeding Figure:** 347  
**Base Menu Plan:** 3,890 SMR 2018 K-8 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	170.0000	kcal	Carbohydrate	9.0000 g
A140	COUNTRY GRAVY	1	2 OZ	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	59.4904	kcal	Carbohydrate	8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	347
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b> <b>Units</b>
Food Energy	85.3963	kcal	Carbohydrate	18.1467 g

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Independence Central Office

Scheduled Menu Plans

A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0683	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0868	g	
a436	APRICOTS #7073	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	109.9170	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9812	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/27/2018  
**Base Menu Plan:** 3,886 SMR 2018 K-8 BFAST W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/27/2018  
**Base Menu Plan:** 4,149 SMR 2018 K-8 LUNCH W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	297.1623	kcal	Carbohydrate	27.5669	g
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g
7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	22.0001	g

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Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 7/30/2018  
**Base Menu Plan:** 3,882 SMR 2018 K-8 BFAST W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	223
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 7/30/2018  
**Base Menu Plan:** 3,887 SMR 2018 K-8 LUNCH W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0117	g	

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Scheduled Menu Plans

A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.0211	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.1761	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	12.0817	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.3244	g	
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	347
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	174
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 7/31/2018  
**Base Menu Plan:** 3,883 SMR 2018 K-8 BFAST W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	223		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2105	APPLE WEDGES RED 100/2 OZ	1	PKG (2 OZ)	192		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	135		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch  
**Date:** 7/31/2018  
**Base Menu Plan:** 3,888 SMR 2018 K-8 LUNCH W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-8  
**Feeding Figure:** 347

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A416	FIESTA NACHO	1	1 NACHO	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	476.1023	kcal	Carbohydrate	45.8624	g
7045	SALSA	1	1/4 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	347		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	18
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
A2154	MILK CHOC CARTON FF 8OZ #2154	1	1 CARTON	278
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	70
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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