



Independence Central Office

Scheduled Menu Plans

6060 William Southern Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/1/2019

Feeding Figure: 250

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A397	FRUDEL APPLE #1979	1	1 PKG	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	41		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	204		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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

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

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/1/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,008 EL 18-19 LUNCH W2D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A465	FISH NACHO STICKS #2401	1	4 STICKS	257
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		220.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		22.0001	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	257
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		48.6349	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		3.5943	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		340.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		41.0001	g	
7045	SALSA	1	1/4 CUP	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	183
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		17.5420	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
<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	15
<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	15
<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	
1347	PEACHES SLICD IN LS	1	1/2 CUP	275
<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	

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A252	CHERRY CRISP w/o stabilizer	1	1 piece	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	36.9770	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/2/2019

Feeding Figure: 250

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	163
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/2/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,474 EL 18-19 LUNCH W2D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	237.5723	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.8453	g	
A005	POTATOES, MASHED	1	1/2 CUP	220
	<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	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.2695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0431	g	

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A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0000	g	
A359	CORN, COOKED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.7451	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	15
	<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	15
	<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	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	275
	<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	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/3/2019

Feeding Figure: 250

Base Menu Plan: 4,002 EL BFAST 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	41		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
7071	PEACH CUPS FROZEN	1	CUP (1)	204		
	<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
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	136		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90		
	<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
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/3/2019

Feeding Figure: 325

Base Menu Plan: 4,698 EL 18-19 LUNCH W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	147		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A548	CHICKEN SALAD SANDWICH-2019	1	1 SANDWICH	220		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	252.2732	kcal	Carbohydrate	27.7394	g
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	220		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	140.0000	kcal	Carbohydrate	19.0000	g
A1223	CARROTS BABY 30LBS	1	1/2 CUP	183		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	19.8450	kcal	Carbohydrate	4.6721	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	37		
	<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	15		
	<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	15		
	<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
A7020	BEANS, BLACK (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	75.1369	kcal	Carbohydrate	13.7866	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	275		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	38.8278	kcal	Carbohydrate	10.0952	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2365	DRESSING RANCH OTT'S	1	Ounce	37		
	<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

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

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/6/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,637 EL BFAST JAN 18-19 W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/6/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 1,004,077 EL 18-19 LUNCH W3D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	419.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5000	g	
A149	CHILI DOG	1	1 CHILI DOG	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	442.1441	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.6458	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	132.0316	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.7641	g	
A372	GREEN BEANS-2017	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	17.5420	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	15
	<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	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	

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Independence Central Office

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A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/7/2019

Feeding Figure: 250

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	163
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	

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Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/7/2019

Feeding Figure: 325

Base Menu Plan: 4,014 EL 18-19 LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	257
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	254.8173	kcal	
	Food Energy	254.8173	kcal	

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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	257
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	254.8173	kcal	
	Food Energy	254.8173	kcal	
7045	SALSA	1	1/4 CUP	257
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	257
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.9999	kcal	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
A359	CORN, COOKED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
1347	PEACHES SLICD IN LS	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
			Carbohydrate	4.2922 g

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/8/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,639 EL BFAST JAN 18-19 W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/8/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,689 EL 18-19 LUNCH W3D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	332.8338	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.1840	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	220
	<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	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	460.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.9446	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.9494	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	87.8623	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8736	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	161.5080	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.6926	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<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	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	275
	<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	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1097	MUSTARD	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	55
	<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	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
1125	SALAD DRESG LF	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	35.7850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.1281	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/9/2019

Feeding Figure: 250

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	163		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	52		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0001	kcal	Carbohydrate	59.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	136		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	51.0000	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/9/2019

Feeding Figure: 250

Base Menu Plan: 4,016 EL 18-19 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	220		
	<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
A005	POTATOES, MASHED	1	1/2 CUP	220		
	<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
A525	GRAVY POULTRY LS #2422	1	2 OZ	220		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	220		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A101	RIB-Q ON BUN	1	1 SANDWICH	146		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	354.5809	kcal	Carbohydrate	38.3327	g
1911	CHEETO PUFF	1	PKG (1)	147		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	13.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	183		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	22.5109	kcal	Carbohydrate	5.2526	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	37		
	<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	15		
	<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	15		
	<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

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Independence Central Office

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a7074	BLUEBERRIES #7074	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2966	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/10/2019

Feeding Figure: 250

Base Menu Plan: 4,002 EL BFAST 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

**Serving Period:** Lunch  
**Date:** 5/10/2019  
**Base Menu Plan:** 4,342 EL 18-19 LUNCH W3D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 325

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	249.9517	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

A012	PEAS	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	104.6100	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
7029	FRUIT MIXED	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/13/2019

Feeding Figure: 250

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
2106	APPLE SLICES 100/2 OZ	1	PKG	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Lunch  
**Date:** 5/13/2019  
**Base Menu Plan:** 4,018 EL 18-19 LUNCH W4D1  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 325

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Scheduled Menu Plans

A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	327.4475	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	132.0316	kcal	
A461	CHICKEN POPCORN 10PC WG#2379	1	1 SERVING (10)	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	137.8572	kcal	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	48.6349	kcal	
A067	BEANS, BAKED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	117.7311	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<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	
1347	PEACHES SLICD IN LS	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	19			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/14/2019      **Feeding Figure:** 225  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	163			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	280.0000	kcal		Carbohydrate	59.0001	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	52			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	280.0001	kcal		Carbohydrate	59.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	240.0000	kcal		Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	29.4972	kcal		Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	50.0000	kcal		Carbohydrate	12.9999	g

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Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/14/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,645 EL 18-19 LUNCH W4D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	480.0173	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	44.0775	g	
2407	RICE KRISPIES COCOA WG	1	PKG (1)	348
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.0000	g	
A069	BEANS, REFRIED	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.3267	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	161.5080	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.6926	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	15
	<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	15
	<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	
A7078	STRAWBERRIES #7112	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.0952	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/15/2019

Feeding Figure: 225

Base Menu Plan: 1,004,327 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	

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Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	204
	<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	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/15/2019

Feeding Figure: 325

Base Menu Plan: 4,020 EL 18-19 LUNCH W4D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A089	CHICKEN PARMESAN ROTINI 2018	1	1 SERVING	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	354.3592	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.8029	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Breakfast  
**Date:** 5/16/2019  
**Base Menu Plan:** 4,640 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 225

Stock Number	Description	Serving Size	Measure	Projected Quantity
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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	163
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/16/2019

Feeding Figure: 325

Base Menu Plan: 1,004,131 EL 18-19 LUNCH W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	220
	<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	
A140	COUNTRY GRAVY	1	2 OZ	220
	<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	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0000	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.4764	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4649	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	15
	<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	15
	<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	
7039	PEARS SLICED LS	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	4.2922 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	12.0000 g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/17/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,002 EL BFAST 18-19 W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	36.0000 g
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	39.0000 g
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	19.0000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	12.9999 g

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/17/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,022 EL 18-19 LUNCH W4D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	334.9066	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.7168	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	36.9770	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.4596	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.9105	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.9151	g	
A1223	CARROTS BABY 30LBS	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	19.8450	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.6721	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/20/2019

Feeding Figure: 225

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
2106	APPLE SLICES 100/2 OZ	1	PKG	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/20/2019

Feeding Figure: 325

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	257
	<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	
A351	WAFFLE WG	1	1 WAFFLE	257
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	257
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4321	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.3700	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	460.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	48.0000	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	132.0316	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.7641	g	
A067	BEANS, BAKED	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	117.7311	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.1326	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<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	15
	<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	15
	<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	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	183
	<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	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1086	SAUCE BBQ	1	Ounce	74
	<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	

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2286	KETCHUP JUG WITH PUMP	1	Ounce	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/21/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 1,004,352 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	163
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	1
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/21/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,643 EL 18-19 LUNCH W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	461.4527	kcal	
7045	SALSA	1	1/4 CUP	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
A359	CORN, COOKED	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	15
	<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	15
	<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	
2106	APPLE SLICES 100/2 OZ	1	PKG	275
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/22/2019

Feeding Figure: 225

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	

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2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/22/2019

Feeding Figure: 325

Base Menu Plan: 2,937 OPENSITE/BRWN BAG#2 LUNCH 2017

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	366
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	297.1623	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.5669	g	
1912	CHEEZ-IT WHOLE GRAIN	1	PKG (1)	366
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	366
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	6.0000 g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	366
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	238
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	12.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	23.0000 g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/23/2019      **Feeding Figure:** 225  
**Base Menu Plan:** 4,640 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	163
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	39.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	0.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	59.0001 g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	59.0000 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>
			Carbohydrate	39.0000 g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	136
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	14.0000 g

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 5/23/2019      **Feeding Figure:** 325  
**Base Menu Plan:** 4,006 EL 18-19 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
A140	COUNTRY GRAVY	1	2 OZ	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	220
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
A114	BURRITO	1	1 BURRITO	146
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	309.0021	kcal	
7045	SALSA	1	1/4 CUP	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	

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A372	GREEN BEANS-2017	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	17.5420	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	15
	<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	
a7074	BLUEBERRIES #7074	1	1/2 CUP	183
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/24/2019

Feeding Figure: 225

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	41		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	41		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	109		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204		
	<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
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	68		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	136		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	90		
	<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
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 5/24/2019

Feeding Figure: 325

Base Menu Plan: 4,007 EL 18-19 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	220		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	346.9285	kcal	Carbohydrate	43.2430	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	220		
	<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
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	146		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	311.8781	kcal	Carbohydrate	28.0469	g
A425	POTATO CRINKLE FRIES	1	1/2 CUP	147		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	132.0316	kcal	Carbohydrate	22.7641	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	37		
	<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	15		
	<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	15		
	<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
A7020	BEANS, BLACK (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	75.1369	kcal	Carbohydrate	13.7866	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	183		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	161.5080	kcal	Carbohydrate	29.6926	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	275		
	<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
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	92		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	37
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	147
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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