



Independence Central Office

Scheduled Menu Plans

4060 Blackburn Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/4/2017

Feeding Figure: 130

Base Menu Plan: 2,521 EL TRAD BFAST 16-17R W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	96
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	31.0000 g
1399	COCOA PUFFS RS WG	1	BOWL (1)	23
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	25.0000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	23
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	66
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Nutrient	Value
			Carbohydrate	1.0000 g
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	40.0000 g
7070	PEACHES SLICED FRZ. (20LB)	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	117.9999	kcal	
			Nutrient	Value
			Carbohydrate	30.2200 g
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	15.0000 g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g

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2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/4/2017 **Feeding Figure:** 300
Base Menu Plan: 2,531 EL 16-17R LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	125
Nutrient		Value	Units	
Food Energy		321.6600	kcal	
Nutrient		Value	Units	
Carbohydrate		22.8399	g	
A016	RICE, MEXICAN	1	1/2 CUP	125
Nutrient		Value	Units	
Food Energy		94.5259	kcal	
Nutrient		Value	Units	
Carbohydrate		16.1930	g	
2265	NACHO LIL' BITES	1	SERVING (8)	200
Nutrient		Value	Units	
Food Energy		270.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		32.0000	g	
7045	SALSA	1	1/4 CUP	200
Nutrient		Value	Units	
Food Energy		20.0151	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0030	g	
1428	RICE KRISPIE MINIS	1	PKG (1)	300
Nutrient		Value	Units	
Food Energy		45.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		8.5000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	150
Nutrient		Value	Units	
Food Energy		45.1028	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0206	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	100
Nutrient		Value	Units	
Food Energy		7.7272	kcal	
Nutrient		Value	Units	
Carbohydrate		1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50
Nutrient		Value	Units	
Food Energy		11.2663	kcal	
Nutrient		Value	Units	
Carbohydrate		2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	50
Nutrient		Value	Units	
Food Energy		8.0939	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7492	g	
7097	BEAN BABY LIMA LSO	1	1/4 CUP	50
Nutrient		Value	Units	
Food Energy		47.5011	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0002	g	

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7039	PEARS SLICED LS	1	1/2 CUP	225
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	75
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1129	RANCH FF MARZETTI	1	2 TBSP	100
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/4/2017

Feeding Figure: 100

Base Menu Plan: 2,551 EL 16-17R SNACK W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1435	COOKIE SMART PR WG	1	PKG (1.0 OZ)	100
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	36
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	41
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/5/2017

Feeding Figure: 130

Base Menu Plan: 2,517 EL TRAD BFAST 16-17R W1D3

Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2244	BAGEL MINI CINNAMON CR CHEESE	1	PKG (1)	72		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	41.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	25		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	25		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	66		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE BFAS PAK	1	1 BAG	1		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	98		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/5/2017

Feeding Figure: 300

Base Menu Plan: 2,534 EL 16-17R LUNCH W2D5

Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
7145	CHICKEN NUGGET HOMESTYLE WG	1	SERVING 3.04 OZ (5 N	200		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	184.0000	kcal	Carbohydrate	13.0000	g
1357	WAFFLE STIX WG	1	2 STIX	200		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	27.0000	g
1122	SYRUP PKT	1	PKT (1)	200		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	175		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	310.2922	kcal	Carbohydrate	26.6254	g
1873	CHIP DOR CL RAN RF WG	1	BAG (1 OZ)	175		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	19.0000	g
1223	CARROT BABY 30 LBS	1	1/2 CUP	150		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	19.8450	kcal	Carbohydrate	4.6721	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	100		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.7272	kcal	Carbohydrate	1.4364	g
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.2663	kcal	Carbohydrate	2.6325	g
1264	TOMATO FRESH	1	1/4 CUP	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.0939	kcal	Carbohydrate	1.7492	g
7149	BEAN RED SMALL LS CANNED	1	1/4 CUP	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
A221	PEARS AND BLUEBERRIES, EL	1	1/2 CUP	225		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	101.6666	kcal	Carbohydrate	24.8957	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	75		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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2286	KETCHUP JUG WITH PUMP	1	Tbsp	200
	Nutrient	Value	Units	
	Food Energy	19.7467	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9367	g	
1097	MUSTARD	1	TBSP	50
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1129	RANCH FF MARZETTI	1	2 TBSP	100
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/5/2017

Feeding Figure: 100

Base Menu Plan: 2,552 EL 16-17R SNACK W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	50
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	26
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/6/2017

Feeding Figure: 130

Base Menu Plan: 2,523 EL TRAD BFAST 16-17R W2D4

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2264	BAGEL MINI TURKEY BACON CHZ	1	SERVING (3)	72		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	16.5000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	23		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	23		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	66		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	1		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	98		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/6/2017

Feeding Figure: 300

Base Menu Plan: 2,533 EL 16-17R LUNCH W2D4

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A107	SALISBURY STEAK	1	2.78 OUNCE	180		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	157.2415	kcal	Carbohydrate	7.2661	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	180		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	173.9976	kcal	Carbohydrate	29.5829	g
A005	POTATOES, MASHED	1	1/2 CUP	180		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	88.3161	kcal	Carbohydrate	19.6258	g
A030	GRAVY, BEEF FLAVOR, LS	1	SERVING (2 OZ)	180		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	17.6439	kcal	Carbohydrate	3.5288	g
2206	STROMBOLI PEP & CHEESE 4.2 OZ	1	PKG (1)	150		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	330.0000	kcal	Carbohydrate	29.0000	g
A010	GREEN BEANS	1	1/2 CUP	125		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	19.5338	kcal	Carbohydrate	3.7334	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	100		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.7272	kcal	Carbohydrate	1.4364	g
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.2663	kcal	Carbohydrate	2.6325	g
1264	TOMATO FRESH	1	1/4 CUP	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.0939	kcal	Carbohydrate	1.7492	g
7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0567	kcal	Carbohydrate	13.7804	g
7029	FRUIT MIXED	1	1/2 CUP	225		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	15.0000	g
2145	JUICE APPLE 4 OZ	1	CARTON (1)	75		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g

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1128	ITALIAN FF MARZETT	1	2 TBSP	100			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	15.0000	kcal		Carbohydrate	3.0000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/6/2017 **Feeding Figure:** 100
Base Menu Plan: 2,553 EL 16-17R SNACK W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
7071	PEACH CUPS FROZEN	1	CUP (1)	100			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	19.0000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	36			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	41			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/7/2017 **Feeding Figure:** 130
Base Menu Plan: 2,520 EL TRAD BFAST 16-17R W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2091	WAFFLE CHOC CHIP	1	PKG	72			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	250.0000	kcal		Carbohydrate	43.0000	g

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

Scheduled Menu Plans

1122	SYRUP PKT	1	PKT (1)	72
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	23
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1399	COCOA PUFFS RS WG	1	BOWL (1)	23
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	66
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1252	APPLE SLICED	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	28.3408	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/7/2017

Feeding Figure: 300

Base Menu Plan: 2,761 EL 16-17R CHILI

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A080	CHILI	1	3/4 CUP	175
	Nutrient	Value	Units	
	Food Energy	193.4822	kcal	
1923	CRACKER SALTINE (WG)	1	2 PKG	175
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	175
	Nutrient	Value	Units	
	Food Energy	295.2201	kcal	
4019	BOWL 12OZ CAMP	1	BOWL	175
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A330	PIZZA CHEESE GIORGIO 16"	1	1 SLICE	200
	Nutrient	Value	Units	
	Food Energy	330.0000	kcal	
7112	STRAWBERRIES SLICED FROZEN	1	1/2 CUP	211
	Nutrient	Value	Units	
	Food Energy	70.8750	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	150
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	125
	Nutrient	Value	Units	
	Food Energy	16.7130	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	100
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
1264	TOMATO FRESH	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
7028	BEAN GARBONZO LS	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	52.5000	kcal	
1128	ITALIAN FF MARZETT	1	2 TBSP	100
	Nutrient	Value	Units	
	Food Energy	15.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	24.9999 g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/7/2017 **Feeding Figure:** 100
Base Menu Plan: 2,554 EL 16-17R SNACK W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1450	GRIPZ CHOC CHIP	1	PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Nutrient	Value
			Carbohydrate	20.0000 g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	36
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	24.9999 g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	41
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/10/2017 **Feeding Figure:** 130
Base Menu Plan: 2,515 EL TRAD BFAST 16-17R W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1957	PANCAKE BLUEBERRY MI	1	PKG (1)	72
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
			Nutrient	Value
			Carbohydrate	35.0000 g
1122	SYRUP PKT	1	PKT (1)	72
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Nutrient	Value
			Carbohydrate	31.0000 g

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Independence Central Office

Scheduled Menu Plans

2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/10/2017 **Feeding Figure:** 100
Base Menu Plan: 2,555 EL 16-17R SNACK W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1859	SCOOBY DOO SNACKS	1	PKG (1 OZ)	100
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	36
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	46
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/11/2017 **Feeding Figure:** 130
Base Menu Plan: 2,516 EL TRAD BFAST 16-17R W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	80
	Nutrient	Value	Units	
	Food Energy	239.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4986	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	66
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7070	PEACHES SLICED FRZ. (20LB)	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	117.9999	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/11/2017

Feeding Figure: 300

Base Menu Plan: 2,536 EL 16-17R LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2258	TACOS MINI WG CHICKEN	1	TACO (3) SERVING	155
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	155
	Nutrient	Value	Units	
	Food Energy	94.5259	kcal	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	160
	Nutrient	Value	Units	
	Food Energy	20.0151	kcal	
2098	BREADSTICK MOZZ WG TWISTED	1	BREADSTICK	160
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	160
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A011	VEGETABLES, MIXED	1	1/2 CUP	125
	Nutrient	Value	Units	
	Food Energy	45.1028	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	100
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
1264	TOMATO FRESH	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
7097	BEAN BABY LIMA LSO	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	47.5011	kcal	
7070	PEACHES SLICED FRZ. (20LB)	1	1/2 CUP	225
	Nutrient	Value	Units	
	Food Energy	117.9999	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1129	RANCH FF MARZETTI	1	Ounce	100
	Nutrient	Value	Units	
	Food Energy	21.4611	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/11/2017 **Feeding Figure:** 100
Base Menu Plan: 2,556 EL 16-17R SNACK W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	100
Nutrient		Value	Units	
Food Energy		117.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		18.9000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	36
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	41
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/12/2017 **Feeding Figure:** 130
Base Menu Plan: 2,522 EL TRAD BFAST 16-17R W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2210	TRIX CEREAL BAR	1	PKG (1)	70
Nutrient		Value	Units	
Food Energy		150.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		30.0000	g	
2212	YOGURT TRIX STRAW/BAN 4 OZ	1	CONTAINER (1)	70
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	66
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAS PAK	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	98
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/12/2017

Feeding Figure: 300

Base Menu Plan: 2,762 EL 16-17RR LUNCH W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A192	WG CHICKEN PARM-SPAGHETTI,EL	1	1 SERVING	130
	Nutrient	Value	Units	
	Food Energy	323.4221	kcal	
	Nutrient	Value	Units	
	Carbohydrate	34.0943	g	
A072	TROUT MELT/WG GOLDFISH BREAD	1	1 SANDWICH	180
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	34.0000	g	
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	180
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

A054	SWEET POTATOES, ROASTED	1	1/2 CUP	150
	Nutrient	Value	Units	
	Food Energy	154.0480	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.4005	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	100
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	75.0567	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7804	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	150
	Nutrient	Value	Units	
	Food Energy	124.1705	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9345	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1129	RANCH FF MARZETTI	1	2 TBSP	100
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/12/2017

Feeding Figure: 100

Base Menu Plan: 2,557 EL 16-17R SNACK W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2215	CRISPS CINNAMON	1	PKG (1)	100
Nutrient		Value	Units	
	Food Energy	150.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	25.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	36
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	41
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/13/2017

Feeding Figure: 130

Base Menu Plan: 2,518 EL TRAD BFAST 16-17R W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2259	EGG & CHEESE LG WG BUN	1	SANDWICH (1)	70
Nutrient		Value	Units	
	Food Energy	240.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	31.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	25.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	66
Nutrient		Value	Units	
	Food Energy	80.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	5
Nutrient		Value	Units	
	Food Energy	240.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	40.0000	g	
7074	BLUEBERRIES FROZEN	1	1/2 CUP	98
Nutrient		Value	Units	
	Food Energy	40.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.5000	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
Nutrient		Value	Units	
	Food Energy	60.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/13/2017

Feeding Figure: 300

Base Menu Plan: 2,852 EL 16-17R LUNCH W3D4 APRIL

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2074	BEEF FINGER BREADED WG	1	SERVING 3.20 OZ (4 F	135
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2174	CHICKEN DRUMSTICK WG BREADED	1	DRUMSTICK (1)	200
	Nutrient	Value	Units	
	Food Energy	190.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.0000	g	
2245	COOKIES HOLIDAY FESTIVE	1	PKG (1)	300
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	300
	Nutrient	Value	Units	
	Food Energy	88.3161	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.6258	g	
1974	ROLL DINNER WHITE WHEAT	1	ROLL (1)	300
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	300
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	100
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.4364	g	

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Independence Central Office

Scheduled Menu Plans

1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	125
	Nutrient	Value	Units	
	Food Energy	16.7130	kcal	
1264	TOMATO FRESH	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
7028	BEAN GARBONZO LS	1	1/4 CUP	50
	Nutrient	Value	Units	
	Food Energy	52.5000	kcal	
1333	BANANAS PREM 40LB	1	1/2 BANANA	225
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	100
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	200
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	300
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/13/2017

Feeding Figure: 100

Base Menu Plan: 2,558 EL 16-17R SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1911	CHEETO PUFF	1	PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	50
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/17/2017 **Feeding Figure:** 130
Base Menu Plan: 2,520 EL TRAD BFAST 16-17R W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2091	WAFFLE CHOC CHIP	1	PKG	104
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	43.0000	g	
1122	SYRUP PKT	1	PKT (1)	104
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1252	APPLE SLICED	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	28.3408	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5267	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.0567	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	216
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1129	RANCH FF MARZETTI	1	2 TBSP	29
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	144
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	44
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/17/2017

Feeding Figure: 74

Base Menu Plan: 2,560 EL 16-17R SNACK W4D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1450	GRIPZ CHOC CHIP	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	30
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/18/2017 **Feeding Figure:** 130
Base Menu Plan: 2,521 EL TRAD BFAST 16-17R W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	104
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	13
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
7070	PEACHES SLICED FRZ. (20LB)	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	117.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.2200	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/18/2017 **Feeding Figure:** 288
Base Menu Plan: 2,829 EL 16-17R LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A220	WG-TACO SALAD-EL	1	1 SALAD	173
	Nutrient	Value	Units	
	Food Energy	468.2886	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.9655	g	
A069	BEANS, REFRIED	1	1/2 CUP	173
	Nutrient	Value	Units	
	Food Energy	142.7119	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0325	g	
7045	SALSA	1	1/4 CUP	173
	Nutrient	Value	Units	
	Food Energy	20.0151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0030	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	115
	Nutrient	Value	Units	
	Food Energy	376.4694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0118	g	
2274	COOKIE TRIPLE CHOC FILLED WG	1	COOKIE (1)	274
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
7098	CORN WHOLE KERNEL NO SALT	1	1/2 CUP	144
	Nutrient	Value	Units	
	Food Energy	65.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	29
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	

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Independence Central Office

Scheduled Menu Plans

7149	BEAN RED SMALL LS CANNED	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
7078	STRAWBERRIES FZ	1	1/2 CUP	216
	Nutrient	Value	Units	
	Food Energy	39.0000	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	29
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	87
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	29
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/18/2017

Feeding Figure: 74

Base Menu Plan: 2,561 EL 16-17R SNACK W4D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7071	PEACH CUPS FROZEN	1	CUP (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	37
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	19
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/19/2017 **Feeding Figure:** 130
Base Menu Plan: 2,744 EL TRAD BFAST 16-17RR W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A319	DONUTS CINNAMON & SUGAR EL	1	4 DONUTS	104
	Nutrient	Value	Units	
	Food Energy	253.6083*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.4250*	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	13
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	98
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/19/2017 **Feeding Figure:** 288
Base Menu Plan: 2,764 EL 16-17RR LUNCH W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A083	LASAGNA-USDA	1	1 PIECE	173
	Nutrient	Value	Units	
	Food Energy	372.4809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	34.9782	g	
1361	BREADSTICK WG	1	STICK (1)	173
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
1186	CHICKEN QUESA WG	1	QUESA (4.4 OZ)	115
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
7045	SALSA	1	1/4 CUP	116
	Nutrient	Value	Units	
	Food Energy	20.0151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0030	g	
A010	GREEN BEANS	1	1/2 CUP	144
	Nutrient	Value	Units	
	Food Energy	19.5338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.7334	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	29
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
7028	BEAN GARBONZO LS	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	52.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.5000	g	

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Independence Central Office

Scheduled Menu Plans

7029	FRUIT MIXED	1	1/2 CUP	216
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1160	JUICE CUP FRZ LEM/BERR	1	CARTON (1)	288
	Nutrient	Value	Units	
	Food Energy	70.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
1129	RANCH FF MARZETTI	1	OZ	29
	Nutrient	Value	Units	
	Food Energy	21.4611	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.1507	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/19/2017 **Feeding Figure:** 74
Base Menu Plan: 2,562 EL 16-17R SNACK W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2209	ANNIE'S BUNNY GRAHAMS FRIENDS	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	30
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/20/2017 **Feeding Figure:** 130
Base Menu Plan: 2,523 EL TRAD BFAST 16-17R W2D4
Menu Comments:

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

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
2264	BAGEL MINI TURKEY BACON CHZ	1	SERVING (3)	104
Nutrient		Value Units		Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				16.5000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13
Nutrient		Value Units		Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				23.0000 g
1399	COCOA PUFFS RS WG	1	BOWL (1)	12
Nutrient		Value Units		Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				25.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
Nutrient		Value Units		Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	0
Nutrient		Value Units		Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	98
Nutrient		Value Units		Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
Nutrient		Value Units		Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
Nutrient		Value Units		Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
Nutrient		Value Units		Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
Nutrient		Value Units		Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
Nutrient		Value Units		Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/20/2017

Feeding Figure: 288

Base Menu Plan: 2,543 EL 16-17R LUNCH W4D4

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2252	MEATLOAF CHEESEBURGER	1	SLICE (1)	173		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	190.0000	kcal	Carbohydrate	8.0000	g
A055	POTATOES, AUGRATIN	1	1/2 CUP	173		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	23.5715	kcal	Carbohydrate	4.7142	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	173		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	173.9976	kcal	Carbohydrate	29.5829	g
A101	RIB-Q ON BUN	1	1 SANDWICH	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	343.7030	kcal	Carbohydrate	36.8464	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	144		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	16.7130	kcal	Carbohydrate	3.2150	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	29		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.7272	kcal	Carbohydrate	1.4364	g
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.2663	kcal	Carbohydrate	2.6325	g
1264	TOMATO FRESH	1	1/4 CUP	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.0939	kcal	Carbohydrate	1.7492	g
7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	3		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0567	kcal	Carbohydrate	13.7804	g
A221	PEARS AND BLUEBERRIES, EL	1	1/2 CUP	216		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	101.6666	kcal	Carbohydrate	24.8957	g
2145	JUICE APPLE 4 OZ	1	CARTON (1)	72		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
1128	ITALIAN FF MARZETT	1	2 TBSP	29		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	15.0000	kcal	Carbohydrate	3.0000	g

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Independence Central Office

Scheduled Menu Plans

2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/20/2017 **Feeding Figure:** 74
Base Menu Plan: 2,760 EL 16-17RR SNACK W4D4 MAR
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2275	GRAHAM SNACKS FROZEN CINNAMON	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/21/2017 **Feeding Figure:** 130
Base Menu Plan: 2,524 EL TRAD BFAST 16-17R W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1384	FR TOAST CINN MINI WG	1	PKG (1)	104		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	37.0000	g
1122	SYRUP PKT	1	PKT (1)	104		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g

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Independence Central Office

Scheduled Menu Plans

2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1399	COCOA PUFFS RS WG	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7039	PEARS SLICED LS	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/21/2017

Feeding Figure: 288

Base Menu Plan: 2,765 EL 16-17R LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A242	MANDARIN ORANGE CHICKEN	1	1/3 CUP	144
	Nutrient	Value	Units	
	Food Energy	190.6232	kcal	

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Independence Central Office

Scheduled Menu Plans

A019	RICE, STEAMED	1	1/2 CUP	144
	Nutrient	Value	Units	
	Food Energy	48.9848	kcal	
2057	GRILLED CHEESE SAND WG 72 CT	1	SANDWICH (1)	144
	Nutrient	Value	Units	
	Food Energy	280.3200	kcal	
1871	CHIP DOR NACHO RF WG	1	BAG (1 OZ)	144
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1223	CARROT BABY 30 LBS	1	1/2 CUP	144
	Nutrient	Value	Units	
	Food Energy	19.8450	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	29
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
1264	TOMATO FRESH	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
7149	BEAN RED SMALL LS CANNED	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
7073	APRICOTS FROZEN	1	1/2 CUP	216
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1129	RANCH FF MARZETTI	1	2 TBSP	116
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/21/2017 **Feeding Figure:** 74
Base Menu Plan: 2,564 EL 16-17R SNACK W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	74			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		14.0000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		24.9999	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	12			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		23.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/24/2017 **Feeding Figure:** 130
Base Menu Plan: 2,515 EL TRAD BFAST 16-17R W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1957	PANCAKE BLUEBERRY MI	1	PKG (1)	104			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		210.0000	kcal	Carbohydrate		35.0000	g
1122	SYRUP PKT	1	PKT (1)	104			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		120.0000	kcal	Carbohydrate		31.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		110.0000	kcal	Carbohydrate		23.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	12			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		110.0000	kcal	Carbohydrate		25.0000	g

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE BFAS PAK	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1252	APPLE SLICED	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	28.3408	kcal	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/24/2017

Feeding Figure: 288

Base Menu Plan: 2,525 EL 16-17R LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	202
	Nutrient	Value	Units	
	Food Energy	336.0001	kcal	
7090	POTATOES FROZEN FF WEDGES	1	1/2 CUP	202
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A015	MAC AND CHEESE	1	1 CUP	86
	Nutrient	Value	Units	
	Food Energy	275.7247	kcal	

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Independence Central Office

Scheduled Menu Plans

A010	GREEN BEANS	1	1/2 CUP	144
	Nutrient	Value	Units	
	Food Energy	19.5338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.7334	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	29
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
7028	BEAN GARBONZO LS	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	52.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.5000	g	
7039	PEARS SLICED LS	1	1/2 CUP	216
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Tbsp	116
	Nutrient	Value	Units	
	Food Energy	19.7467	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9367	g	
1097	MUSTARD	1	TBSP	58
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1129	RANCH FF MARZETTI	1	Ounce	29
	Nutrient	Value	Units	
	Food Energy	21.4611	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.1507	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 4/24/2017
Base Menu Plan: 2,545 EL 16-17R SNACK W1D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 74

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1425	CRACKER ANIMAL	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	117.0000	kcal	Carbohydrate	18.9000	g
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 4/25/2017
Base Menu Plan: 2,516 EL TRAD BFAST 16-17R W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 130

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	104		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	239.4904	kcal	Carbohydrate	30.4986	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	39		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g

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Scheduled Menu Plans

7070	PEACHES SLICED FRZ. (20LB)	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	117.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.2200	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/25/2017

Feeding Figure: 288

Base Menu Plan: 2,526 EL 16-17R LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2170	PIZZA FIESTADA WG	1	SLICE (1)	116
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	173
	Nutrient	Value	Units	
	Food Energy	257.8691	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.6023	g	
A016	RICE, MEXICAN	1	1/2 CUP	173
	Nutrient	Value	Units	
	Food Energy	94.5259	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.1930	g	
7045	SALSA	1	1/4 CUP	173
	Nutrient	Value	Units	
	Food Energy	20.0151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0030	g	
A056	CORN, MEXICALI	1	1/2 CUP	72
	Nutrient	Value	Units	
	Food Energy	121.3105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.1174	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	29
	Nutrient	Value	Units	
	Food Energy	7.7272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
7149	BEAN RED SMALL LS CANNED	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	216
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1129	RANCH FF MARZETTI	1	2 TBSP	29
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/25/2017

Feeding Figure: 74

Base Menu Plan: 2,546 EL 16-17R SNACK W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1859	SCOOBY DOO SNACKS	1	PKG (1 OZ)	74
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	

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Scheduled Menu Plans

2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	37
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	19
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/26/2017 **Feeding Figure:** 130
Base Menu Plan: 2,517 EL TRAD BFAST 16-17R W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2244	BAGEL MINI CINNAMON CR CHEESE	1	PKG (1)	104
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	98
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Scheduled Menu Plans

2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/26/2017 **Feeding Figure:** 288
Base Menu Plan: 2,904 EL 16-17R LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	173
Nutrient		Value	Units	
	Food Energy	235.2619	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.9456	g	
1361	BREADSTICK WG	1	STICK (1)	173
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0000	g	
1942	FISH- WG RAINBOW TRE	1	4 NUGGETS	115
Nutrient		Value	Units	
	Food Energy	230.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.0000	g	
A033	SAUCE, TARTER	1	2 TBSP	116
Nutrient		Value	Units	
	Food Energy	26.7078	kcal	
Nutrient		Value	Units	
	Carbohydrate	3.2141	g	
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	116
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	144
Nutrient		Value	Units	
	Food Energy	27.9508	kcal	
Nutrient		Value	Units	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	29
Nutrient		Value	Units	
	Food Energy	7.7272	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
Nutrient		Value	Units	
	Food Energy	11.2663	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.6325	g	

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Scheduled Menu Plans

1264	TOMATO FRESH	1	1/4 CUP	12
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.0567	kcal	
A050	APPLES, HOT SPICED	1	1/2 CUP	216
	Nutrient	Value	Units	
	Food Energy	124.1705	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	2 TBSP	29
	Nutrient	Value	Units	
	Food Energy	15.0000	kcal	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/26/2017

Feeding Figure: 74

Base Menu Plan: 2,547 EL 16-17R SNACK W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	74
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	12
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	36
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	27
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 4/27/2017 **Feeding Figure:** 130
Base Menu Plan: 2,518 EL TRAD BFAST 16-17R W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2259	EGG & CHEESE LG WG BUN	1	SANDWICH (1)	104
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		31.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	12
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAST PAK	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		40.0000	g	
7074	BLUEBERRIES FROZEN	1	1/2 CUP	98
Nutrient		Value	Units	
Food Energy		40.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.5000	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	

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Scheduled Menu Plans

2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch
Date: 4/27/2017
Base Menu Plan: 2,528 EL 16-17R LUNCH W1D4
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 288

Stock Number	Description	Serving Size	Measure	Projected Quantity
7144	CHICKEN PATTY 30# HOMESTYLE WG	1	SERVING 3.05 OZ	173
Nutrient		Value	Units	
Food Energy		184.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
A002	GRAVY, CHICKEN, LSO	1	2 OZ	173
Nutrient		Value	Units	
Food Energy		16.0737	kcal	
Nutrient		Value	Units	
Carbohydrate		3.2147	g	
A005	POTATOES, MASHED	1	1/2 CUP	173
Nutrient		Value	Units	
Food Energy		88.3161	kcal	
Nutrient		Value	Units	
Carbohydrate		19.6258	g	
1974	ROLL DINNER WHITE WHEAT	1	ROLL (1)	173
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
2207	ROLLUP TRK HAM & CHSE 4.2 OZ	1	PKG (1)	115
Nutrient		Value	Units	
Food Energy		290.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	144
Nutrient		Value	Units	
Food Energy		45.1028	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0206	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	29
Nutrient		Value	Units	
Food Energy		7.7272	kcal	
Nutrient		Value	Units	
Carbohydrate		1.4364	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12
Nutrient		Value	Units	
Food Energy		11.2663	kcal	
Nutrient		Value	Units	
Carbohydrate		2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	12
Nutrient		Value	Units	
Food Energy		8.0939	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7492	g	
7028	BEAN GARBONZO LS	1	1/4 CUP	3
Nutrient		Value	Units	
Food Energy		52.5000	kcal	
Nutrient		Value	Units	
Carbohydrate		8.5000	g	

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Scheduled Menu Plans

7073	APRICOTS FROZEN	1	1/2 CUP	216
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	72
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1129	RANCH FF MARZETTI	1	2 TBSP	29
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	87
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	116
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/27/2017

Feeding Figure: 74

Base Menu Plan: 2,548 EL 16-17R SNACK W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1461	PRETZELS HEARTS	1	BAG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	26
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	19
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	30
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/28/2017

Feeding Figure: 130

Base Menu Plan: 2,522 EL TRAD BFAST 16-17R W2D3

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
2210	TRIX CEREAL BAR	1	PKG (1)	104
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
2212	YOGURT TRIX STRAW/BAN 4 OZ	1	CONTAINER (1)	104
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	13
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	12
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	39
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE BFAS PAK	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	98
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2145	JUICE APPLE 4 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2138	MILK CHOC PLAS FF 8 OZ	1	BOTTLE (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	43
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2137	MILK 1% WHITE PLAS 8 OZ	1	BOTTLE (1)	45
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/28/2017

Feeding Figure: 288

Base Menu Plan: 2,853 EL 16-17R LUNCH W3D5 MAY

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A330	PIZZA CHEESE GIORGIO 16"	1	1 SLICE	173		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	330.0000	kcal	Carbohydrate	36.0000	g
1940	CORN DOG-MINI TRK WG	1	SERVING 6 CRN DG	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	249.9999	kcal	Carbohydrate	31.0000	g
1911	CHEETO PUFF	1	PKG (1)	116		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	13.0000	g
A130	PEAS & CARROTS	1	1/2 CUP	144		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	51.2616	kcal	Carbohydrate	10.0415	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	29		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.7272	kcal	Carbohydrate	1.4364	g
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.2663	kcal	Carbohydrate	2.6325	g
1264	TOMATO FRESH	1	1/4 CUP	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.0939	kcal	Carbohydrate	1.7492	g
7149	BEAN RED SMALL LS CANNED	1	1/4 CUP	3		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
7029	FRUIT MIXED	1	1/2 CUP	216		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	15.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	72		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
1129	RANCH FF MARZETTI	1	2 TBSP	29		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g

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