



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/16/2018

Feeding Figure: 350

Base Menu Plan: 4,156 HS 18-19 BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	38.0000	g
2405	SAUSAGE PATTY COOKED 018715	1	PATTY (1) SERVING	119		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	0.0000	g
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	150.0000	kcal	Carbohydrate	24.0000	g
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	15.9999	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	<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)	27		
	<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)	74		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g

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2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/16/2018

Feeding Figure: 1025

Base Menu Plan: 4,169 HS AUG START LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
A110	ROASTED CHICKEN	1	1 SERVING	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	265.7835	kcal	
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	546
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.4904	kcal	

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A005	POTATOES, MASHED	1	1/2 CUP	546
	<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	546
	<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	
A106	SUB/SALAD BAR-ITALIAN	1	1 SUB/SALAD	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	463.2102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.3122	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	522.7830	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.6275	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	436.5905	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	68.2073	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	24.1628	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.6486	g	
A070	CARROTS, COOKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	55.8809	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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	17
	<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	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
a436	APRICOTS #7073	1	1 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.8478	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	49.9655	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	

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1319	APPLE RED 138 CT	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<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)	294
	<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 8/17/2018  
**Base Menu Plan:** 4,157 HS 18-19 BFAST W1D5  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 325

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	300.0002	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
A377	PANCAKE BLUEBERRY MINI #2370	1	1 PKG	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	42.0000	g	
1122	SYRUP PKT	1	PACKET	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	<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)	27
	<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)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	

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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	40.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<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)	89
	<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<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 9-12

Date: 8/17/2018

Feeding Figure: 1025

Base Menu Plan: 4,170 HS AUG START LUNCH W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	235.2619	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9456	g	
1361	BREADSTICK WG	1	STICK (1)	336
	<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	

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A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0117	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.0211	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.1761	g	
A105	SUB/SALAD BAR-TURKEY/HAM/SWISS	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	328.5608	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0991	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	638.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	125.8244	g	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	49.0299	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.9901	g	
A359	CORN, COOKED	1	1 CUP	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	198.5151	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.7145	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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	17
	<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	9
	<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	

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1348	PEARS SLICD IN LS	1	CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	

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2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
<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)	294
<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
<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 9-12  
**Date:** 8/20/2018      **Feeding Figure:** 325  
**Base Menu Plan:** 4,153 HS 18-19 BFAST W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	208
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1159	YOGURT RASP/PEACH	1	CARTON (1)	30
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	30
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	15
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
<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)	3
<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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1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	<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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/20/2018

Feeding Figure: 1025

Base Menu Plan: 1,002,771 HS 17-18 JAN LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	

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A362	POTATO BAKED FRIES	1	1/2 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4690	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.9430	g	
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	238.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.6000	g	
A015	MAC AND CHEESE	1	1/2 CUP	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	191.7949	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.3253	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.0000	g	
2287	MARINARA SAUCE CANNED	1	2 OZ	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.5000	g	
A104	SUB/SALAD BAR-HAM & PRO	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	424.5251	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.8035	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	638.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	125.8244	g	
1223	CARROT BABY 30 LBS	1	CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.6900	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.3442	g	
A067	BEANS, BAKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	235.3591	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	44.2458	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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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A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	<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	9
	<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	
A7078	STRAWBERRIES #7078	1	1 CUP	420
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	79.3200	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<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	
2365	DRESSING RANCH OTT'S	1	Ounce	210
	<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	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.8886	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	<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	
2225	KETCHUP SRIRACHA	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6656	g	

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1097	MUSTARD	1	Ounce	26
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<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)	294
	<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<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 9-12  
**Date:** 8/21/2018      **Feeding Figure:** 350  
**Base Menu Plan:** 4,154 HS 18-19 BFAST W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60
	<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	
A470	MUFFIN WG ENGLISH W/SAUSAGE #	1	1 SANDWICH	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	250.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30
	<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	
1392	POP TART STRAW WG	1	PKG (1)	27
	<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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1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	<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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/21/2018

Feeding Figure: 1050

Base Menu Plan: 3,710 HS 17-18 JAN LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO	1	1 NACHO	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	476.1023	kcal	

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A069	BEANS, REFRIED	1	1 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	263.3908	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.6395	g	
7045	SALSA	1	1/4 CUP	336
	<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	
A309	MEATBALL SUB SANDWICH	1	1 SANDWICH	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	591.6699	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.0425	g	
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	126
	<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	126
	<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	
A103	SUB/SALAD BAR-TURKEY PEP JACK	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2462	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.9670	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	515.7825	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.0617	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	436.5905	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	68.2073	g	
A359	CORN, COOKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	198.5151	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.7145	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	28.4683	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.9260	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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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A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	<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	9
	<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	
1348	PEARS SLICED IN LS	1	CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	159.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<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	
2365	DRESSING RANCH OTT'S	1	Ounce	210
	<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	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.8886	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	<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)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 8/22/2018  
**Base Menu Plan:** 4,155 HS 18-19 BFAST W1D3  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 350

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.4987	g	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.5000	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	<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	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	<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)	27
	<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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A379	BREADSTICK WG #1361	1	1 BREADSTICK	336
	<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	
A381	CORN DOG-MINI TRK WG #1940	1	6 MINI CORNDOGS	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	249.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	140.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	465.0049*	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	51.6927*	g	
A105	SUB/SALAD BAR-TURKEY/HAM/SWISS	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	328.5608	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0991	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	638.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	125.8244	g	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	49.0299	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.9901	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	46.6589	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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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A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
A050	APPLES, HOT SPICED	1	1 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	243.0672	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	

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2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
<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)	294
<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 8/23/2018  
**Base Menu Plan:** 4,156 HS 18-19 BFAST W1D4  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 350

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2405	SAUSAGE PATTY COOKED 018715	1	PATTY (1) SERVING	119
<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	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	150.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.0000	g	
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.9999	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	

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1392	POP TART STRAW WG	1	PKG (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	<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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/23/2018

Feeding Figure: 1050

Base Menu Plan: 3,712 HS 17-18 JAN LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	238.1163	kcal	Carbohydrate
				13.8725 g
A005	POTATOES, MASHED	1	1/2 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A030	GRAVY, BEEF FLAVOR, LS	1	1/4 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	17.7055	kcal	Carbohydrate
				3.5411 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	385.9999	kcal	Carbohydrate
				39.0001 g
A338	NACHO BITES #2265	1	8 SERVING	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	270.0000	kcal	Carbohydrate
				32.0000 g
7045	SALSA	1	1/4 CUP	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A106	SUB/SALAD BAR-ITALIAN	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	463.2102	kcal	Carbohydrate
				35.3122 g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	522.7830	kcal	Carbohydrate
				70.6275 g
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	436.5905	kcal	Carbohydrate
				68.2073 g
A064	EDAMAME SUCCOTASH	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	222.2629	kcal	Carbohydrate
				45.1934 g

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A070	CARROTS, COOKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	55.8809	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.4180	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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	17
	<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	9
	<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	
a436	APRICOTS #7073	1	1 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.8478	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	49.9655	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<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	

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2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/24/2018

Feeding Figure: 350

Base Menu Plan: 4,157 HS 18-19 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	300.0002	kcal	

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A377	PANCAKE BLUEBERRY MINI #2370	1	1 PKG	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	42.0000	g	
1122	SYRUP PKT	1	PACKET	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	<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)	27
	<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)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<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)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	23.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	12.0000 g

<b>Serving Period:</b> Lunch	<b>Serving Line:</b> MAIN	<b>Age Group:</b> Grades 9-12
<b>Date:</b> 8/24/2018		<b>Feeding Figure:</b> 1050
<b>Base Menu Plan:</b> 1,002,627 HS 17-18 JAN LUNCH W1D5		
<b>Menu Comments:</b>		

Stock Number	Description	Serving Size	Measure	Projected Quantity
A112	WG FAJITA TACO	1	1 TACO	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	281.9239	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	22.5074 g
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	270.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	31.0000 g
7045	SALSA	1	1/4 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	4.0000 g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	311.8781	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	28.0469 g
1221	POTATO FRIES SPICY	1	1/2 CUP	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	140.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	20.0000 g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	498.6447*	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	53.1496* g
A103	SUB/SALAD BAR-TURKEY PEP JACK	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2462	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	4.9670 g

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A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	638.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	125.8244	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	24.1628	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.6486	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	76.7782	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.8913	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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	17
	<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	9
	<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	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	420
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	184.8850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.2982	g	
7029	FRUIT MIXED	1	CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	

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1333	BANANAS PREM 40LB	1	BANANA (1)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/27/2018

Feeding Figure: 296

Base Menu Plan: 4,153 HS 18-19 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	208
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
			Carbohydrate	40.0000 g
1159	YOGURT RASP/PEACH	1	CARTON (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
			Carbohydrate	22.0001 g

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1387	GRAHAMS ORIGINAL	1	PKG (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
1399	COCOA PUFFS RS WG	1	BOWL (1)	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	<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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
<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)	89
<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
<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 9-12  
**Date:** 8/27/2018      **Feeding Figure:** 839  
**Base Menu Plan:** 1,002,628 HS 17-18 JAN LUNCH W2D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A413	ROASTED CHICKEN BBQ	1	1 SERVING	336
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	324.1071	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.1656	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	336
<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	
A149	CHILI DOG	1	1 CHILI DOG	168
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	147.3814	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.8819	g	
A362	POTATO BAKED FRIES	1	1/2 CUP	168
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	121.4690	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.9430	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	126
<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	
A106	SUB/SALAD BAR-ITALIAN	1	1 SUB/SALAD	26
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	463.2102	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.3122	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	

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a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	638.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	125.8244	g	
A359	CORN, COOKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	198.5151	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.7145	g	
A059	ZUCCHINI SAUTE	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.7114	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.2329	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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	17
	<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	9
	<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	CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	162.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.5999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	OZ (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/28/2018

Feeding Figure: 296

Base Menu Plan: 4,154 HS 18-19 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	60		
	<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
A470	MUFFIN WG ENGLISH W/SAUSAGE #	1	1 SANDWICH	119		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	250.0000	kcal	Carbohydrate	24.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30		
	<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
1392	POP TART STRAW WG	1	PKG (1)	27		
	<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)	74		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	<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

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1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<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)	89
	<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<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 9-12

Date: 8/28/2018

Feeding Figure: 839

Base Menu Plan: 1,002,629 HS 17-18 JAN LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	256.4172	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.6866	g	
A016	RICE, MEXICAN	1	1/2 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
7045	SALSA	1	1/4 CUP	336
	<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	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	210
	<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	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.0000	g	

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Scheduled Menu Plans

1310	SAUCE MARINARA	1	SERVING (2 OZ)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
A103	SUB/SALAD BAR-TURKEY PEP JACK	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2462	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	515.7825	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	436.5905	kcal	
A070	CARROTS, COOKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	55.8809	kcal	
A011	VEGETABLES, MIXED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	76.7782	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	

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Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/29/2018

Feeding Figure: 296

Base Menu Plan: 4,155 HS 18-19 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	119		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	269.4904	kcal	Carbohydrate	35.4987	g
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	119		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	1.5000	g
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	25.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	<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)	27		
	<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)	74		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g

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Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/29/2018

Feeding Figure: 839

Base Menu Plan: 1,002,630 HS 17-18 JAN LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	239.4199	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	238.0000	kcal	
A351	WAFFLE WG	1	1 WAFFLE	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1122	SYRUP PKT	1	PKT (1)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
A103	SUB/SALAD BAR-TURKEY PEP JACK	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2462	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	638.0201	kcal	
A012	PEAS	1	1 CUP	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.8352	kcal	
A066	CUCUMBER SALAD	1	1 CUP	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.9338	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
A7078	STRAWBERRIES #7078	1	1 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	79.3200	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
			Carbohydrate	21.1897 g

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Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252
	<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	

  

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<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 9-12  
**Date:** 8/30/2018      **Feeding Figure:** 296  
**Base Menu Plan:** 4,156 HS 18-19 BFAST W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2405	SAUSAGE PATTY COOKED 018715	1	PATTY (1) SERVING	119
	<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	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	150.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.0000	g	
1167	YOGURT STRAW/STBAN	1	CARTON (1)	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.9999	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	<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)	27
	<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)	74
	<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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/30/2018

Feeding Figure: 839

Base Menu Plan: 1,002,632 HS 17-18 JAN LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	

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A005	POTATOES, MASHED	1	1/2 CUP	336
	<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	336
	<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	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
a308	PIZZA CAN BCN & CHZ HOMEMADE	1	1 SLICE	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	434.2252*	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	52.7168*	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	343.7030	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.8464	g	
1911	CHEETO PUFF	1	PKG (1)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.0000	g	
A104	SUB/SALAD BAR-HAM & PRO	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	424.5251	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.8035	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	522.7830	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.6275	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	436.5905	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	68.2073	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	420
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	184.8850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.2982	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	24.1628	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.6486	g	
A067	BEANS, BAKED	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	235.3591	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	44.2458	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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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a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	<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	17
	<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	9
	<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	
a7074	BLUEBERRIES #7159	1	1 CUP	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0465	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0116	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1097	MUSTARD	1	Ounce	17
	<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	26
	<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	
2225	KETCHUP SRIRACHA	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6656	g	
1086	SAUCE BBQ	1	Ounce	42
	<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	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<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	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	84
	<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	
1832	DRESSING CAESAR FF	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	18.8858	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.8329	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	141.6433	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<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)	294
	<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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<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 9-12

Date: 8/31/2018

Feeding Figure: 296

Base Menu Plan: 4,157 HS 18-19 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	300.0002	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
A377	PANCAKE BLUEBERRY MINI #2370	1	1 PKG	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	42.0000	g	
1122	SYRUP PKT	1	PACKET	60
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	

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Scheduled Menu Plans

1392	POP TART STRAW WG	1	PKG (1)	30
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	<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	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	74
	<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: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/31/2018

Feeding Figure: 839

Base Menu Plan: 1,002,631 HS 17-18 JAN LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A301	WG SPAGHETTI & MEATSAUCE HS	1	1 SERVING	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	291.5956	kcal	Carbohydrate
				34.2481 g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	336
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				21.0000 g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	311.8781	kcal	Carbohydrate
				28.0469 g
A362	POTATO BAKED FRIES	1	1/2 CUP	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	121.4690	kcal	Carbohydrate
				20.9430 g
A344	BURRITO BN BF CHS SALSA #1999	1	1 BURRITO	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	304.0799	kcal	Carbohydrate
				39.1400 g
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	270.0000	kcal	Carbohydrate
				31.0000 g
7045	SALSA	1	1/4 CUP	126
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A105	SUB/SALAD BAR-TURKEY/HAM/SWISS	1	1 SUB/SALAD	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	328.5608	kcal	Carbohydrate
				4.0991 g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	618.8101	kcal	Carbohydrate
				74.1896 g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	628.8102	kcal	Carbohydrate
				73.1897 g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	15
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	638.0201	kcal	Carbohydrate
				125.8244 g

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Scheduled Menu Plans

A1223	CARROTS BABY 30LBS	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.6900	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.3442	g	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	252
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	49.0299	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.9901	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	<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	17
	<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	17
	<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	9
	<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	
a436	APRICOTS #7073	1	1 CUP	420
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.8478	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	49.9655	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	<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	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	47.1954	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0781	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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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

2365	DRESSING RANCH OTT'S	1	Ounce	84
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		85.8443	kcal
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		29.3055	kcal
1832	DRESSING CAESAR FF	1	SERVING 30 GRAM	9
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		20.0000	kcal
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		141.6433	kcal
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		33.3278	kcal
1097	MUSTARD	1	Ounce	17
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		0.0000	kcal
2225	KETCHUP SRIRACHA	1	Ounce	17
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		33.3278	kcal
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		129.9999	kcal
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	252
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		100.0000	kcal
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy		129.9999	kcal

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