



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 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 38.0000 | g |
| 2405 | SAUSAGE PATTY COOKED 018715 | 1 | PATTY (1) SERVING | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 120.0000 | kcal | Carbohydrate | 0.0000 | g |
| 2305 | BACKPACKER CHEWY OATMEAL BITES | 1 | PKG (1) | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 150.0000 | kcal | Carbohydrate | 24.0000 | g |
| 1167 | YOGURT STRAW/STBAN | 1 | CARTON (1) | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 100.0000 | kcal | Carbohydrate | 15.9999 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 22.0000 | g |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 80.0000 | kcal | Carbohydrate | 1.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 40.0000 | g |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 260.0000 | kcal | |
| | | | | |
| A110 | ROASTED CHICKEN | 1 | 1 SERVING | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 265.7835 | kcal | |
| | | | | |
| A230 | BISCUIT W/GRAVY, WG. LRG SPLT | 1 | 1 SERVING | 546 |
| | Nutrient | Value | Units | |
| | Food Energy | 269.4904 | kcal | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|------------------------------|--------------|------------------|-----|
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 546 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.3963 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.1467 | g | |
| A140 | COUNTRY GRAVY | 1 | 2 OZ | 546 |
| | Nutrient | Value | Units | |
| | Food Energy | 59.4904 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.4986 | g | |
| A106 | SUB/SALAD BAR-ITALIAN | 1 | 1 SUB/SALAD | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 463.2102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.3122 | g | |
| A146 | GRAB N GO WG HAM SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 522.7830 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 70.6275 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 436.5905 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 68.2073 | g | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.1628 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.6486 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 55.8809 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.4180 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| a7024 | BEANS, PINTO (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 95.3707 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.5171 | g | |
| a436 | APRICOTS #7073 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 219.8478 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 49.9655 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 300.0002 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A377 | PANCAKE BLUEBERRY MINI #2370 | 1 | 1 PKG | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 42.0000 | g | |
| 1122 | SYRUP PKT | 1 | PACKET | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 235.2619 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.9456 | g | |
| 1361 | BREADSTICK WG | 1 | STICK (1) | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------------|--------------|------------------|-----|
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.4695 | kcal | |
| | | | | |
| A425 | POTATO CRINKLE FRIES #7120 | 1 | 1/2 CUP | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0211 | kcal | |
| | | | | |
| A105 | SUB/SALAD BAR-TURKEY/HAM/SWISS | 1 | 1 SUB/SALAD | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 328.5608 | kcal | |
| | | | | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 628.8102 | kcal | |
| | | | | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 618.8101 | kcal | |
| | | | | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 638.0201 | kcal | |
| | | | | |
| A331 | GREEN BEANS-SEC DICED HAM | 1 | 1 CUP | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 49.0299 | kcal | |
| | | | | |
| A359 | CORN, COOKED | 1 | 1 CUP | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 198.5151 | kcal | |
| | | | | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | | | | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0000 | g | |
| 1159 | YOGURT RASP/PEACH | 1 | CARTON (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1387 | GRAHAMS ORIGINAL | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 16.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 12 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 3 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | | | | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.4695 | kcal | |
| | | | | |
| | | | | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A362 | POTATO BAKED FRIES | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 121.4690 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.9430 | g | |
| A354 | CHICKEN NUGGETS WG | 1 | 1 SERVING (7) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 238.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.6000 | g | |
| A015 | MAC AND CHEESE | 1 | 1/2 CUP | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 191.7949 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.3253 | g | |
| A443 | RIPPER CHEESE TOPPED WG #2369 | 1 | 1 BREADSTICK | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 280.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 30.0000 | g | |
| 2287 | MARINARA SAUCE CANNED | 1 | 2 OZ | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 25.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.5000 | g | |
| A104 | SUB/SALAD BAR-HAM & PRO | 1 | 1 SUB/SALAD | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 424.5251 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.8035 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 628.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 73.1897 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 83 |
| | Nutrient | Value | Units | |
| | Food Energy | 618.8101 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 74.1896 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 638.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 125.8244 | g | |
| 1223 | CARROT BABY 30 LBS | 1 | CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 39.6900 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.3442 | g | |
| A067 | BEANS, BAKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 235.3591 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 44.2458 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| A7078 | STRAWBERRIES #7078 | 1 | 1 CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 79.3200 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.6232 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.8148 | g | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| 1832 | DRESSING CAESAR FF | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 18.8858 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.8329 | g | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 230.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0000 | g | |
| A470 | MUFFIN WG ENGLISH W/SAUSAGE # | 1 | 1 SANDWICH | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 250.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | | | | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 476.1023 | kcal | |
| | | | | |
| | | | | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A069 | BEANS, REFRIED | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 263.3908 | kcal | |
| | | | | |
| 7045 | SALSA | 1 | 1/4 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | | | | |
| A309 | MEATBALL SUB SANDWICH | 1 | 1 SANDWICH | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 591.6699 | kcal | |
| | | | | |
| A452 | PIZZA QUESA CKN MAX #2376 | 1 | 1 SERVING (5 OZ) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 320.0001 | kcal | |
| | | | | |
| 7045 | SALSA | 1 | 1/4 CUP | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | | | | |
| A103 | SUB/SALAD BAR-TURKEY PEP JACK | 1 | 1 SUB/SALAD | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 295.2462 | kcal | |
| | | | | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 515.7825 | kcal | |
| | | | | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 436.5905 | kcal | |
| | | | | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 198.5151 | kcal | |
| | | | | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 28.4683 | kcal | |
| | | | | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | | | | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.7866 | g | |
| 1348 | PEARS SLICD IN LS | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 159.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0000 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.8148 | g | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| 1832 | DRESSING CAESAR FF | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 18.8858 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.8329 | g | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0000 | g | |

Serving Period: Breakfast
Date: 8/22/2018
Serving Line: MAIN
Age Group: Grades 9-12
Base Menu Plan: 4,155 HS 18-19 BFAST W1D3
Feeding Figure: 350
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A230 | BISCUIT W/GRAVY, WG. LRG SPLT | 1 | 1 SERVING | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 269.4904 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.4987 | g | |
| A446 | EGG PATTY SCRAMBLE W/CHEESE | 1 | 1 PATTY | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.5000 | g | |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 176.5800 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0400 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0000 | g | |
| A381 | CORN DOG-MINI TRK WG #1940 | 1 | 6 MINI CORNDOGS | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 249.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| 1459 | CHIP SUN CHED WG | 1 | BAG (1 OZ) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 140.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.0000 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049* | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927* | g | |
| A105 | SUB/SALAD BAR-TURKEY/HAM/SWISS | 1 | 1 SUB/SALAD | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 328.5608 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.0991 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 628.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 73.1897 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 83 |
| | Nutrient | Value | Units | |
| | Food Energy | 618.8101 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 74.1896 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 638.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 125.8244 | g | |
| A331 | GREEN BEANS-SEC DICED HAM | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 49.0299 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.9901 | g | |
| A469 | VEGETABLE BLEND, ITALIAN #1204 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6589 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.9987 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------|--------------|--------------|-----|
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| A050 | APPLES, HOT SPICED | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 243.0672 | kcal | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR FF | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 18.8858 | kcal | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-----------------|-------------------------------|--------------|--------------|-----|
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| Nutrient | | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| Nutrient | | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| Nutrient | | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| Nutrient | | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 12.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/23/2018 **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 |
| Nutrient | | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2405 | SAUSAGE PATTY COOKED 018715 | 1 | PATTY (1) SERVING | 119 |
| Nutrient | | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 2305 | BACKPACKER CHEWY OATMEAL BITES | 1 | PKG (1) | 60 |
| Nutrient | | Value | Units | |
| | Food Energy | 150.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| 1167 | YOGURT STRAW/STBAN | 1 | CARTON (1) | 60 |
| Nutrient | | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 15.9999 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| Nutrient | | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| Nutrient | | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 22.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

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

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 55.8809 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.4180 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a436 | APRICOTS #7073 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 219.8478 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 49.9655 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.8148 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR FF | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 18.8858 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 300.0002 | kcal | |
| | | | | |
| | | | | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|----|
| A377 | PANCAKE BLUEBERRY MINI #2370 | 1 | 1 PKG | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 42.0000 | g | |
| 1122 | SYRUP PKT | 1 | PACKET | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0000 | g | |

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

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

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|------------------|-----|
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 628.8102 | kcal | |
| | | | | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 83 |
| | Nutrient | Value | Units | |
| | Food Energy | 618.8101 | kcal | |
| | | | | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 638.0201 | kcal | |
| | | | | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.1628 | kcal | |
| | | | | |
| A011 | VEGETABLES, MIXED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 76.7782 | kcal | |
| | | | | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | | | | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | | | | |
| A252 | CHERRY CRISP w/o stabilizer | 1 | 1 piece | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 184.8850 | kcal | |
| | | | | |
| 7029 | FRUIT MIXED | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | | | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR FF | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 18.8858 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | Carbohydrate | 40.0000 g |
| 1159 | YOGURT RASP/PEACH | 1 | CARTON (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | Carbohydrate | 22.0001 g |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|----|
| 1387 | GRAHAMS ORIGINAL | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 16.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 12 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 3 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-----------------|-----------------------------|--------------|--------------|-----|
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| Nutrient | | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| Nutrient | | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| Nutrient | | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| Nutrient | | Value | Units | |
| | 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 |
| Nutrient | | Value | Units | |
| | Food Energy | 324.1071 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 14.1656 | g | |
| A385 | BISCUIT FRZ EASY SPLIT #2211 | 1 | 1 BISCUIT | 336 |
| Nutrient | | Value | Units | |
| | Food Energy | 210.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A149 | CHILI DOG | 1 | 1 CHILI DOG | 168 |
| Nutrient | | Value | Units | |
| | Food Energy | 147.3814 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 10.8819 | g | |
| A362 | POTATO BAKED FRIES | 1 | 1/2 CUP | 168 |
| Nutrient | | Value | Units | |
| | Food Energy | 121.4690 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 20.9430 | g | |
| A457 | PIZZA QUESA MAX #2374 | 1 | 1 QUESADILLA | 126 |
| Nutrient | | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 41.0001 | g | |
| A106 | SUB/SALAD BAR-ITALIAN | 1 | 1 SUB/SALAD | 26 |
| Nutrient | | Value | Units | |
| | Food Energy | 463.2102 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 35.3122 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 84 |
| Nutrient | | Value | Units | |
| | Food Energy | 628.8102 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 73.1897 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 83 |
| Nutrient | | Value | Units | |
| | Food Energy | 618.8101 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 74.1896 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 638.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 125.8244 | g | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 198.5151 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 41.7145 | g | |
| A059 | ZUCCHINI SAUTE | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.7114 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.2329 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| 1347 | PEACHES SLICD IN LS | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 162.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.5999 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: 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 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 230.0000 | kcal | Carbohydrate | 39.0000 | g |
| A470 | MUFFIN WG ENGLISH W/SAUSAGE # | 1 | 1 SANDWICH | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 250.0000 | kcal | Carbohydrate | 24.0000 | g |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 22.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 80.0000 | kcal | Carbohydrate | 1.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 40.0000 | g |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 74.8864 | kcal | Carbohydrate | 17.9728 | g |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 105.0201 | kcal | Carbohydrate | 26.9512 | g |

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

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



Independence Central Office

Scheduled Menu Plans

| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 | | | | | | | | | | | | |
|--|-----------------------------|----------|------------|-------|-------------|----------|------|---|--|----------|-------|-------|--------------|---------|---|--|
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>47.1954</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 47.1954 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.0781</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 12.0781 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 47.1954 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 12.0781 | g | | | | | | | | | | | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>60.0001</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 60.0001 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>14.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 14.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 60.0001 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 14.0000 | g | | | | | | | | | | | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>60.0001</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 60.0001 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>14.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 14.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 60.0001 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 14.0000 | g | | | | | | | | | | | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>129.9999</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 129.9999 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>24.9999</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 24.9999 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 129.9999 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 24.9999 | g | | | | | | | | | | | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>129.9999</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 129.9999 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>23.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 23.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 129.9999 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 23.0000 | g | | | | | | | | | | | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 100.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 12.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 100.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>256.4172</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 256.4172 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>18.6866</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 18.6866 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 256.4172 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 18.6866 | g | | | | | | | | | | | | | | |
| A016 | RICE, MEXICAN | 1 | 1/2 CUP | 336 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>78.7958</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 78.7958 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.4837</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 13.4837 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 78.7958 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 13.4837 | g | | | | | | | | | | | | | | |
| 7045 | SALSA | 1 | 1/4 CUP | 336 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>20.0000</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 20.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>4.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 4.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 20.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 4.0000 | g | | | | | | | | | | | | | | |
| A345 | PIZZA FIESTADA WG #2170 | 1 | 1 PIECE | 210 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>340.0001</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 340.0001 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>39.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 39.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 340.0001 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 39.0000 | g | | | | | | | | | | | | | | |
| A443 | RIPPER CHEESE TOPPED WG #2369 | 1 | 1 BREADSTICK | 126 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>280.0000</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 280.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>30.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 30.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 280.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 30.0000 | g | | | | | | | | | | | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------------|--------------|------------------|-----|
| 1310 | SAUCE MARINARA | 1 | SERVING (2 OZ) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 45.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.5000 | g | |
| A103 | SUB/SALAD BAR-TURKEY PEP JACK | 1 | 1 SUB/SALAD | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 295.2462 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.9670 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 515.7825 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 70.0617 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 436.5905 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 68.2073 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 55.8809 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.4180 | g | |
| A011 | VEGETABLES, MIXED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 76.7782 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 16.8913 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.7866 | g | |
| 1340 | APPLESAUCE UNSWEETENED | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.0000 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: 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 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 269.4904 | kcal | Carbohydrate | 35.4987 | g |
| A446 | EGG PATTY SCRAMBLE W/CHEESE | 1 | 1 PATTY | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 90.0000 | kcal | Carbohydrate | 1.5000 | g |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 176.5800 | kcal | Carbohydrate | 21.0400 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 22.0000 | g |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 80.0000 | kcal | Carbohydrate | 1.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 40.0000 | g |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 74.8864 | kcal | Carbohydrate | 17.9728 | g |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 239.4199 | kcal | |
| | | | | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.4695 | kcal | |
| | | | | |
| A354 | CHICKEN NUGGETS WG | 1 | 1 SERVING (7) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 238.0000 | kcal | |
| | | | | |
| A351 | WAFFLE WG | 1 | 1 WAFFLE | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2405 | SAUSAGE PATTY COOKED 018715 | 1 | PATTY (1) SERVING | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 2305 | BACKPACKER CHEWY OATMEAL BITES | 1 | PKG (1) | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 150.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| 1167 | YOGURT STRAW/STBAN | 1 | CARTON (1) | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.9999 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------|--------------|--------------|-----|
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | | | | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 171.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|------------------|-----|
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.3963 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.1467 | g | |
| A140 | COUNTRY GRAVY | 1 | 2 OZ | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 59.4904 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.4986 | g | |
| A327 | ROLL, DINNER WG #1974 | 1 | 1 DINNER ROLL | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.0000 | g | |
| a308 | PIZZA CAN BCN & CHZ HOMEMADE | 1 | 1 SLICE | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 434.2252* | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.7168* | g | |
| A101 | RIB-Q ON BUN | 1 | 1 SANDWICH | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 343.7030 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 36.8464 | g | |
| 1911 | CHEETO PUFF | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.0000 | g | |
| A104 | SUB/SALAD BAR-HAM & PRO | 1 | 1 SUB/SALAD | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 424.5251 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.8035 | g | |
| A146 | GRAB N GO WG HAM SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 522.7830 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 70.6275 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 436.5905 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 68.2073 | g | |
| A252 | CHERRY CRISP w/o stabilizer | 1 | 1 piece | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 184.8850 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 32.2982 | g | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.1628 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.6486 | g | |
| A067 | BEANS, BAKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 235.3591 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 44.2458 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7159 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0465 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.0116 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1097 | MUSTARD | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6655 | g | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.8148 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| 1832 | DRESSING CAESAR FF | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 18.8858 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.8329 | g | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.9999 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | 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 |
| | Nutrient | Value | Units | |
| | Food Energy | 300.0002 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A377 | PANCAKE BLUEBERRY MINI #2370 | 1 | 1 PKG | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 42.0000 | g | |
| 1122 | SYRUP PKT | 1 | PACKET | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|--------------|-----|
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| A1027 | MILK 1 % WHITE LF 8OZ #1027 | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

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

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|---------------------------|--------------|--------------|-----|
| A1223 | CARROTS BABY 30LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 39.6900 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.3442 | g | |
| A331 | GREEN BEANS-SEC DICED HAM | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 49.0299 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.9901 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.1576 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1981 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.7866 | g | |
| a436 | APRICOTS #7073 | 1 | 1 CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 219.8478 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 49.9655 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.9728 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.8102 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.1897 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 105.0201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.9512 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 47.1954 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0781 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

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

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

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