



Independence Central Office

Scheduled Menu Plans

3000 G. C. Bingham Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/16/2018

Feeding Figure: 300

Base Menu Plan: 4,105 MS BIC 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	123
	Nutrient	Value	Units	Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	Nutrient
	Food Energy	74.8864	kcal	Carbohydrate
				17.9728 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	83
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/16/2018 **Feeding Figure:** 700
Base Menu Plan: 4,261 MS AUG START LUNCH W3D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	215
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	
A110	ROASTED CHICKEN	1	1 SERVING	162
Nutrient		Value	Units	
Food Energy		265.7835	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8346	g	
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	403
Nutrient		Value	Units	
Food Energy		269.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		35.4987	g	
A005	POTATOES, MASHED	1	1/2 CUP	403
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	403
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	108
Nutrient		Value	Units	
Food Energy		515.7825	kcal	
Nutrient		Value	Units	
Carbohydrate		70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	0
Nutrient		Value	Units	
Food Energy		638.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		125.8244	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	162
Nutrient		Value	Units	
Food Energy		18.1226	kcal	
Nutrient		Value	Units	
Carbohydrate		3.4866	g	
A070	CARROTS, COOKED	1	3/4 CUP	162
Nutrient		Value	Units	
Food Energy		41.9027	kcal	
Nutrient		Value	Units	
Carbohydrate		9.3117	g	
A003	SALAD, DARK GREENS	1	1 CUP	54
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	

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Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
a436	APRICOTS #7073	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	164.8755	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	54
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	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	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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1086	SAUCE BBQ	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	188
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	188
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	162
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/17/2018

Feeding Figure: 300

Base Menu Plan: 4,108 MS BIC 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
			Carbohydrate	36.0000 g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
			Carbohydrate	56.0000 g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
			Carbohydrate	57.0000 g

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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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/17/2018

Feeding Figure: 700

Base Menu Plan: 4,262 MS AUG START LUNCH W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	235.2619	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9456	g	
1361	BREADSTICK WG	1	STICK (1)	215
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	188
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	

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A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	188
	Nutrient	Value	Units	
	Food Energy	88.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1761	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	54
	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	54
	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	26
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	36.7632	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.2413	g	
A359	CORN, COOKED	1	3/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	54
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	188
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	188
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	23.0000 g

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	162												
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Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/20/2018 **Feeding Figure:** 300
Base Menu Plan: 4,104 MS BIC 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A394	CINNAMON MINIS #1381	1	1 PKG	123												
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a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63												
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A415	NOTABLES CINN TOAST #2082	1	1 PACK	63												
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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0												
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Food Energy	105.0201	kcal														
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1468	JUICE BLUE RAZZ	1	CARTON (1)	88												
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Nutrient	Value	Units														
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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83												
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Independence Central Office

Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	86
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/20/2018 **Feeding Figure:** 700
Base Menu Plan: 4,119 MS 18-19 LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A413	ROASTED CHICKEN BBQ	1	1 SERVING	215
Nutrient		Value	Units	
Food Energy		324.1071	kcal	
Nutrient		Value	Units	
Carbohydrate		14.1656	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	215
Nutrient		Value	Units	
Food Energy		210.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		27.0000	g	
A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	108
Nutrient		Value	Units	
Food Energy		327.4475	kcal	
Nutrient		Value	Units	
Carbohydrate		36.4966	g	
A362	POTATO BAKED FRIES	1	1/2 CUP	108
Nutrient		Value	Units	
Food Energy		121.4690	kcal	
Nutrient		Value	Units	
Carbohydrate		20.9430	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	162
Nutrient		Value	Units	
Food Energy		340.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		41.0001	g	
2287	MARINARA SAUCE CANNED	1	2 OZ	162
Nutrient		Value	Units	
Food Energy		25.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.5000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
Nutrient		Value	Units	
Food Energy		618.8101	kcal	
Nutrient		Value	Units	
Carbohydrate		74.1896	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	25
Nutrient		Value	Units	
Food Energy		628.8102	kcal	
Nutrient		Value	Units	
Carbohydrate		73.1897	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	81
Nutrient		Value	Units	
Food Energy		57.6055	kcal	
Nutrient		Value	Units	
Carbohydrate		12.6733	g	
A067	BEANS, BAKED	1	3/4 CUP	81
Nutrient		Value	Units	
Food Energy		176.5507	kcal	
Nutrient		Value	Units	
Carbohydrate		33.1903	g	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	54			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	6			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	29.3055	kcal		Carbohydrate	7.8148	g
1832	DRESSING CAESAR FF	1	Ounce	6			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	18.8858	kcal		Carbohydrate	2.8329	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	108			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/21/2018 **Feeding Figure:** 300
Base Menu Plan: 4,105 MS BIC 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A312	FRUDEL CHERRY #2187	1	1 PKG	123			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	210.0000	kcal		Carbohydrate	37.0000	g
1392	POP TART STRAW WG	1	PKG (1)	63			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	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)	63			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	74.8864	kcal		Carbohydrate	17.9728	g

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/21/2018

Feeding Figure: 700

Base Menu Plan: 1,002,811 MS 18-19 LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	269
	Nutrient	Value	Units	
	Food Energy	321.6600	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	269
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	162
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
A149	CHILI DOG	1	1 CHILI DOG	81
	Nutrient	Value	Units	
	Food Energy	442.1441	kcal	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	

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Independence Central Office

Scheduled Menu Plans

a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	18.1226	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.4866	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.3602	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4464	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1329	ORANGE 138 CT	1	3/4 CUP (5-7 WEDGES)	215
	Nutrient	Value	Units	
	Food Energy	35.3966	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0586	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
2225	KETCHUP SRIRACHA	1	Ounce	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	6.6656	g
1097	MUSTARD	1	TBSP	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
2365	DRESSING RANCH OTT'S	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1832	DRESSING CAESAR FF	1	Ounce	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	18.8858	kcal	Carbohydrate	2.8329	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	54		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/22/2018

Feeding Figure: 350

Base Menu Plan: 4,106 MS BIC 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g

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Independence Central Office

Scheduled Menu Plans

A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	38
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/22/2018

Feeding Figure: 700

Base Menu Plan: 4,121 MS 18-19 LUNCH W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A461	CHICKEN POPCORN 10PC WG#2379	1	1 SERVING (10)	215
	Nutrient	Value	Units	
	Food Energy	137.8572	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.2857	g	
A015	MAC AND CHEESE	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	191.7949	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.3253	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	135
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	135
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	81
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	52
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A1223	CARROTS BABY 30LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
A066	CUCUMBER SALAD	1	3/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
A050	APPLES, HOT SPICED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	182.5194	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	27
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1103	PICKLE RELISH	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/23/2018 **Feeding Figure:** 300
Base Menu Plan: 4,107 MS BIC 18-19 W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	61
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	83	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 8/23/2018
Base Menu Plan: 4,122 MS 18-19 LUNCH W3D4
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-8
Feeding Figure: 700

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	269	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	171.0000	kcal	Carbohydrate	9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	269	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	269	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	269	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A101	RIB-Q ON BUN	1	1 SANDWICH	135	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	343.7030	kcal	Carbohydrate	36.8464	g
1911	CHEETO PUFF	1	PKG (1)	135	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	90.0000	kcal	Carbohydrate	13.0000	g
A112	WG FAJITA TACO	1	1 TACO	108	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	281.9239	kcal	Carbohydrate	22.5074	g
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	108	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	270.0000	kcal	Carbohydrate	31.0000	g
7045	SALSA	1	1/4 CUP	108	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	20.0000	kcal	Carbohydrate	4.0000	g

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3117	g	
A012	PEAS	1	3/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.5131	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/24/2018

Feeding Figure: 300

Base Menu Plan: 4,108 MS BIC 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/24/2018

Feeding Figure: 700

Base Menu Plan: 1,002,728 MS 18-19 LUNCH W3D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM	1	1 SERVING	269
	Nutrient	Value	Units	
	Food Energy	228.7618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.3852	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	269
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A338	NACHO BITES #2265	1	8 SERVING	162
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	162
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A330	PIZZA CHEESE TONY'S	1	1 SLICE	81
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	12
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	13
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	36.7632	kcal	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	215
	Nutrient	Value	Units	
	Food Energy	58.5775	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 8/27/2018
Base Menu Plan: 4,104 MS BIC 18-19 W1D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 251

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A394	CINNAMON MINIS #1381	1	1 PKG	123		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	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)	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	26		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	88		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	83		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	86		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/27/2018

Feeding Figure: 537

Base Menu Plan: 1,002,816 MS 18-19 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	216		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	239.4199	kcal	Carbohydrate	35.8054	g
2416	FORTUNE COOKIE 40002	1	PKG (1)	216		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A365	HOTDOG	1	1 HOTDOG	162		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	350.0000	kcal	Carbohydrate	27.0000	g
A362	POTATO BAKED FRIES	1	1/2 CUP	162		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4690	kcal	Carbohydrate	20.9430	g
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	108		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	506.0001*	kcal	Carbohydrate	35.0000*	g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	28		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	628.8102	kcal	Carbohydrate	73.1897	g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	23		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	618.8101	kcal	Carbohydrate	74.1896	g
A057	BROCCOLI, STEAMED	1	3/4 CUP	81		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	18.1226	kcal	Carbohydrate	3.4866	g
A014	VEGGIE FRESH MIX	1	3/4 CUP	81		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	21.3602	kcal	Carbohydrate	4.4464	g
A003	SALAD, DARK GREENS	1	1 CUP	28		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	216
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	55
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	55
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	269
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	55
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/28/2018

Feeding Figure: 251

Base Menu Plan: 4,105 MS BIC 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/28/2018 **Feeding Figure:** 537
Base Menu Plan: 4,125 MS 18-19 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	215
	Nutrient	Value	Units	
	Food Energy	256.4172	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.6866	g	
7045	SALSA	1	1/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A016	RICE, MEXICAN	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	188
	Nutrient	Value	Units	
	Food Energy	390.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A386	CHEESESTICK MOZZ BRD #1145	1	1 BREADSTICK	108
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
2287	MARINARA SAUCE CANNED	1	2 OZ	108
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5000	g	

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Independence Central Office

Scheduled Menu Plans

A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	9
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
A069	BEANS, REFRIED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a436	APRICOTS #7073	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	164.8755	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/29/2018 **Feeding Figure:** 251
Base Menu Plan: 4,106 MS BIC 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	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	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	38
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/29/2018

Feeding Figure: 537

Base Menu Plan: 4,126 MS 18-19 LUNCH W4D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	215
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	162
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	162
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	162
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	135
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	17
	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	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	74.1896	g	
A331	GREEN BEANS-SEC DICED HAM	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	36.7632	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.2413	g	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	61.3446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.5131	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
A409	CHERRY FRUIT MEDLEY	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	107.2951	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0431	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/30/2018

Feeding Figure: 251

Base Menu Plan: 4,107 MS BIC 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	61
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch
Date: 8/30/2018
Base Menu Plan: 4,127 MS 18-19 LUNCH W4D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 537

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	269
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	269
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	269
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	269
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	162
	Nutrient	Value	Units	
	Food Energy	311.8781	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0469	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	162
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	202.7802	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0174	g	
1873	CHIP DOR CL RAN RF WG	1	BAG (1 OZ)	81
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	
	Food Energy	638.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	125.8244	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	403
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	

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Independence Central Office

Scheduled Menu Plans

A1223	CARROTS BABY 30LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7159	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	60.0573	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	

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Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	81
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/31/2018

Feeding Figure: 251

Base Menu Plan: 4,108 MS BIC 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
			Carbohydrate	36.0000 g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
			Carbohydrate	56.0000 g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
			Carbohydrate	57.0000 g

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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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/31/2018 **Feeding Figure:** 537
Base Menu Plan: 4,128 MS 18-19 LUNCH W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	235.2619	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9456	g	
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	215
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
A338	NACHO BITES #2265	1	8 SERVING	135
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	

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7045	SALSA	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	108
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	108
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	41.9027	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1348	PEARS SLICD IN LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	

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Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	SERVING 30 GRAM	6
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	269
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54												
<table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Nutrient</th> <th style="text-align: right;">Value</th> <th style="text-align: left;">Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td style="text-align: right;">129.9999</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	129.9999	kcal	<table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Nutrient</th> <th style="text-align: right;">Value</th> <th style="text-align: left;">Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td style="text-align: right;">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														

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