



Independence Central Office

Scheduled Menu Plans

6090 Sycamore Hills Elementary School

Serving Period: Breakfast
Date: 8/1/2019
Base Menu Plan: 4,703 SMR 2019 K-8 BFAST W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 100

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	170
	Nutrient	Value	Units	Nutrient
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	1
	Nutrient	Value	Units	Nutrient
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
7071	PEACH CUPS FROZEN	1	CUP (1)	129
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				19.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	103
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch
Date: 8/1/2019
Base Menu Plan: 4,717 SMR 2019 K-8 LUNCH W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 100

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	444
	Nutrient	Value	Units	Nutrient
	Food Energy	260.0000	kcal	Carbohydrate
				11.0000 g
A140	COUNTRY GRAVY	1	2 OZ	444
	Nutrient	Value	Units	Nutrient
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	444
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	444
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g

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A057	BROCCOLI, STEAMED	1	3/4 CUP	444
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.5072	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	444
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0952	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	23
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	5
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	5
	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	5
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	14
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	356
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/2/2019

Feeding Figure: 100

Base Menu Plan: 4,704 SMR 2019 K-8 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	170
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	1
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	129
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	103
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/2/2019

Feeding Figure: 100

Base Menu Plan: 4,718 SMR 2019 K-8 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	444
	Nutrient	Value	Units	
	Food Energy	177.7234	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0331	g	
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	444
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
1206	CARROT IND. PAK 200/1.6 OZ	1	PKG (1) SERVING	444
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	444
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.1969	g	
2365	DRESSING RANCH OTT'S	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	356
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	89
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/5/2019 **Feeding Figure:** 171
Base Menu Plan: 4,700 SMR 2019 K-8 BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	170
Nutrient		Value	Units	
Food Energy		269.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	1
Nutrient		Value	Units	
Food Energy		299.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		37.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	129
Nutrient		Value	Units	
Food Energy		51.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	69
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	103
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/5/2019 **Feeding Figure:** 444
Base Menu Plan: 4,714 SMR 2019 K-8 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	444
Nutrient		Value	Units	
Food Energy		200.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	444
Nutrient		Value	Units	
Food Energy		173.3111	kcal	
Nutrient		Value	Units	
Carbohydrate		9.5615	g	
A012	PEAS	1	3/4 CUP	444
Nutrient		Value	Units	
Food Energy		156.5470	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9482	g	

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1347	PEACHES SLICD IN LS	1	1/2 CUP	444
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	23
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	5
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	5
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	5
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	222
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	356
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/6/2019

Feeding Figure: 171

Base Menu Plan: 4,701 SMR 2019 K-8 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	170
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	1
	Nutrient	Value	Units	Nutrient
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	129
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	103
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/6/2019

Feeding Figure: 444

Base Menu Plan: 5,034 SMR 2019 K-8 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	444
	Nutrient	Value	Units	Nutrient
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	444
	Nutrient	Value	Units	Nutrient
	Food Energy	17.5420	kcal	Carbohydrate
				3.3337 g
1348	PEARS SLICED IN LS	1	SERVING 1/2 CUP	444
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				20.0000 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	23
	Nutrient	Value	Units	Nutrient
	Food Energy	7.2882	kcal	Carbohydrate
				1.1662 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	5
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	5
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	5
	Nutrient	Value	Units	Nutrient
	Food Energy	65.0014	kcal	Carbohydrate
				6.0002 g

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Item ID	Item Name	Quantity	Unit	Total Value	Total Units
2365	DRESSING RANCH OTT'S	1	Ounce	23	
	Nutrient			Value	Units
	Food Energy			85.8443	kcal
	Carbohydrate			4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	444	
	Nutrient			Value	Units
	Food Energy			129.9999	kcal
	Carbohydrate			23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	89	
	Nutrient			Value	Units
	Food Energy			100.0000	kcal
	Carbohydrate			11.0000	g

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