



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/3/2020

Feeding Figure: 296

Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
A589	SYRUP PKT SAUER 1.5 OZ #1122	1	1 PKT	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A394	CINNAMON MINIS #1381	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1399	COCOA PUFFS RS WG	1	BOWL (1)	27		
	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
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
A532	APPLE WHOLE GALA	1	1 APPLE	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	139.0768	kcal	Carbohydrate	33.9999	g

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a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/3/2020

Feeding Figure: 839

Base Menu Plan: 5,186 HS 19-20 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A560	CHICKEN BBQ TERIYAKI W/ NOODLE	1	1 SERVING	126
	Nutrient	Value	Units	
	Food Energy	201.6737	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.5532	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	126
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	126
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	

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a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	696.8986	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	

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A1223	CARROTS BABY 20LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.6666	g	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5745	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
7039	PEARS SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	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	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/4/2020

Feeding Figure: 296

Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A596	BACKPACKERS OATMEAL #2305	1	1 PACKAGE	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	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	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/4/2020 **Feeding Figure:** 839
Base Menu Plan: 5,118 HS 19-20 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	84
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0322	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	84
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	

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A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	149.2892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.6575	g	

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A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.1049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.3543	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	42
	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	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	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	
1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	

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A575	SALSA, CONDIMENT	1	1/4 CUP	60
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Scheduled Menu Plans

A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			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
			Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
			Nutrient	Value
			Carbohydrate	22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	11.0000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/5/2020 **Feeding Figure:** 839
Base Menu Plan: 1,004,753 HS 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	84
	Nutrient	Value	Units	
	Food Energy	159.8090	kcal	
			Nutrient	Value
			Carbohydrate	15.3769 g
A149	CHILI DOG	1	1 CHILI DOG	84
	Nutrient	Value	Units	
	Food Energy	442.1441	kcal	
			Nutrient	Value
			Carbohydrate	32.6458 g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	21.0000 g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0001 g
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
			Nutrient	Value
			Carbohydrate	21.4319 g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
			Nutrient	Value
			Carbohydrate	51.4971 g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
			Nutrient	Value
			Carbohydrate	51.6833 g

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Independence Central Office

Scheduled Menu Plans

A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	684.9366	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.2919	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	15
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	

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Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	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	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	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	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/6/2020

Feeding Figure: 296

Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A567	TOAST APPLE CINN IW#2472	1	1 PACK	119
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A597	GRANOLA CINN, GAVINS #2471	1	1 PACKAGE	60
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	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

A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/6/2020 **Feeding Figure:** 839
Base Menu Plan: 5,188 HS 19-20 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	168
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	84
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	84
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	

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Independence Central Office

Scheduled Menu Plans

A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	32.4354	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0817	g	

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Independence Central Office

Scheduled Menu Plans

A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9959	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	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	
1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce		84
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922 g
1832	DRESSING CAESAR LITE	1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	61.9469	kcal	Carbohydrate	2.6549 g
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886 g
2286	KETCHUP JUG WITH PUMP	1	Ounce		126
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320 g
2225	KETCHUP SRIRACHA	1	Ounce		26
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	24.9959	kcal	Carbohydrate	6.6656 g
1086	SAUCE BBQ	1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	29.1618	kcal	Carbohydrate	6.6655 g
1097	MUSTARD	1	Ounce		17
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)		252
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/7/2020

Feeding Figure: 296

Base Menu Plan: 5,177 HS 19-20 JAN BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	335.0091	kcal	Carbohydrate	6.2105 g

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Independence Central Office

Scheduled Menu Plans

2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A491	GRAB N GO WG SUB-ITALIAN	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	722.1456	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.7962	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	274.0415	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.9446	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7645	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	

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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	
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	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	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	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	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	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
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 LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	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	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/10/2020 **Feeding Figure:** 296
Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	119
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
A589	SYRUP PKT SAUER 1.5 OZ #1122	1	1 PKT	119
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A394	CINNAMON MINIS #1381	1	1 PKG	60
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1399	COCOA PUFFS RS WG	1	BOWL (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/10/2020

Feeding Figure: 839

Base Menu Plan: 5,187 HS 19-20 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A559	SRIRACHI CHICKEN	1	1 SERVING HS-MS	126		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	289.2888	kcal	Carbohydrate	21.3161	g
A552	RICE, STIR FRIED	1	3/4 CUP	126		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.1356	kcal	Carbohydrate	12.7588	g
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	126		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	369.9999	kcal	Carbohydrate	39.0001	g
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	23.0001	g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	440.1598	kcal	Carbohydrate	51.6833	g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	430.9694	kcal	Carbohydrate	51.4971	g
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	390.0626	kcal	Carbohydrate	39.2625	g
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	391.2501	kcal	Carbohydrate	39.9376	g
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	415.0626	kcal	Carbohydrate	39.0126	g
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	387.4740	kcal	Carbohydrate	38.3405	g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	640.0000	kcal	Carbohydrate	86.0000	g

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Independence Central Office

Scheduled Menu Plans

A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	696.8986	kcal	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
A1223	CARROTS BABY 20LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6667	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	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	
A584	PEARS, LS	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	

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Scheduled Menu Plans

A598	DRESSING, RANCH CHIPOTLE #2364	1	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	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/11/2020 **Feeding Figure:** 296
Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A596	BACKPACKERS OATMEAL #2305	1	1 PACKAGE	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	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	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/11/2020

Feeding Figure: 839

Base Menu Plan: 5,123 HS 19-20 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	84
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.2677	g	

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Independence Central Office

Scheduled Menu Plans

A016	RICE, MEXICAN-STYLE	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A575	SALSA, CONDIMENT	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
A033	SAUCE, TARTER	1	1 OZ	84
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	

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Independence Central Office

Scheduled Menu Plans

A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	149.2892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.6575	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.1049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.3543	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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Independence Central Office

Scheduled Menu Plans

A7078	STRAWBERRIES #7112	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	

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Independence Central Office

Scheduled Menu Plans

A580	SAUCE, BBQ #1086	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	84
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/12/2020

Feeding Figure: 296

Base Menu Plan: 5,175 HS 19-20 JAN BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	60
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	

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Independence Central Office

Scheduled Menu Plans

A572	POPTART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/12/2020

Feeding Figure: 839

Base Menu Plan: 5,124 HS 19-20 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	324.6268	kcal	Carbohydrate	40.8287	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	267.0000	kcal	Carbohydrate	33.0001	g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	354.0000	kcal	Carbohydrate	39.0001	g
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	126.2664	kcal	Carbohydrate	21.4319	g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	440.1598	kcal	Carbohydrate	51.6833	g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	430.9694	kcal	Carbohydrate	51.4971	g
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	390.0626	kcal	Carbohydrate	39.2625	g
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	391.2501	kcal	Carbohydrate	39.9376	g
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	415.0626	kcal	Carbohydrate	39.0126	g
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	387.4740	kcal	Carbohydrate	38.3405	g

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	26
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	684.9366	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.2919	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	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	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	

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Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A576	PEACHES, LS	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	

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Scheduled Menu Plans

A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	210		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	24.9959	kcal	Carbohydrate	6.6656	g
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
A580	SAUCE, BBQ #1086	1	1 OUNCE	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.1618	kcal	Carbohydrate	6.6655	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/13/2020

Feeding Figure: 296

Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A567	TOAST APPLE CINN IW#2472	1	1 PACK	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	45.0000	g
A597	GRANOLA CINN, GAVINS #2471	1	1 PACKAGE	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	17.0000	g
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/13/2020

Feeding Figure: 839

Base Menu Plan: 5,125 HS 19-20 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	6.0000	g
A055	POTATOES, AUGRATIN	1	1/2 CUP	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	22.0000	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	506.0001	kcal	Carbohydrate	35.0000	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0000	kcal	Carbohydrate	28.0000	g
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0001	kcal	Carbohydrate	17.0000	g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	430.9694	kcal	Carbohydrate	51.4971	g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	440.1598	kcal	Carbohydrate	51.6833	g
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	390.0626	kcal	Carbohydrate	39.2625	g
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	387.4740	kcal	Carbohydrate	38.3405	g
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	415.0626	kcal	Carbohydrate	39.0126	g

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Independence Central Office

Scheduled Menu Plans

A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	32.4354	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0817	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9959	g	

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Independence Central Office

Scheduled Menu Plans

A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	

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Independence Central Office

Scheduled Menu Plans

A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/14/2020 **Feeding Figure:** 296
Base Menu Plan: 5,177 HS 19-20 JAN BFAST W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	335.0091	kcal	Carbohydrate	6.2105	g
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	40.0000	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
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	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
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g

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Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/14/2020

Feeding Figure: 839

Base Menu Plan: 1,004,756 HS 19-20 CHILI

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	204.8990	kcal	
2480	JUICE BOLD CHERRY SIDE KICK	1	CUP(1)	629
	Nutrient	Value	Units	
	Food Energy	99.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

A585	CRACKERS WG IW 2PACK	1	2 PKG (4 CRACKERS)	84
	Nutrient	Value	Units	
	Food Energy	4.9500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9932	g	
A302	CINNAMON ROLLS PREMADE	1	1 ROLL	84
	Nutrient	Value	Units	
	Food Energy	345.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1330	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	84
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	126
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4319	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	84
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	84
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	

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Independence Central Office

Scheduled Menu Plans

a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7645	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	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
A586	APPLESAUCE	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	105.6606	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.4718	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	

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Scheduled Menu Plans

A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/18/2020 **Feeding Figure:** 296
Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A596	BACKPACKERS OATMEAL #2305	1	1 PACKAGE	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	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	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/18/2020

Feeding Figure: 839

Base Menu Plan: 5,118 HS 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	84
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0322	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	

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Independence Central Office

Scheduled Menu Plans

A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	SALSA	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	84
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	

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Independence Central Office

Scheduled Menu Plans

A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	149.2892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.6575	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.1049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.3543	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	42
	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	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	

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Scheduled Menu Plans

1329	ORANGE 138 CT		1	ORANGE (1)		84
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0368	kcal	Carbohydrate	11.8837	g
1468	JUICE BLUE RAZZ		1	CARTON (1)		210
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
1467	JUICE ROYAL GRAPE		1	CARTON (1)		210
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
1128	ITALIAN FF MARZETT		1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	13.7074	kcal	Carbohydrate	2.7415	g
2365	DRESSING RANCH OTT'S		1	Ounce		84
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1832	DRESSING CAESAR LITE		1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	61.9469	kcal	Carbohydrate	2.6549	g
2364	DRESSING CHIPOTLE RANCH OTT'S		1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886	g
2286	KETCHUP JUG WITH PUMP		1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
2225	KETCHUP SRIRACHA		1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	24.9959	kcal	Carbohydrate	6.6656	g
1097	MUSTARD		1	Ounce		26
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
1086	SAUCE BBQ		1	Ounce		26
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.1618	kcal	Carbohydrate	6.6655	g
2139	MILK STRAW FF CARTON 8 OZ		1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
2154	MILK CHOC CARTON FF 8 OZ		1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/19/2020 **Feeding Figure:** 296
Base Menu Plan: 5,175 HS 19-20 JAN BFAST W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	60
Nutrient		Value	Units	
Food Energy		22.0768	kcal	
Nutrient		Value	Units	
Carbohydrate		4.4153	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		299.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
Nutrient		Value	Units	
Food Energy		139.0768	kcal	
Nutrient		Value	Units	
Carbohydrate		33.9999	g	

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Independence Central Office

Scheduled Menu Plans

a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/19/2020

Feeding Figure: 839

Base Menu Plan: 5,128 HS 19-20 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	116.3326	kcal	
			Nutrient	Value
			Carbohydrate	6.5002 g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	21.0000 g
A149	CHILI DOG	1	1 CHILI DOG	84
	Nutrient	Value	Units	
	Food Energy	442.1441	kcal	
			Nutrient	Value
			Carbohydrate	32.6458 g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0001 g

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Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4319	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	684.9366	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.2919	g	

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Independence Central Office

Scheduled Menu Plans

A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	15
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	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	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/20/2020 **Feeding Figure:** 296
Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	119
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		45.0000	g	
A597	GRANOLA CINN, GAVINS #2471	1	1 PACKAGE	60
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	60
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		17.0000	g	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		25.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		299.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
Nutrient		Value	Units	
Food Energy		139.0768	kcal	
Nutrient		Value	Units	
Carbohydrate		33.9999	g	

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Independence Central Office

Scheduled Menu Plans

a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/20/2020

Feeding Figure: 839

Base Menu Plan: 5,188 HS 19-20 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	168
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	168
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	

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Independence Central Office

Scheduled Menu Plans

A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	84
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	84
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	

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Independence Central Office

Scheduled Menu Plans

A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	32.4354	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0817	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9959	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	

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Independence Central Office

Scheduled Menu Plans

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	
1128	ITALIAN FF MARZETT	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	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	24.9959	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/21/2020

Feeding Figure: 296

Base Menu Plan: 5,177 HS 19-20 JAN 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	335.0091	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.2105	g	
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	

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Scheduled Menu Plans

A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/21/2020 **Feeding Figure:** 839
Base Menu Plan: 5,121 HS 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A565	CHICKEN NASHVILLE HOT #2442	1	1 SERVING (10)	84
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A564	TOAST, WG GARLIC #2468	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.3327	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4319	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	

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A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A491	GRAB N GO WG SUB-ITALIAN	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	722.1456	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.7962	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	274.0415	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.9446	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7645	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	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	

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Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320 g
2225	KETCHUP SRIRACHA	1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	24.9959	kcal	Carbohydrate	6.6656 g
1097	MUSTARD	1	Ounce		26
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000 g
1128	ITALIAN FF MARZETT	1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	13.7074	kcal	Carbohydrate	2.7415 g
2365	DRESSING RANCH OTT'S	1	Ounce		84
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922 g
1832	DRESSING CAESAR LITE	1	Ounce		9
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	61.9469	kcal	Carbohydrate	2.6549 g
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce		42
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)		210
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)		294
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/24/2020

Feeding Figure: 296

Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A463	PANCAKE CONFETTI #2378	1	1 PKG	119	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000 g

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Scheduled Menu Plans

A589	SYRUP PKT SAUER 1.5 OZ #1122	1	1 PKT	119
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A394	CINNAMON MINIS #1381	1	1 PKG	60
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	27
	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	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
			Nutrient	Value
			Carbohydrate	22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	11.0000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/24/2020 **Feeding Figure:** 839
Base Menu Plan: 5,187 HS 19-20 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A559	SRIRACHI CHICKEN	1	1 SERVING HS-MS	126
	Nutrient	Value	Units	
	Food Energy	289.2888	kcal	
			Nutrient	Value
			Carbohydrate	21.3161 g
A552	RICE, STIR FRIED	1	3/4 CUP	126
	Nutrient	Value	Units	
	Food Energy	85.1356	kcal	
			Nutrient	Value
			Carbohydrate	12.7588 g
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	126
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
			Nutrient	Value
			Carbohydrate	39.0001 g
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Nutrient	Value
			Carbohydrate	23.0001 g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
			Nutrient	Value
			Carbohydrate	51.6833 g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
			Nutrient	Value
			Carbohydrate	51.4971 g
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
			Nutrient	Value
			Carbohydrate	39.2625 g
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
			Nutrient	Value
			Carbohydrate	39.9376 g

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A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	696.8986	kcal	
	Nutrient	Value	Units	
	Carbohydrate	83.8349	g	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5745	g	
A1223	CARROTS BABY 20LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.6666	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	

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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	
A584	PEARS, LS	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	Nutrient
	Food Energy	61.9469	kcal	Carbohydrate
				2.6549 g
A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	42
	Nutrient	Value	Units	Nutrient
	Food Energy	141.6433	kcal	Carbohydrate
				1.8886 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/25/2020 **Feeding Figure:** 296
Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				31.0000 g
A596	BACKPACKERS OATMEAL #2305	1	1 PACKAGE	60
	Nutrient	Value	Units	Nutrient
	Food Energy	150.0000	kcal	Carbohydrate
				24.0000 g
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				17.0000 g
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				25.0000 g

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Independence Central Office

Scheduled Menu Plans

A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	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	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/25/2020

Feeding Figure: 839

Base Menu Plan: 5,123 HS 19-20 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	84
	Nutrient	Value	Units	Nutrient
	Food Energy	479.2583	kcal	Carbohydrate
				42.2677 g
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	84
	Nutrient	Value	Units	Nutrient
	Food Energy	78.7958	kcal	Carbohydrate
				13.4837 g
A575	SALSA, CONDIMENT	1	1/4 CUP	84
	Nutrient	Value	Units	Nutrient
	Food Energy	22.0768	kcal	Carbohydrate
				4.4153 g
A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	Nutrient
	Food Energy	38.1667	kcal	Carbohydrate
				3.2487 g
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	Nutrient
	Food Energy	10.4004	kcal	Carbohydrate
				2.6001 g
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	Nutrient
	Food Energy	460.0000	kcal	Carbohydrate
				48.0000 g
A033	SAUCE, TARTER	1	1 OZ	84
	Nutrient	Value	Units	Nutrient
	Food Energy	26.9446	kcal	Carbohydrate
				2.9494 g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168
	Nutrient	Value	Units	Nutrient
	Food Energy	340.0000	kcal	Carbohydrate
				28.0000 g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	Nutrient
	Food Energy	430.9694	kcal	Carbohydrate
				51.4971 g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	Nutrient
	Food Energy	440.1598	kcal	Carbohydrate
				51.6833 g
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	Nutrient
	Food Energy	390.0626	kcal	Carbohydrate
				39.2625 g

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Independence Central Office

Scheduled Menu Plans

A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	149.2892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.6575	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.1049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.3543	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	

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Independence Central Office

Scheduled Menu Plans

A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	42
	Nutrient	Value	Units	Nutrient
	Food Energy	141.6433	kcal	Carbohydrate
				1.8886 g
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	26
	Nutrient	Value	Units	Nutrient
	Food Energy	24.9959	kcal	Carbohydrate
				6.6656 g
A580	SAUCE, BBQ #1086	1	1 OUNCE	42
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	26
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	84
	Nutrient	Value	Units	Nutrient
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/26/2020

Feeding Figure: 296

Base Menu Plan: 5,175 HS 19-20 JAN BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				14.0000 g
A575	SALSA, CONDIMENT	1	1/4 CUP	60
	Nutrient	Value	Units	Nutrient
	Food Energy	22.0768	kcal	Carbohydrate
				4.4153 g

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Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/26/2020 **Feeding Figure:** 839
Base Menu Plan: 5,124 HS 19-20 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.8287	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4319	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	

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Independence Central Office

Scheduled Menu Plans

A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	26
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	684.9366	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.2919	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	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	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDED	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	
A576	PEACHES, LS	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A598	DRESSING, RANCH CHIPOTLE #2364	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	17
	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)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/27/2020

Feeding Figure: 296

Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	119
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A597	GRANOLA CINN, GAVINS #2471	1	1 PACKAGE	60
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	

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Independence Central Office

Scheduled Menu Plans

A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1399	COCOA PUFFS RS WG	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 2/27/2020 **Feeding Figure:** 839
Base Menu Plan: 5,125 HS 19-20 LUNCH W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	84
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
A055	POTATOES, AUGRATIN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	84
	Nutrient	Value	Units	
	Food Energy	506.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	168
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	

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Independence Central Office

Scheduled Menu Plans

A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	500.9470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0200	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	32.4354	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0817	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	

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Independence Central Office

Scheduled Menu Plans

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 #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9959	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	

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Independence Central Office

Scheduled Menu Plans

A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A598	DRESSING, RANCH CHIPOTLE #2364	1	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/28/2020

Feeding Figure: 296

Base Menu Plan: 5,177 HS 19-20 JAN 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	335.0091	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.2105	g	
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	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	
A594	CEREAL, LUCKY CHARM #2162	1	1 BOWL	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	148
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	74
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	119
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	119
	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	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch
Date: 2/28/2020
Base Menu Plan: 5,126 HS 19-20 LUNCH W2D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	84
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.2000	g	
A351	WAFFLE WG #2356	1	1 WAFFLE	84
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
A589	SYRUP PKT SAUER 1.5 OZ #1122	1	1 PKT	84
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	84
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	126
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	127.7643	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0283	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A603	PIZZA HS CHEESE SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	390.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2625	g	
A609	BREAD CHEESY SMART MOUTH	1	1 BREAD	42
	Nutrient	Value	Units	
	Food Energy	387.4740	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3405	g	
A607	PIZZA HS PEPPERONI SMART MOUTH	1	1 PIZZA	42
	Nutrient	Value	Units	
	Food Energy	415.0626	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0126	g	
A610	CALZONE SAUSAGE SMART MOUTH	1	1 CALZONE	42
	Nutrient	Value	Units	
	Food Energy	391.2501	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.9376	g	

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A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	437.9153	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2201	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	445.9154	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2201	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7645	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	274.0415	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.9446	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	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	
A586	APPLESAUCE	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	105.6606	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.4718	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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A532	APPLE WHOLE GALA	1	1 APPLE	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	

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A598	DRESSING, RANCH CHIPOTLE #2364	1	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	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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