



Independence Central Office

Scheduled Menu Plans

3050 James Bridger Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/3/2020

Feeding Figure: 348

Base Menu Plan: 5,168 MS BIC JAN 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	40.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	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
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A532	APPLE WHOLE GALA	1	1 APPLE	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	139.0768	kcal	Carbohydrate	33.9999	g
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2503	kcal	Carbohydrate	7.4219	g
a534	BANANA	1	1 BANANA	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A587	JUICE, BLUE RAZZ	1	1 CARTON	122		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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

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



Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	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)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/3/2020 **Feeding Figure:** 644
Base Menu Plan: 4,849 MS 19-20 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	249.9894	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9410	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	65
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	65
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9150	g	
A499	SAUSAGE #2405	1	1 PATTY	65
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4319	g	

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



Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	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	33
	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	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	20
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A1223	CARROTS BABY 20LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	35.0206	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.0047	g	
A012	PEAS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6555	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	

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

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



Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	20
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/4/2020 **Feeding Figure:** 348
Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	87
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	35
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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



Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/4/2020 **Feeding Figure:** 644
Base Menu Plan: 4,850 MS 19-20 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	258
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0322	g	
	SALSA	1	1/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	97
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	33
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	97
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0342	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	

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



Independence Central Office

Scheduled Menu Plans

A455	POTATO SWT TRAX #2384	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	46
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.7678	g	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	406.5714	kcal	
	Nutrient	Value	Units	
	Carbohydrate	91.6621	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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

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



Independence Central Office

Scheduled Menu Plans

A7078	STRAWBERRIES #7112	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
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)	129
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)	65
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/5/2020 **Feeding Figure:** 348
Base Menu Plan: 5,170 MS BIC JAN 19-20 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
Nutrient		Value	Units	
	Food Energy	176.5800	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
Nutrient		Value	Units	
	Food Energy	80.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
Nutrient		Value	Units	
	Food Energy	280.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
Nutrient		Value	Units	
	Food Energy	280.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.0001	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	87
Nutrient		Value	Units	
	Food Energy	139.0768	kcal	
Nutrient		Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	53
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	35
Nutrient		Value	Units	
	Food Energy	50.0368	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.8837	g	

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



Independence Central Office

Scheduled Menu Plans

A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/5/2020 **Feeding Figure:** 644
Base Menu Plan: 1,004,741 MS 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A149	CHILI DOG	1	1 CHILI DOG	258
	Nutrient	Value	Units	
	Food Energy	442.1441	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.6458	g	
A453	LASAGNA ROLLUP WG	1	1 PIECE	65
	Nutrient	Value	Units	
	Food Energy	159.8090	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3769	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	65
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	129
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	

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



Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
			Nutrient	Value
			Carbohydrate	86.0000 g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
			Nutrient	Value
			Carbohydrate	84.9998 g
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
			Nutrient	Value
			Carbohydrate	82.7924 g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
			Nutrient	Value
			Carbohydrate	51.6833 g
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	20
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
			Nutrient	Value
			Carbohydrate	52.9579 g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
			Nutrient	Value
			Carbohydrate	51.4971 g
A011	VEGETABLES, MIXED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
			Nutrient	Value
			Carbohydrate	12.6733 g
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
			Nutrient	Value
			Carbohydrate	6.7936 g
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
			Nutrient	Value
			Carbohydrate	1.1662 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
			Nutrient	Value
			Carbohydrate	2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
			Nutrient	Value
			Carbohydrate	1.7522 g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
			Nutrient	Value
			Carbohydrate	6.0002 g
7035	PEACHES SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
			Nutrient	Value
			Carbohydrate	21.0001 g

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

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



Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1103	PICKLE RELISH	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/6/2020 **Feeding Figure:** 348
Base Menu Plan: 5,171 MS BIC JAN 19-20 W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	171
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	

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



Independence Central Office

Scheduled Menu Plans

A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/6/2020

Feeding Figure: 644

Base Menu Plan: 5,115 MS 19-20 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	258
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	258
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	258
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	65
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	65
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	

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

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



Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0342	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	247.2316	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.9641	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	46
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	24.0027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5005	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	

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

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



Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.7000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.2507	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1086	SAUCE BBQ	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/7/2020 **Feeding Figure:** 348
Base Menu Plan: 5,172 MS BIC JAN 19-20 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	171
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	

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



Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	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)	115
	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)	115
	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)	119
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/7/2020 **Feeding Figure:** 644
Base Menu Plan: 4,853 MS 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2442	CHICKEN NASHVILLE HOT CHUNKS	1	SERVING (10/4.5 OZ)	258
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A564	TOAST, WG GARLIC #2468	1	1 SLICE	258
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.3327	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	

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



Independence Central Office

Scheduled Menu Plans

A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	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	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	97
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	97
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A066	CUCUMBER SALAD	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	205.5676	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9654	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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

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



Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/10/2020 **Feeding Figure:** 348
Base Menu Plan: 5,168 MS BIC JAN 19-20 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	171
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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



Independence Central Office

Scheduled Menu Plans

A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
a534	BANANA	1	1 BANANA	35
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/10/2020

Feeding Figure: 644

Base Menu Plan: 4,854 MS 19-20 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A236	SRIRACHI CHICKEN	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	256.5849	kcal	
A552	RICE, STIR FRIED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	85.1356	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	65
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	65
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
A499	SAUSAGE #2405	1	1 PATTY	65
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A1223	CARROTS BABY 20LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	35.0206	kcal	
A012	PEAS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A584	PEARS, LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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

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



Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	13.7074	kcal	Carbohydrate	2.7415	g
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	61.9469	kcal	Carbohydrate	2.6549	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129		
	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)	129		
	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)	65		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/11/2020 **Feeding Figure:** 348
Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	160.0000	kcal	Carbohydrate	29.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140		
	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

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



Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	35
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/11/2020

Feeding Figure: 644

Base Menu Plan: 4,855 MS 19-20 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	258
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.2677	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	

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

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



Independence Central Office

Scheduled Menu Plans

A069	BEANS, REFRIED	1	1/2 CUP	97
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	65
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9494	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0342	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	33
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	

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

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



Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	406.5714	kcal	
A014	VEGGIE FRESH MIX	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7112	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/12/2020

Feeding Figure: 348

Base Menu Plan: 5,170 MS BIC JAN 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	53
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	35
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/12/2020

Feeding Figure: 644

Base Menu Plan: 4,856 MS 19-20 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.8287	g	

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

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



Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	258
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	65
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.7936	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.4998	g	
A576	PEACHES, LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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

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



Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/13/2020

Feeding Figure: 348

Base Menu Plan: 5,171 MS BIC JAN 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	171
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/13/2020

Feeding Figure: 644

Base Menu Plan: 4,857 MS 19-20 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	258
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

A055	POTATOES, AUGRATIN	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	258
	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	65
	Nutrient	Value	Units	
	Food Energy	506.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0342	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	247.2316	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.9641	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	33
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	

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

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



Independence Central Office

Scheduled Menu Plans

A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	24.0027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5005	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.7000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.2507	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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

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



Independence Central Office

Scheduled Menu Plans

A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	Nutrient
	Food Energy	24.9959	kcal	Carbohydrate
				6.6656 g
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	Nutrient
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	Nutrient
	Food Energy	61.9469	kcal	Carbohydrate
				2.6549 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/14/2020

Feeding Figure: 348

Base Menu Plan: 5,172 MS BIC JAN 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	171
	Nutrient	Value	Units	Nutrient
	Food Energy	260.0000	kcal	Carbohydrate
				45.0000 g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g

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

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



Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				59.0001 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	Nutrient
	Food Energy	139.0768	kcal	Carbohydrate
				33.9999 g
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				29.0000 g
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2503	kcal	Carbohydrate
				7.4219 g
A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/14/2020 **Feeding Figure:** 644
Base Menu Plan: 1,004,746 MS 19-20 CHILI
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	258
	Nutrient	Value	Units	Nutrient
	Food Energy	204.8990	kcal	Carbohydrate
				19.8847 g

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



Independence Central Office

Scheduled Menu Plans

2480	JUICE BOLD CHERRY SIDE KICK	1	CUP(1)	483
	Nutrient	Value	Units	
	Food Energy	99.9999	kcal	
A585	CRACKERS WG IW 2PACK	1	2 PKG (4 CRACKERS)	258
	Nutrient	Value	Units	
	Food Energy	4.9500	kcal	
A302	CINNAMON ROLLS PREMADE	1	1 ROLL	258
	Nutrient	Value	Units	
	Food Energy	345.2202	kcal	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	258
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	65
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	97
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A593	POTATO SPICY FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	140.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	33
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A066	CUCUMBER SALAD	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A586	APPLESAUCE	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	71.9539	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7080	g	

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

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



Independence Central Office

Scheduled Menu Plans

A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	484
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast
Date: 2/18/2020
Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 348

Stock Number	Description	Serving Size	Measure	Projected Quantity
--------------	-------------	--------------	---------	--------------------

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

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



Independence Central Office

Scheduled Menu Plans

A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	87
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	35
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/18/2020

Feeding Figure: 644

Base Menu Plan: 4,850 MS 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	258
	Nutrient	Value	Units	Nutrient
	Food Energy	426.4321	kcal	Carbohydrate
				40.0322 g
	SALSA	1	1/4 CUP	258
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A510	PEPPER/ONION BLEND	1	1/4 CUP	97
	Nutrient	Value	Units	Nutrient
	Food Energy	10.4004	kcal	Carbohydrate
				2.6001 g
A069	BEANS, REFRIED	1	1/2 CUP	97
	Nutrient	Value	Units	Nutrient
	Food Energy	38.1667	kcal	Carbohydrate
				3.2487 g
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	33
	Nutrient	Value	Units	Nutrient
	Food Energy	779.7307	kcal	Carbohydrate
				59.9793 g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	97
	Nutrient	Value	Units	Nutrient
	Food Energy	498.2726	kcal	Carbohydrate
				41.0342 g
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	Nutrient
	Food Energy	369.9999	kcal	Carbohydrate
				39.0001 g
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	Nutrient
	Food Energy	10.4961	kcal	Carbohydrate
				2.0652 g
A455	POTATO SWT TRAX #2384	1	1/2 CUP	129
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				23.0001 g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	Nutrient
	Food Energy	573.7155	kcal	Carbohydrate
				81.6087 g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	46
	Nutrient	Value	Units	Nutrient
	Food Energy	589.9999	kcal	Carbohydrate
				96.0001 g

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

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



Independence Central Office

Scheduled Menu Plans

a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.7678	g	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	406.5714	kcal	
	Nutrient	Value	Units	
	Carbohydrate	91.6621	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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

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



Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/19/2020

Feeding Figure: 348

Base Menu Plan: 5,170 MS BIC JAN 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	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	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	139.0768	kcal	Carbohydrate	33.9999	g
a534	BANANA	1	1 BANANA	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A533	ORANGE	1	1 ORANGE	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0368	kcal	Carbohydrate	11.8837	g
A587	JUICE, BLUE RAZZ	1	1 CARTON	261		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	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)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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

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



Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/19/2020 **Feeding Figure:** 644
Base Menu Plan: 5,116 MS 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A149	CHILI DOG	1	1 CHILI DOG	258
Nutrient		Value	Units	
Food Energy		442.1441	kcal	
Nutrient		Value	Units	
Carbohydrate		32.6458	g	
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	65
Nutrient		Value	Units	
Food Energy		116.3326	kcal	
Nutrient		Value	Units	
Carbohydrate		6.5002	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	65
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		21.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
Nutrient		Value	Units	
Food Energy		300.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		27.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
Nutrient		Value	Units	
Food Energy		354.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
Nutrient		Value	Units	
Food Energy		10.4961	kcal	
Nutrient		Value	Units	
Carbohydrate		2.0652	g	
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	129
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		17.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
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	33
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	46
Nutrient		Value	Units	
Food Energy		527.4787	kcal	
Nutrient		Value	Units	
Carbohydrate		82.7924	g	

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

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



Independence Central Office

Scheduled Menu Plans

A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	20
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.7936	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
7035	PEACHES SLICED LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0001	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1103	PICKLE RELISH	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/20/2020

Feeding Figure: 348

Base Menu Plan: 5,171 MS BIC JAN 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A551	EGG, TAC-GO, IW #2444	1	1 PKG	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	14.0000	g
A575	SALSA, CONDIMENT	1	1/4 CUP	171		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	22.0768	kcal	Carbohydrate	4.4153	g
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	160.0000	kcal	Carbohydrate	30.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	140		
	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	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	139.0768	kcal	Carbohydrate	33.9999	g
a534	BANANA	1	1 BANANA	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2503	kcal	Carbohydrate	7.4219	g
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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

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



Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/20/2020 **Feeding Figure:** 644
Base Menu Plan: 5,115 MS 19-20 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	258
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	258
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	258
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	65
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	65
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0342	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	

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



Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	247.2316	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.9641	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	46
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	24.0027	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5005	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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

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



Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7074	1	3/4 CUP	258
	Nutrient		Value	Units
	Food Energy		58.7000	kcal
2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient		Value	Units
	Food Energy		139.0768	kcal
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient		Value	Units
	Food Energy		130.0000	kcal
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient		Value	Units
	Food Energy		110.0000	kcal
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient		Value	Units
	Food Energy		60.0001	kcal
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient		Value	Units
	Food Energy		60.0001	kcal
1086	SAUCE BBQ	1	Ounce	33
	Nutrient		Value	Units
	Food Energy		29.1618	kcal
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient		Value	Units
	Food Energy		33.3278	kcal
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient		Value	Units
	Food Energy		24.9959	kcal
1097	MUSTARD	1	Ounce	13
	Nutrient		Value	Units
	Food Energy		0.0000	kcal
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient		Value	Units
	Food Energy		13.7074	kcal
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient		Value	Units
	Food Energy		85.8443	kcal
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient		Value	Units
	Food Energy		61.9469	kcal

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

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



Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/21/2020 **Feeding Figure:** 348
Base Menu Plan: 5,172 MS BIC JAN 19-20 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	171
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	

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



Independence Central Office

Scheduled Menu Plans

A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	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)	115
	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)	115
	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)	119
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/21/2020 **Feeding Figure:** 644
Base Menu Plan: 4,853 MS 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2442	CHICKEN NASHVILLE HOT CHUNKS	1	SERVING (10/4.5 OZ)	258
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A564	TOAST, WG GARLIC #2468	1	1 SLICE	258
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.3327	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	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	33
	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	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	97
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	

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



Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	97
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A066	CUCUMBER SALAD	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	205.5676	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9654	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	

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

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



Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/24/2020 **Feeding Figure:** 348
Base Menu Plan: 5,168 MS BIC JAN 19-20 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	171
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	87
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
a534	BANANA	1	1 BANANA	35
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	122
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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



Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	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)	115
	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)	119
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/24/2020 **Feeding Figure:** 644
Base Menu Plan: 4,854 MS 19-20 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A236	SRIRACHI CHICKEN	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	256.5849	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9063	g	
A552	RICE, STIR FRIED	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	85.1356	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.7588	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	65
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	65
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	65
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	

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



Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	126.2664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4319	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	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	33
	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	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A1223	CARROTS BABY 20LBS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	35.0206	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.0047	g	
A012	PEAS	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6555	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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

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



Independence Central Office

Scheduled Menu Plans

A584	PEARS, LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/25/2020 **Feeding Figure:** 348
Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	171
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	87
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	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	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	35
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	

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



Independence Central Office

Scheduled Menu Plans

A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/25/2020 **Feeding Figure:** 644
Base Menu Plan: 4,855 MS 19-20 LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	258
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.2677	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	129
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	97
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	65
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9494	g	

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



Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	33
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A359	CORN, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	406.5714	kcal	
A014	VEGGIE FRESH MIX	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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

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



Independence Central Office

Scheduled Menu Plans

A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/26/2020

Feeding Figure: 348

Base Menu Plan: 5,170 MS BIC JAN 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	171
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	

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

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



Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	53
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	35
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	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)	115
	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)	119
	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)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/26/2020

Feeding Figure: 644

Base Menu Plan: 4,856 MS 19-20 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	258
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.8287	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	258
	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	65
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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

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



Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	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	33
	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	33
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9988	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.7936	g	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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

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



Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
A576	PEACHES, LS	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/27/2020 **Feeding Figure:** 348
Base Menu Plan: 5,171 MS BIC JAN 19-20 W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	171
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A575	SALSA, CONDIMENT	1	1/4 CUP	171
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	87
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	140
	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	

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



Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/27/2020

Feeding Figure: 644

Base Menu Plan: 4,857 MS 19-20 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	258
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A055	POTATOES, AUGRATIN	1	1/2 CUP	258
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	258
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	65
	Nutrient	Value	Units	
	Food Energy	506.0001	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	498.2726	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	247.2316	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	33
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A372	GREEN BEANS-2017	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	24.0027	kcal	
A070	CARROTS, COOKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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

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



Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	58.7000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.2507	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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

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



Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 2/28/2020

Feeding Figure: 348

Base Menu Plan: 5,172 MS BIC JAN 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	171
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	140
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	87
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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	

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

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



Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	87
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	87
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	35
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	261
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	115
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 2/28/2020 **Feeding Figure:** 644
Base Menu Plan: 4,858 MS 19-20 LUNCH W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	258
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A351	WAFFLE WG #2356	1	1 WAFFLE	258
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A589	SYRUP PKT SAUER 1.5 OZ #1122	1	1 PKT	258
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	65
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	

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



Independence Central Office

Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	65
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	33
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A593	POTATO SPICY FRIES	1	1/2 CUP	129
	Nutrient	Value	Units	
	Food Energy	140.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	33
	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	33
	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	46
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	33
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	20
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	26
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A067	BEANS, BAKED	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	205.5676	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9654	g	
A066	CUCUMBER SALAD	1	3/4 CUP	97
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A003	SALAD, DARK GREENS	1	1 CUP	7
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	

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

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



Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A586	APPLESAUCE	1	3/4 CUP	258
	Nutrient	Value	Units	
	Food Energy	71.9539	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7080	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	33
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	33
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	161
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	13
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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

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



Independence Central Office

Scheduled Menu Plans

Item ID	Item Name	Quantity	Unit	Total
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	7
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	129
	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)	129
	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)	65
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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

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