



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/1/2019

Feeding Figure: 35

Base Menu Plan: 4,618 IA HS BFAST W1D5 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| 2408         | BREAKFAST BUNS WG WWB5160     | 1            | PKG (1)      | 55                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 230.0000     | kcal         | Carbohydrate       | 39.0000      | g            |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 24.0000      | g            |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 22.0000      | g            |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 28                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 80.0000      | kcal         | Carbohydrate       | 0.0000       | g            |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 240.0000     | kcal         | Carbohydrate       | 39.0000      | g            |
| 1332         | PEAR BARTLETT 100CT           | 1            | PEAR (1)     | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 111.6281     | kcal         | Carbohydrate       | 26.5700      | g            |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 50.0000      | kcal         | Carbohydrate       | 12.9999      | g            |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 60.0001      | kcal         | Carbohydrate       | 15.0000      | g            |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 21                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal         | Carbohydrate       | 24.9999      | g            |
| 2139         | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 31                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal         | Carbohydrate       | 23.0000      | g            |

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Independence Central Office

Scheduled Menu Plans

|                 |                              |              |              |    |
|-----------------|------------------------------|--------------|--------------|----|
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
| Food Energy     |                              | 100.0000     | kcal         |    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
| Carbohydrate    |                              | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/1/2019      **Feeding Figure:** 70  
**Base Menu Plan:** 3,981 IA HS LUNCH W1D5 18-19  
**Menu Comments:**

| Stock Number    | Description                  | Serving Size | Measure          | Projected Quantity |
|-----------------|------------------------------|--------------|------------------|--------------------|
| A354            | CHICKEN NUGGETS WG           | 1            | 1 SERVING (7)    | 92                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 238.0000     | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 12.6000      | g                |                    |
| A351            | WAFFLE WG                    | 1            | 1 WAFFLE         | 92                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 90.0000      | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 14.0000      | g                |                    |
| 1122            | SYRUP PKT                    | 1            | PKT (1)          | 92                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 120.0000     | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 31.0000      | g                |                    |
| A075            | GRAB N GO WG PB & J SANDWICH | 1            | 1 SANDWICH/CHIPS | 0                  |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 698.6376     | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 82.5847      | g                |                    |
| A067            | BEANS, BAKED                 | 1            | 1 CUP            | 49                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 235.3591     | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 44.2458      | g                |                    |
| a131            | SALAD, DARK GREENS- EL       | 1            | 1 CUP            | 2                  |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 7.1576       | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 1.1981       | g                |                    |
| a360            | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP          | 2                  |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 11.6147      | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 2.7139       | g                |                    |
| A361            | TOMATO, FRESH DICED          | 1            | 1/4 CUP          | 2                  |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 8.1076       | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 1.7522       | g                |                    |
| A7020           | BEANS, BLACK (SALAD BAR)     | 1            | 1/4 CUP          | 2                  |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 75.1369      | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 13.7866      | g                |                    |
| 7029            | FRUIT MIXED                  | 1            | CUP              | 54                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Food Energy     |                              | 120.0000     | kcal             |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>     |                    |
| Carbohydrate    |                              | 30.0001      | g                |                    |

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|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1320 | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 87.8414      | kcal         |    |
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 161.3599     | kcal         |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/4/2019

Feeding Figure: 68

Base Menu Plan: 4,619 IA HS BFAST W2D1 18-19

Menu Comments:

| Stock Number | Description       | Serving Size | Measure         | Projected Quantity |
|--------------|-------------------|--------------|-----------------|--------------------|
| 1392         | POP TART STRAW WG | 1            | PKG (1)         | 28                 |
|              | <b>Nutrient</b>   | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy       | 180.0000     | kcal            |                    |
|              |                   |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                   |              | Carbohydrate    | 38.0000 g          |

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|      |                               |              |                      |    |
|------|-------------------------------|--------------|----------------------|----|
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)              | 28 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 180.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 38.0000      | g                    |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 80.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 0.0000       | g                    |    |
| 2158 | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)             | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 110.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 24.0000      | g                    |    |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 110.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 22.0000      | g                    |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 240.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 39.0000      | g                    |    |
| 1329 | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 29.4972      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 7.5488       | g                    |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 50.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.9999      | g                    |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 60.0001      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 15.0000      | g                    |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 24.9999      | g                    |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)           | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 23.0000      | g                    |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 100.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.0000      | g                    |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/4/2019

Feeding Figure: 108

Base Menu Plan: 3,986 IA HS LUNCH W2D5 18-19

Menu Comments:

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

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Scheduled Menu Plans

|       |                                   |              |                  |    |
|-------|-----------------------------------|--------------|------------------|----|
| A482  | CHICKEN ORANGE STIR-FRY-BANKO     | 1            | 1 SERVING        | 87 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 126.0141     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 12.5645      | g                |    |
| A019  | RICE, STEAMED                     | 1            | 1 CUP            | 87 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 93.6938      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 14.8469      | g                |    |
| 2416  | FORTUNE COOKIE 40002              | 1            | PKG (1)          | 87 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 20.0000      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 4.0000       | g                |    |
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 21 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 515.7825     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 70.0617      | g                |    |
| A012  | PEAS                              | 1            | 1 CUP            | 49 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 176.6128     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 33.0291      | g                |    |
| a131  | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDED             | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.7522       | g                |    |
| A7020 | BEANS, BLACK (SALAD BAR)          | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 75.1369      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 13.7866      | g                |    |
| 7039  | PEARS SLICED LS                   | 1            | CUP              | 54 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 120.0000     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 29.9999      | g                |    |
| 1320  | APPLE GOLDEN 138                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.9065      | g                |    |

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|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/5/2019

Feeding Figure: 68

Base Menu Plan: 4,620 IA HS BFAST W2D2 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A447         | FRENCH TOAST STICKS WG #2400  | 1            | 2 STICKS     | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              |                               |              |              |                    |
| A462         | PORK LS SAUSAGE # 2405        | 1            | 1 PATTY      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 120.0000     | kcal         |                    |
|              |                               |              |              |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2158 | CEREAL FROOT LOOPS RS BOWL   | 1            | BOWL (1)     | 7  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.0000      | g            |    |
| 1015 | CHEESE STRING MOZ LT         | 1            | PKG (1)      | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 80.0000      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 0.0000       | g            |    |
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG        | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 240.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 39.0000      | g            |    |
| 2079 | APPLE GALA 138 CT            | 1            | APPLE (1)    | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 74.8864      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 17.9728      | g            |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.9999      | g            |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/5/2019

Feeding Figure: 108

Base Menu Plan: 3,983 IA HS LUNCH W2D2 18-19

Menu Comments:

| Stock Number | Description             | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------|--------------|--------------|--------------------|
| A076         | HARD SHELL TACO W/ MEAT | 1            | 2 TACOS      | 87                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy             | 254.8173     | kcal         |                    |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate            | 18.6665      | g            |                    |
| A016         | RICE, MEXICAN           | 1            | 1 CUP        | 87                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy             | 157.6401     | kcal         |                    |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate            | 26.9757      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |                  |    |
|-------|------------------------------|--------------|------------------|----|
| 7045  | SALSA                        | 1            | Ounce            | 87 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 8.8527       | kcal             |    |
| A075  | GRAB N GO WG PB & J SANDWICH | 1            | 1 SANDWICH/CHIPS | 21 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 698.6376     | kcal             |    |
| A057  | BROCCOLI, STEAMED            | 1            | 1 CUP            | 44 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 52.5025      | kcal             |    |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 7.1576       | kcal             |    |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 11.6147      | kcal             |    |
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 8.1076       | kcal             |    |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 75.1369      | kcal             |    |
| A7078 | STRAWBERRIES #7112           | 1            | 1 CUP            | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 138.9150     | kcal             |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 88.8102      | kcal             |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 91.9264      | kcal             |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)       | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 105.0201     | kcal             |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 50.0000      | kcal             |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)       | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                  | 60.0001      | kcal             |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/6/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,621 IA HS BFAST W2D3 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| 2215         | CRISPS CINNAMON               | 1            | PKG (1)      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 150.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 25.0000      | g            |                    |
| A395         | YOGURT STRAW/BAN #1167        | 1            | 1 CONTAINER  | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 100.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 15.9999      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 24.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 39.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |               |    |
|------|------------------------------|--------------|---------------|----|
| 1333 | BANANAS PREM 40LB            | 1            | MEDIUM BANANA | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 105.0201     | kcal          |    |
|      |                              |              |               |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)    | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 50.0000      | kcal          |    |
|      |                              |              |               |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 60.0001      | kcal          |    |
|      |                              |              |               |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)    | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 129.9999     | kcal          |    |
|      |                              |              |               |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)    | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 129.9999     | kcal          |    |
|      |                              |              |               |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                  | 100.0000     | kcal          |    |
|      |                              |              |               |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/6/2019

Feeding Figure: 108

Base Menu Plan: 3,984 IA HS LUNCH W2D3 18-19

Menu Comments:

| Stock Number | Description                  | Serving Size | Measure          | Projected Quantity |
|--------------|------------------------------|--------------|------------------|--------------------|
| A100         | CHEESEBURGER ON WG BUN       | 1            | 1 SANDWICH       | 92                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 340.4695     | kcal             |                    |
|              |                              |              |                  |                    |
| a164         | LETTUCE, TOMATO, PICKLE 6 CT | 1            | 1 serving        | 27                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 10.2443      | kcal             |                    |
|              |                              |              |                  |                    |
| A362         | POTATO BAKED FRIES           | 1            | 1/2 CUP          | 92                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 121.6028     | kcal             |                    |
|              |                              |              |                  |                    |
| A146         | GRAB N GO WG HAM SAND. MEAL  | 1            | 1 SANDWICH/CHIPS | 16                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 522.7830     | kcal             |                    |
|              |                              |              |                  |                    |
| A372         | GREEN BEANS-2017             | 1            | 1 CUP            | 49                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 35.0868      | kcal             |                    |
|              |                              |              |                  |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| a131  | SALAD, DARK GREENS- EL       | 1            | 1 CUP        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 7.1576       | kcal         |    |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 11.6147      | kcal         |    |
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 8.1076       | kcal         |    |
| a7024 | BEANS, PINTO (SALAD BAR)     | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 95.3707      | kcal         |    |
| a7074 | BLUEBERRIES #7074            | 1            | 1 CUP        | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 79.0296      | kcal         |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 88.8102      | kcal         |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 91.9264      | kcal         |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 105.0201     | kcal         |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 60.0001      | kcal         |    |
| 2286  | KETCHUP JUG WITH PUMP        | 1            | Ounce        | 49 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 33.3278      | kcal         |    |
| 1097  | MUSTARD                      | 1            | Ounce        | 4  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 0.0000       | kcal         |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |

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



Independence Central Office

Scheduled Menu Plans

|                 |                              |                    |            |                 |              |                    |   |
|-----------------|------------------------------|--------------------|------------|-----------------|--------------|--------------------|---|
| 2366            | DRESSING ITALIAN OTT'S       | 1                  | Ounce      | 2               |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b> |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 29.3055            | kcal       |                 | Carbohydrate | 7.8148             | g |
| 2154            | MILK CHOC CARTON FF 8 OZ     | 1                  | CARTON (1) | 38              |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b> |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 129.9999           | kcal       |                 | Carbohydrate | 24.9999            | g |
| 2139            | MILK STRAW FF CARTON 8 OZ    | 1                  | CARTON (1) | 38              |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b> |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 129.9999           | kcal       |                 | Carbohydrate | 23.0000            | g |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1                  | CARTON (1) | 33              |              |                    |   |
| <b>Nutrient</b> |                              | <b>Value Units</b> |            | <b>Nutrient</b> |              | <b>Value Units</b> |   |
|                 | Food Energy                  | 100.0000           | kcal       |                 | Carbohydrate | 12.0000            | g |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/7/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,622 IA HS BFAST W2D4 18-19  
**Menu Comments:**

| Stock Number    | Description                   | Serving Size       | Measure              | Projected Quantity |              |                    |   |
|-----------------|-------------------------------|--------------------|----------------------|--------------------|--------------|--------------------|---|
| A230            | BISCUIT W/GRAVY, WG. LRG SPLT | 1                  | 1 SERVING            | 55                 |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 269.4904           | kcal                 |                    | Carbohydrate | 35.4987            | g |
| A040            | EGG, SCRAMBLED, CHEESY        | 1                  | 1/2 CUP              | 55                 |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 194.9105           | kcal                 |                    | Carbohydrate | 3.9151             | g |
| 2158            | CEREAL FROOT LOOPS RS BOWL    | 1                  | BOWL (1)             | 7                  |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 110.0000           | kcal                 |                    | Carbohydrate | 24.0000            | g |
| 2216            | CEREAL CINN TOAST CRUNCH BOWL | 1                  | BOWL (1)             | 7                  |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 110.0000           | kcal                 |                    | Carbohydrate | 22.0000            | g |
| 1015            | CHEESE STRING MOZ LT          | 1                  | PKG (1)              | 21                 |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 80.0000            | kcal                 |                    | Carbohydrate | 0.0000             | g |
| a261            | RICECHEX GLUTEN-FREE MEAL     | 1                  | 1 BAG                | 0                  |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 240.0000           | kcal                 |                    | Carbohydrate | 39.0000            | g |
| 1329            | ORANGE 138 CT                 | 1                  | 1/2 CUP (4-6 WEDGES) | 34                 |              |                    |   |
| <b>Nutrient</b> |                               | <b>Value Units</b> |                      | <b>Nutrient</b>    |              | <b>Value Units</b> |   |
|                 | Food Energy                   | 29.4972            | kcal                 |                    | Carbohydrate | 7.5488             | g |

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## Independence Central Office

### Scheduled Menu Plans

|      |                              |              |              |                 |                           |
|------|------------------------------|--------------|--------------|-----------------|---------------------------|
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   |                 | 34                        |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                  | 50.0000      | kcal         | Carbohydrate    | 12.9999 g                 |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   |                 | 17                        |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                  | 60.0001      | kcal         | Carbohydrate    | 15.0000 g                 |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   |                 | 21                        |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                  | 129.9999     | kcal         | Carbohydrate    | 24.9999 g                 |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   |                 | 31                        |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                  | 129.9999     | kcal         | Carbohydrate    | 23.0000 g                 |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   |                 | 17                        |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                  | 100.0000     | kcal         | Carbohydrate    | 12.0000 g                 |

**Serving Period:** Lunch

**Serving Line:** MAIN

**Age Group:** Grades 9-12

**Date:** 2/7/2019

**Feeding Figure:** 108

**Base Menu Plan:** 3,985 IA HS LUNCH W2D4 18-19

**Menu Comments:**

| Stock Number | Description                      | Serving Size | Measure          |                 | Projected Quantity        |
|--------------|----------------------------------|--------------|------------------|-----------------|---------------------------|
| A383         | CHICKEN PATTY WG<br>BREADED#2344 | 1            | 1 PATTY          |                 | 87                        |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|              | Food Energy                      | 171.0000     | kcal             | Carbohydrate    | 9.0000 g                  |
| A005         | POTATOES, MASHED                 | 1            | 1/2 CUP          |                 | 87                        |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|              | Food Energy                      | 85.3963      | kcal             | Carbohydrate    | 18.1467 g                 |
| A140         | COUNTRY GRAVY                    | 1            | 2 OZ             |                 | 87                        |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|              | Food Energy                      | 59.4904      | kcal             | Carbohydrate    | 8.4986 g                  |
| A327         | ROLL, DINNER WG #1974            | 1            | 1 DINNER ROLL    |                 | 87                        |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|              | Food Energy                      | 130.0000     | kcal             | Carbohydrate    | 20.0000 g                 |
| A075         | GRAB N GO WG PB & J SANDWICH     | 1            | 1 SANDWICH/CHIPS |                 | 21                        |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|              | Food Energy                      | 698.6376     | kcal             | Carbohydrate    | 82.5847 g                 |
| A070         | CARROTS, COOKED                  | 1            | 1 CUP            |                 | 49                        |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|              | Food Energy                      | 55.8809      | kcal             | Carbohydrate    | 12.4180 g                 |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |              |    |
|-------|--------------------------------|--------------|--------------|----|
| a131  | SALAD, DARK GREENS- EL         | 1            | 1 CUP        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 7.1576       | kcal         |    |
|       |                                |              |              |    |
| a360  | CARROT, FRESH SHREDED          | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 11.6147      | kcal         |    |
|       |                                |              |              |    |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 8.1076       | kcal         |    |
|       |                                |              |              |    |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 82.4860      | kcal         |    |
|       |                                |              |              |    |
| 7035  | PEACHES SLICED LS              | 1            | CUP          | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 120.0001     | kcal         |    |
|       |                                |              |              |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 88.8102      | kcal         |    |
|       |                                |              |              |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 91.9264      | kcal         |    |
|       |                                |              |              |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)   | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 105.0201     | kcal         |    |
|       |                                |              |              |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 50.0000      | kcal         |    |
|       |                                |              |              |    |
| 2140  | JUICE ORANGE 4 OZ              | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 60.0001      | kcal         |    |
|       |                                |              |              |    |
| 2365  | DRESSING RANCH OTT'S           | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 85.8443      | kcal         |    |
|       |                                |              |              |    |
| 2366  | DRESSING ITALIAN OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 29.3055      | kcal         |    |
|       |                                |              |              |    |
| 2286  | KETCHUP JUG WITH PUMP          | 1            | Ounce        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 33.3278      | kcal         |    |
|       |                                |              |              |    |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1086 | SAUCE BBQ                    | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.1618      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/8/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,623 IA HS BFAST W2D5 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A397         | FRUDEL APPLE #1979            | 1            | 1 PKG        | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 210.0000     | kcal         |                    |
|              |                               |              |              |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              |                               |              |              |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              |                               |              |              |                    |
| 1332         | PEAR BARTLETT 100CT           | 1            | PEAR (1)     | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 111.6281     | kcal         |                    |
|              |                               |              |              |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 50.0000      | kcal         |                    |
|              |                               |              |              |                    |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/8/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 4,367 IA HS LUNCH W2D5 18-19  
**Menu Comments:**

| Stock Number | Description                       | Serving Size | Measure            | Projected Quantity |
|--------------|-----------------------------------|--------------|--------------------|--------------------|
| A080         | CHILI                             | 1            | 3/4 CUP            | 87                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | 194.4703     | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | 18.8556      | g                  |                    |
| 1923         | CRACKER SALTINE (WG)              | 1            | SERVING 4 CRACKERS | 87                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | 60.0000      | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | 9.0000       | g                  |                    |
| A302         | CINNAMON ROLLS PREMADE, 2.5 OZ    | 1            | 2.5 OUNCE          | 87                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | 295.2202     | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | 50.1329      | g                  |                    |
| 4118         | BOWL DISPOSABLE 12 OZ             | 1            | BOWL (1)           | 87                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | *            | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | *            | g                  |                    |
| A129         | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS   | 21                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | 515.7825     | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | 70.0617      | g                  |                    |
| A011         | VEGETABLES, MIXED                 | 1            | 1 CUP              | 49                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | 76.7782      | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | 16.8913      | g                  |                    |
| a131         | SALAD, DARK GREENS- EL            | 1            | 1 CUP              | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Food Energy                       | 7.1576       | kcal               |                    |
|              |                                   |              |                    |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>       |                    |
|              | Carbohydrate                      | 1.1981       | g                  |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 11.6147      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 2.7139       | g            |    |
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 8.1076       | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 1.7522       | g            |    |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 75.1369      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 13.7866      | g            |    |
| 7039  | PEARS SLICED LS              | 1            | CUP          | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 120.0000     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 29.9999      | g            |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 4.2922       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 7.8148       | g            |    |
| 2154  | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 24.9999      | g            |    |
| 2139  | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 23.0000      | g            |    |

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Scheduled Menu Plans

|                 |                              |              |              |    |
|-----------------|------------------------------|--------------|--------------|----|
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
| Food Energy     |                              | 100.0000     | kcal         |    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
| Carbohydrate    |                              | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/11/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,614 IA HS BFAST W1D1 18-19  
**Menu Comments:**

| Stock Number    | Description                   | Serving Size | Measure      | Projected Quantity |
|-----------------|-------------------------------|--------------|--------------|--------------------|
| 2426            | PANCAKE MINI BLUEBERRY WG 626 | 1            | PKG (1)      | 55                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 230.0000     | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 38.0000      | g            |                    |
| 1122            | SYRUP PKT                     | 1            | PKT (1)      | 55                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 120.0000     | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 31.0000      | g            |                    |
| 2216            | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 110.0000     | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 22.0000      | g            |                    |
| 2158            | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 110.0000     | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 24.0000      | g            |                    |
| 1015            | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 28                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 80.0000      | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 0.0000       | g            |                    |
| a261            | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 240.0000     | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 39.0000      | g            |                    |
| 2079            | APPLE GALA 138 CT             | 1            | APPLE (1)    | 34                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 74.8864      | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 17.9728      | g            |                    |
| 2280            | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 50.0000      | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 12.9999      | g            |                    |
| 2140            | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 60.0001      | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 15.0000      | g            |                    |
| 2154            | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 21                 |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Food Energy     |                               | 129.9999     | kcal         |                    |
| <b>Nutrient</b> |                               | <b>Value</b> | <b>Units</b> |                    |
| Carbohydrate    |                               | 24.9999      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1320 | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 88.8102      | kcal         |    |
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/12/2019

Feeding Figure: 68

Base Menu Plan: 4,615 IA HS BFAST W1D2 18-19

Menu Comments:

| Stock Number | Description            | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------|--------------|--------------|--------------------|
| A040         | EGG, SCRAMBLED, CHEESY | 1            | 1/2 CUP      | 55                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 194.9105     | kcal         |                    |
|              |                        |              | Carbohydrate | 3.9151 g           |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |                      |    |
|------|-------------------------------|--------------|----------------------|----|
| A029 | TOAST, WG                     | 1            | 1 SLICE              | 55 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 112.5000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 18.0000      | g                    |    |
| 2158 | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)             | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 110.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 24.0000      | g                    |    |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 110.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 22.0000      | g                    |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 28 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 80.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 0.0000       | g                    |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 240.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 39.0000      | g                    |    |
| 1329 | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 29.4972      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 7.5488       | g                    |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 50.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.9999      | g                    |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 60.0001      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 15.0000      | g                    |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 24.9999      | g                    |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)           | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 23.0000      | g                    |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 100.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.0000      | g                    |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/12/2019

Feeding Figure: 108

Base Menu Plan: 3,988 IA HS LUNCH W3D2 18-19

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

|       |                                   |              |                  |    |
|-------|-----------------------------------|--------------|------------------|----|
| A452  | PIZZA QUESA CKN MAX #2376         | 1            | 1 SERVING (5 OZ) | 92 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 320.0001     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 35.0001      | g                |    |
| 7045  | SALSA                             | 1            | 1/4 CUP          | 92 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 20.0000      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 4.0000       | g                |    |
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 16 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 515.7825     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 70.0617      | g                |    |
| A057  | BROCCOLI, STEAMED                 | 1            | 1 CUP            | 54 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 52.5025      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 10.1027      | g                |    |
| a131  | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 1.7522       | g                |    |
| A7020 | BEANS, BLACK (SALAD BAR)          | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 75.1369      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 13.7866      | g                |    |
| A252  | CHERRY CRISP w/o stabilizer       | 1            | 1 piece          | 81 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 184.8850     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 32.2982      | g                |    |
| 7039  | PEARS SLICED LS                   | 1            | CUP              | 49 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 120.0000     | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 29.9999      | g                |    |
| 1320  | APPLE GOLDEN 138                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT                  | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                       | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                      | 21.9065      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 4  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/13/2019

Feeding Figure: 68

Base Menu Plan: 4,616 IA HS BFAST W1D3 18-19

Menu Comments:

| Stock Number | Description                | Serving Size | Measure      | Projected Quantity |
|--------------|----------------------------|--------------|--------------|--------------------|
| A420         | YOGURT RASP/PEACH #1159    | 1            | 1 CONTAINER  | 55                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 110.0000     | kcal         |                    |
|              |                            |              |              |                    |
| 1387         | GRAHAMS ORIGINAL           | 1            | PKG (1)      | 55                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 90.0000      | kcal         |                    |
|              |                            |              |              |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 110.0000     | kcal         |                    |
|              |                            |              |              |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |               |    |
|------|-------------------------------|--------------|---------------|----|
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)      | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 110.0000     | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 22.0000      | g             |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)       | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 80.0000      | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 0.0000       | g             |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG         | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 240.0000     | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 39.0000      | g             |    |
| 1333 | BANANAS PREM 40LB             | 1            | MEDIUM BANANA | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 105.0201     | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 26.9512      | g             |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)    | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 50.0000      | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 12.9999      | g             |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 60.0001      | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 15.0000      | g             |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)    | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 129.9999     | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 24.9999      | g             |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)    | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 129.9999     | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 23.0000      | g             |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 100.0000     | kcal          |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Carbohydrate                  | 12.0000      | g             |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/13/2019

Feeding Figure: 108

Base Menu Plan: 3,989 IA HS LUNCH W3D3 18-19

Menu Comments:

| Stock Number | Description             | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------|--------------|--------------|--------------------|
| A453         | LASAGNA ROLLUP WG #2371 | 1            | 1 PIECE      | 92                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy             | 332.8338     | kcal         |                    |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate            | 32.1840      | g            |                    |
| 1361         | BREADSTICK WG           | 1            | STICK (1)    | 92                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy             | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate            | 21.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |                  |          |
|-------|------------------------------|--------------|------------------|----------|
| A075  | GRAB N GO WG PB & J SANDWICH | 1            | 1 SANDWICH/CHIPS | 16       |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 698.6376     | kcal             |          |
| A359  | CORN, COOKED                 | 1            | 1 CUP            | 49       |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 136.8141     | kcal             |          |
| a131  | SALAD, DARK GREENS- EL       | 1            | 1 CUP            | 2        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 7.1576       | kcal             |          |
| a360  | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP          | 2        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 11.6147      | kcal             |          |
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP          | 2        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 8.1076       | kcal             |          |
| A448  | BEANS, RED (SALAD BAR)       | 1            | 1/4 CUP          | 2        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 65.0014      | kcal             |          |
| A7078 | STRAWBERRIES #7112           | 1            | 1 CUP            | 54       |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 138.9150     | kcal             |          |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)        | 6        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 88.8102      | kcal             |          |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)        | 6        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 91.9264      | kcal             |          |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)       | 6        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 105.0201     | kcal             |          |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)       | 27       |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 50.0000      | kcal             |          |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)       | 54       |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 60.0001      | kcal             |          |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce            | 2        |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |          |
|       | Food Energy                  | 85.8443      | kcal             |          |
|       |                              |              | Carbohydrate     | 4.2922 g |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast  
**Date:** 2/14/2019  
**Base Menu Plan:** 4,617 IA HS BFAST W1D4 18-19  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 68

| Stock Number | Description                   | Serving Size | Measure              | Projected Quantity |
|--------------|-------------------------------|--------------|----------------------|--------------------|
| A324         | PIZZA 3.67oz TRKY SAU BRKFST  | 1            | 1 PIZZA              | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 240.0000     | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 31.0000      | g                    |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 22.0000      | g                    |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 24.0000      | g                    |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 80.0000      | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 0.0000       | g                    |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 240.0000     | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 39.0000      | g                    |                    |
| 1329         | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 29.4972      | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 7.5488       | g                    |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 50.0000      | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 12.9999      | g                    |                    |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 60.0001      | kcal                 |                    |
|              |                               |              |                      |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 15.0000      | g                    |                    |

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 \* 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)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/14/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 1,003,636 IA HS LUNCH W3D4 18-19  
**Menu Comments:**

| Stock Number | Description                 | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------|--------------|------------------|--------------------|
| A435         | BEEF PATTY WGR BREADED#7163 | 1            | 1 PATTY          | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 260.0000     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 11.0000      | g                |                    |
| 2388         | COOKIE HOLIDAY HEART        | 1            | COOKIE (1)       | 81                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 120.0000     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 19.0000      | g                |                    |
| A140         | COUNTRY GRAVY               | 1            | 2 OZ             | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 59.4904      | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 8.4986       | g                |                    |
| A005         | POTATOES, MASHED            | 1            | 1/2 CUP          | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 85.3963      | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 18.1467      | g                |                    |
| A026         | ROLLS, WHEAT, WG            | 1            | 2 OUNCE          | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 178.5303     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 29.0164      | g                |                    |
| A146         | GRAB N GO WG HAM SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 16                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 522.7830     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 70.6275      | g                |                    |
| A012         | PEAS                        | 1            | 1 CUP            | 49                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 176.6128     | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 33.0291      | g                |                    |
| a131         | SALAD, DARK GREENS- EL      | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 7.1576       | kcal             |                    |
|              |                             |              |                  |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                | 1.1981       | g                |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |              |    |
|-------|--------------------------------|--------------|--------------|----|
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 11.6147      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 2.7139       | g            |    |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 8.1076       | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 1.7522       | g            |    |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 82.4860      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.5007      | g            |    |
| 7035  | PEACHES SLICED LS              | 1            | CUP          | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 120.0001     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 28.0001      | g            |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)   | 4  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ              | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S           | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 4.2922       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 7.8148       | g            |    |
| 2154  | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 24.9999      | g            |    |
| 2139  | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 23.0000      | g            |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/19/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,620 IA HS BFAST W2D2 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A447         | FRENCH TOAST STICKS WG #2400  | 1            | 2 STICKS     | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 38.0000      | g            |                    |
| A462         | PORK LS SAUSAGE # 2405        | 1            | 1 PATTY      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 120.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 24.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 39.0000      | g            |                    |
| 2079         | APPLE GALA 138 CT             | 1            | APPLE (1)    | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 74.8864      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 17.9728      | g            |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 50.0000      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 12.9999      | g            |                    |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 60.0001      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 15.0000      | g            |                    |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 129.9999     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 24.9999      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/19/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 3,993 IA HS LUNCH W4D2 18-19  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure          | Projected Quantity |
|--------------|------------------------------|--------------|------------------|--------------------|
| A416         | FIESTA NACHO-TACO MEAT       | 1            | 1 NACHO          | 92                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 480.0173     | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 44.0775      | g                |                    |
| 7045         | SALSA                        | 1            | Tbsp             | 92                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 5.0000       | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 1.0000       | g                |                    |
| A075         | GRAB N GO WG PB & J SANDWICH | 1            | 1 SANDWICH/CHIPS | 16                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 698.6376     | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 82.5847      | g                |                    |
| A069         | BEANS, REFRIED               | 1            | 1/2 CUP          | 17                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 131.7402     | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 20.3267      | g                |                    |
| A056         | CORN, MEXICALI               | 1            | 1 CUP            | 27                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 203.5603     | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 44.4735      | g                |                    |
| a131         | SALAD, DARK GREENS- EL       | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 7.1576       | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 1.1981       | g                |                    |
| a360         | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 11.6147      | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 2.7139       | g                |                    |
| A361         | TOMATO, FRESH DICED          | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 8.1076       | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 1.7522       | g                |                    |
| A7020        | BEANS, BLACK (SALAD BAR)     | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                  | 75.1369      | kcal             |                    |
|              |                              |              |                  |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                 | 13.7866      | g                |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| a7074 | BLUEBERRIES #7074            | 1            | 1 CUP        | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 79.0296      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 18.5720      | g            |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 4.2922       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 7.8148       | g            |    |
| 2154  | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 33 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 24.9999      | g            |    |
| 2139  | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 23.0000      | g            |    |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 100.0000     | kcal         |    |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/20/2019

Feeding Figure: 68

Base Menu Plan: 4,621 IA HS BFAST W2D3 18-19

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |               |    |
|------|-------------------------------|--------------|---------------|----|
| 2215 | CRISPS CINNAMON               | 1            | PKG (1)       | 55 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 150.0000     | kcal          |    |
|      |                               |              |               |    |
| A395 | YOGURT STRAW/BAN #1167        | 1            | 1 CONTAINER   | 55 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 100.0000     | kcal          |    |
|      |                               |              |               |    |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)      | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 110.0000     | kcal          |    |
|      |                               |              |               |    |
| 2158 | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)      | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 110.0000     | kcal          |    |
|      |                               |              |               |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)       | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 80.0000      | kcal          |    |
|      |                               |              |               |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG         | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 240.0000     | kcal          |    |
|      |                               |              |               |    |
| 1333 | BANANAS PREM 40LB             | 1            | MEDIUM BANANA | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 105.0201     | kcal          |    |
|      |                               |              |               |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)    | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 50.0000      | kcal          |    |
|      |                               |              |               |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 60.0001      | kcal          |    |
|      |                               |              |               |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)    | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 129.9999     | kcal          |    |
|      |                               |              |               |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)    | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 129.9999     | kcal          |    |
|      |                               |              |               |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 100.0000     | kcal          |    |
|      |                               |              |               |    |

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/20/2019

Feeding Figure: 108

Base Menu Plan: 3,994 IA HS LUNCH W4D3 18-19

Menu Comments:

| Stock Number | Description                 | Serving Size | Measure          | Projected Quantity |              |              |
|--------------|-----------------------------|--------------|------------------|--------------------|--------------|--------------|
| A367         | CHICKEN TERIYAKI W/ VEG     | 1            | 1 SERVING        | 92                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 249.9517     | kcal             | Carbohydrate       | 38.9384      | g            |
| 2416         | FORTUNE COOKIE 40002        | 1            | PKG (1)          | 92                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 20.0000      | kcal             | Carbohydrate       | 4.0000       | g            |
| A146         | GRAB N GO WG HAM SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 16                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 522.7830     | kcal             | Carbohydrate       | 70.6275      | g            |
| A012         | PEAS                        | 1            | 1 CUP            | 49                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 176.6128     | kcal             | Carbohydrate       | 33.0291      | g            |
| a131         | SALAD, DARK GREENS- EL      | 1            | 1 CUP            | 2                  |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 7.1576       | kcal             | Carbohydrate       | 1.1981       | g            |
| A361         | TOMATO, FRESH DICED         | 1            | 1/4 CUP          | 2                  |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 8.1076       | kcal             | Carbohydrate       | 1.7522       | g            |
| a360         | CARROT, FRESH SHREDDED      | 1            | 1/4 CUP          | 2                  |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 11.6147      | kcal             | Carbohydrate       | 2.7139       | g            |
| a7024        | BEANS, PINTO (SALAD BAR)    | 1            | 1/4 CUP          | 2                  |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 95.3707      | kcal             | Carbohydrate       | 17.5171      | g            |
| 7039         | PEARS SLICED LS             | 1            | CUP              | 49                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 120.0000     | kcal             | Carbohydrate       | 29.9999      | g            |
| 1320         | APPLE GOLDEN 138            | 1            | APPLE (1)        | 6                  |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 88.8102      | kcal             | Carbohydrate       | 21.1897      | g            |
| 1319         | APPLE RED 138 CT            | 1            | APPLE (1)        | 6                  |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 91.9264      | kcal             | Carbohydrate       | 21.9065      | g            |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/21/2019

Feeding Figure: 68

Base Menu Plan: 4,622 IA HS BFAST W2D4 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A230         | BISCUIT W/GRAVY, WG. LRG SPLT | 1            | 1 SERVING    | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 269.4904     | kcal         |                    |
|              |                               |              |              |                    |
| A040         | EGG, SCRAMBLED, CHEESY        | 1            | 1/2 CUP      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 194.9105     | kcal         |                    |
|              |                               |              |              |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |                      |    |
|------|-------------------------------|--------------|----------------------|----|
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 110.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 22.0000      | g                    |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 80.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 0.0000       | g                    |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 240.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 39.0000      | g                    |    |
| 1329 | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 29.4972      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 7.5488       | g                    |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 50.0000      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.9999      | g                    |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 60.0001      | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 15.0000      | g                    |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 24.9999      | g                    |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)           | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 129.9999     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 23.0000      | g                    |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                   | 100.0000     | kcal                 |    |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |    |
|      | Carbohydrate                  | 12.0000      | g                    |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/21/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 3,995 IA HS LUNCH W4D4 18-19  
**Menu Comments:**

| Stock Number | Description        | Serving Size | Measure       | Projected Quantity |
|--------------|--------------------|--------------|---------------|--------------------|
| A354         | CHICKEN NUGGETS WG | 1            | 1 SERVING (7) | 92                 |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy        | 238.0000     | kcal          |                    |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate       | 12.6000      | g             |                    |
| A005         | POTATOES, MASHED   | 1            | 1/2 CUP       | 92                 |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy        | 85.3963      | kcal          |                    |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate       | 18.1467      | g             |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |                  |    |
|-------|--------------------------------|--------------|------------------|----|
| A525  | GRAVY POULTRY LS #2422         | 1            | 2 OZ             | 92 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 2.3897       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 0.2868       | g                |    |
| A327  | ROLL, DINNER WG #1974          | 1            | 1 DINNER ROLL    | 92 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 130.0000     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 20.0000      | g                |    |
| A075  | GRAB N GO WG PB & J SANDWICH   | 1            | 1 SANDWICH/CHIPS | 16 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 698.6376     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 82.5847      | g                |    |
| A070  | CARROTS, COOKED                | 1            | 1 CUP            | 49 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 55.8809      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 12.4180      | g                |    |
| a131  | SALAD, DARK GREENS- EL         | 1            | 1 CUP            | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 7.1576       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.1981       | g                |    |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 11.6147      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 2.7139       | g                |    |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 8.1076       | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 1.7522       | g                |    |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP          | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 82.4860      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 15.5007      | g                |    |
| 7035  | PEACHES SLICED LS              | 1            | CUP              | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 120.0001     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 28.0001      | g                |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 88.8102      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 21.1897      | g                |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 91.9264      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 21.9065      | g                |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)       | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 105.0201     | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 26.9512      | g                |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)       | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Food Energy                    | 50.0000      | kcal             |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|       | Carbohydrate                   | 12.9999      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/22/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,623 IA HS BFAST W2D5 18-19  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A397         | FRUDEL APPLE #1979            | 1            | 1 PKG        | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 210.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 36.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 24.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 39.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1332 | PEAR BARTLETT 100CT          | 1            | PEAR (1)     | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 111.6281     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/22/2019

Feeding Figure: 108

Base Menu Plan: 3,996 IA HS LUNCH W4D5 18-19

Menu Comments:

| Stock Number | Description                       | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------------|--------------|------------------|--------------------|
| A345         | PIZZA FIESTADA WG #2170           | 1            | 1 PIECE          | 92                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 340.0001     | kcal             |                    |
|              |                                   |              |                  |                    |
| A129         | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 16                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 515.7825     | kcal             |                    |
|              |                                   |              |                  |                    |
| A057         | BROCCOLI, STEAMED                 | 1            | 1 CUP            | 49                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 52.5025      | kcal             |                    |
|              |                                   |              |                  |                    |
| a131         | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 7.1576       | kcal             |                    |
|              |                                   |              |                  |                    |
| a360         | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 11.6147      | kcal             |                    |
|              |                                   |              |                  |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                              |              |              |    |
|-------|------------------------------|--------------|--------------|----|
| A361  | TOMATO, FRESH DICED          | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 8.1076       | kcal         |    |
|       |                              |              |              |    |
| A7020 | BEANS, BLACK (SALAD BAR)     | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 75.1369      | kcal         |    |
|       |                              |              |              |    |
| A050  | APPLES, HOT SPICED           | 1            | 1 CUP        | 49 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 243.0672     | kcal         |    |
|       |                              |              |              |    |
| 1320  | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 88.8102      | kcal         |    |
|       |                              |              |              |    |
| 1319  | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 91.9264      | kcal         |    |
|       |                              |              |              |    |
| 1333  | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 105.0201     | kcal         |    |
|       |                              |              |              |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 50.0000      | kcal         |    |
|       |                              |              |              |    |
| 2140  | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 60.0001      | kcal         |    |
|       |                              |              |              |    |
| 2365  | DRESSING RANCH OTT'S         | 1            | Ounce        | 27 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 85.8443      | kcal         |    |
|       |                              |              |              |    |
| 2366  | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 29.3055      | kcal         |    |
|       |                              |              |              |    |
| 2154  | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 33 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       |                              |              |              |    |
| 2139  | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 129.9999     | kcal         |    |
|       |                              |              |              |    |
| 1027  | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 38 |
|       | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                  | 100.0000     | kcal         |    |
|       |                              |              |              |    |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/25/2019

Feeding Figure: 68

Base Menu Plan: 4,614 IA HS BFAST W1D1 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| 2426         | PANCAKE MINI BLUEBERRY WG 626 | 1            | PKG (1)      | 55                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 230.0000     | kcal         | Carbohydrate       | 38.0000      | g            |
| 1122         | SYRUP PKT                     | 1            | PKT (1)      | 55                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 120.0000     | kcal         | Carbohydrate       | 31.0000      | g            |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 22.0000      | g            |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 24.0000      | g            |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 28                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 80.0000      | kcal         | Carbohydrate       | 0.0000       | g            |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 240.0000     | kcal         | Carbohydrate       | 39.0000      | g            |
| 2079         | APPLE GALA 138 CT             | 1            | APPLE (1)    | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 74.8864      | kcal         | Carbohydrate       | 17.9728      | g            |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)   | 34                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 50.0000      | kcal         | Carbohydrate       | 12.9999      | g            |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)   | 17                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 60.0001      | kcal         | Carbohydrate       | 15.0000      | g            |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 21                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal         | Carbohydrate       | 24.9999      | g            |
| 2139         | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 31                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 129.9999     | kcal         | Carbohydrate       | 23.0000      | g            |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/25/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 3,977 IA HS LUNCH W1D1 18-19  
**Menu Comments:**

| Stock Number | Description                    | Serving Size | Measure          | Projected Quantity |
|--------------|--------------------------------|--------------|------------------|--------------------|
| A454         | CRUNCHERS PIZZA #2395          | 1            | 4 STICKS         | 92                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 419.9999     | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 41.0001      | g                |                    |
| 1310         | SAUCE MARINARA                 | 1            | SERVING (2 OZ)   | 92                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 45.0000      | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 7.5000       | g                |                    |
| A075         | GRAB N GO WG PB & J SANDWICH   | 1            | 1 SANDWICH/CHIPS | 16                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 698.6376     | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 82.5847      | g                |                    |
| A011         | VEGETABLES, MIXED              | 1            | 1 CUP            | 49                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 76.7782      | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 16.8913      | g                |                    |
| a131         | SALAD, DARK GREENS- EL         | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 7.1576       | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 1.1981       | g                |                    |
| a360         | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 11.6147      | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 2.7139       | g                |                    |
| A361         | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 8.1076       | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 1.7522       | g                |                    |
| A7046        | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 82.4860      | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 15.5007      | g                |                    |
| A7078        | STRAWBERRIES #7112             | 1            | 1 CUP            | 54                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 138.9150     | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 32.9924      | g                |                    |
| 1320         | APPLE GOLDEN 138               | 1            | APPLE (1)        | 6                  |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                    | 88.8102      | kcal             |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                   | 21.1897      | g                |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
|      |                              |              |              |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
|      |                              |              |              |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
|      |                              |              |              |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2286 | KETCHUP JUG WITH PUMP        | 1            | Ounce        | 44 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 33.3278      | kcal         |    |
|      |                              |              |              |    |
| 1097 | MUSTARD                      | 1            | Ounce        | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 0.0000       | kcal         |    |
|      |                              |              |              |    |
| 1086 | SAUCE BBQ                    | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.1618      | kcal         |    |
|      |                              |              |              |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/26/2019

Feeding Figure: 68

Base Menu Plan: 4,615 IA HS BFAST W1D2 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure              | Projected Quantity |
|--------------|-------------------------------|--------------|----------------------|--------------------|
| A040         | EGG, SCRAMBLED, CHEESY        | 1            | 1/2 CUP              | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 194.9105     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 3.9151       | g                    |                    |
| A029         | TOAST, WG                     | 1            | 1 SLICE              | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 112.5000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 18.0000      | g                    |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 24.0000      | g                    |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)             | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 110.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 22.0000      | g                    |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)              | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 80.0000      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 0.0000       | g                    |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG                | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 240.0000     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 39.0000      | g                    |                    |
| 1329         | ORANGE 138 CT                 | 1            | 1/2 CUP (4-6 WEDGES) | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 29.4972      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 7.5488       | g                    |                    |
| 2280         | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)           | 34                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 50.0000      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 12.9999      | g                    |                    |
| 2140         | JUICE ORANGE 4 OZ             | 1            | CARTON (1)           | 17                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 60.0001      | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 15.0000      | g                    |                    |
| 2154         | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)           | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 129.9999     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 24.9999      | g                    |                    |
| 2139         | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)           | 31                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Food Energy                   | 129.9999     | kcal                 |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>         |                    |
|              | Carbohydrate                  | 23.0000      | g                    |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 2/26/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 4,603 IA HS LUNCH W1D2 18-19  
**Menu Comments:**

| Stock Number | Description                       | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------------|--------------|------------------|--------------------|
| a539         | FIESTA NACHO-CHICKEN MS           | 1            | 1 NACHO          | 103                |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 461.4527     | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 42.0273      | g                |                    |
| 7045         | SALSA                             | 1            | 1/4 CUP          | 103                |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 20.0000      | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 4.0000       | g                |                    |
| A129         | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 5                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 515.7825     | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 70.0617      | g                |                    |
| A069         | BEANS, REFRIED                    | 1            | 1/2 CUP          | 103                |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 131.7402     | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 20.3267      | g                |                    |
| A359         | CORN, COOKED                      | 1            | 1 CUP            | 49                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 136.8141     | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 31.5725      | g                |                    |
| a131         | SALAD, DARK GREENS- EL            | 1            | 1 CUP            | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 7.1576       | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 1.1981       | g                |                    |
| a360         | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 11.6147      | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 2.7139       | g                |                    |
| A361         | TOMATO, FRESH DICED               | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 8.1076       | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 1.7522       | g                |                    |
| A7020        | BEANS, BLACK (SALAD BAR)          | 1            | 1/4 CUP          | 2                  |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 75.1369      | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 13.7866      | g                |                    |
| a7074        | BLUEBERRIES #7074                 | 1            | 1 CUP            | 17                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                       | 79.0296      | kcal             |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |                    |
|              | Carbohydrate                      | 18.5720      | g                |                    |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 1320 | APPLE GOLDEN 138             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 88.8102      | kcal         |    |
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)    | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 91.9264      | kcal         |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)   | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 105.0201     | kcal         |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)   | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0000      | kcal         |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/27/2019

Feeding Figure: 68

Base Menu Plan: 4,616 IA HS BFAST W1D3 18-19

Menu Comments:

| Stock Number | Description             | Serving Size | Measure         | Projected Quantity |
|--------------|-------------------------|--------------|-----------------|--------------------|
| A420         | YOGURT RASP/PEACH #1159 | 1            | 1 CONTAINER     | 55                 |
|              | <b>Nutrient</b>         | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy             | 110.0000     | kcal            |                    |
|              |                         |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                         |              | Carbohydrate    | 22.0001 g          |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |               |    |
|------|-------------------------------|--------------|---------------|----|
| 1387 | GRAHAMS ORIGINAL              | 1            | PKG (1)       | 55 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 90.0000      | kcal          |    |
|      |                               |              |               |    |
| 2158 | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)      | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 110.0000     | kcal          |    |
|      |                               |              |               |    |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)      | 7  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 110.0000     | kcal          |    |
|      |                               |              |               |    |
| 1015 | CHEESE STRING MOZ LT          | 1            | PKG (1)       | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 80.0000      | kcal          |    |
|      |                               |              |               |    |
| a261 | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG         | 0  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 240.0000     | kcal          |    |
|      |                               |              |               |    |
| 1333 | BANANAS PREM 40LB             | 1            | MEDIUM BANANA | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 105.0201     | kcal          |    |
|      |                               |              |               |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ  | 1            | CARTON (1)    | 34 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 50.0000      | kcal          |    |
|      |                               |              |               |    |
| 2140 | JUICE ORANGE 4 OZ             | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 60.0001      | kcal          |    |
|      |                               |              |               |    |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)    | 21 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 129.9999     | kcal          |    |
|      |                               |              |               |    |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)    | 31 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 129.9999     | kcal          |    |
|      |                               |              |               |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)    | 17 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>  |    |
|      | Food Energy                   | 100.0000     | kcal          |    |
|      |                               |              |               |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/27/2019

Feeding Figure: 108

Base Menu Plan: 3,979 IA HS LUNCH W1D3 18-19

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |                  |    |
|------|------------------------------|--------------|------------------|----|
| A456 | ALFREDO CHICKEN, JTM penne   | 1            | 1 SERVING        | 92 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 232.6962     | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 25.6039      | g                |    |
| A379 | BREADSTICK WG #1361          | 1            | 1 BREADSTICK     | 92 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 110.0000     | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 21.0000      | g                |    |
| A075 | GRAB N GO WG PB & J SANDWICH | 1            | 1 SANDWICH/CHIPS | 16 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 698.6376     | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 82.5847      | g                |    |
| A057 | BROCCOLI, STEAMED            | 1            | 1 CUP            | 49 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 52.5025      | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 10.1027      | g                |    |
| a131 | SALAD, DARK GREENS- EL       | 1            | 1 CUP            | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 7.1576       | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 1.1981       | g                |    |
| a360 | CARROT, FRESH SHREDDED       | 1            | 1/4 CUP          | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 11.6147      | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 2.7139       | g                |    |
| A361 | TOMATO, FRESH DICED          | 1            | 1/4 CUP          | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 8.1076       | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 1.7522       | g                |    |
| A448 | BEANS, RED (SALAD BAR)       | 1            | 1/4 CUP          | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 65.0014      | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 6.0002       | g                |    |
| 7039 | PEARS SLICED LS              | 1            | CUP              | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 120.0000     | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 29.9999      | g                |    |
| 1320 | APPLE GOLDEN 138             | 1            | APPLE (1)        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 88.8102      | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 21.1897      | g                |    |
| 1319 | APPLE RED 138 CT             | 1            | APPLE (1)        | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 91.9264      | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 21.9065      | g                |    |
| 1333 | BANANAS PREM 40LB            | 1            | BANANA (1)       | 6  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 105.0201     | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 26.9512      | g                |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)       | 27 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                  | 50.0000      | kcal             |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                 | 12.9999      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)   | 54 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 15.0000      | g            |    |
| 2365 | DRESSING RANCH OTT'S         | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 85.8443      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 4.2922       | g            |    |
| 2366 | DRESSING ITALIAN OTT'S       | 1            | Ounce        | 2  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 29.3055      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 7.8148       | g            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 23.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 24.9999      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 12.0000      | g            |    |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/28/2019

Feeding Figure: 68

Base Menu Plan: 4,617 IA HS BFAST W1D4 18-19

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A324         | PIZZA 3.67oz TRKY SAU BRKFST  | 1            | 1 PIZZA      | 55                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 31.0000      | g            |                    |
| 2216         | CEREAL CINN TOAST CRUNCH BOWL | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 22.0000      | g            |                    |
| 2158         | CEREAL FROOT LOOPS RS BOWL    | 1            | BOWL (1)     | 7                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 24.0000      | g            |                    |
| 1015         | CHEESE STRING MOZ LT          | 1            | PKG (1)      | 28                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 80.0000      | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 0.0000       | g            |                    |
| a261         | RICECHEX GLUTEN-FREE MEAL     | 1            | 1 BAG        | 0                  |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 240.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 39.0000      | g            |                    |

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





Independence Central Office

Scheduled Menu Plans

|      |                              |              |                      |    |
|------|------------------------------|--------------|----------------------|----|
| 1329 | ORANGE 138 CT                | 1            | 1/2 CUP (4-6 WEDGES) | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 29.4972      | kcal                 |    |
|      |                              |              |                      |    |
| 2280 | JUICE APPLE 100% SUNCUP 4 OZ | 1            | CARTON (1)           | 34 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 50.0000      | kcal                 |    |
|      |                              |              |                      |    |
| 2140 | JUICE ORANGE 4 OZ            | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 60.0001      | kcal                 |    |
|      |                              |              |                      |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)           | 21 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 129.9999     | kcal                 |    |
|      |                              |              |                      |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)           | 31 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 129.9999     | kcal                 |    |
|      |                              |              |                      |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)           | 17 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>         |    |
|      | Food Energy                  | 100.0000     | kcal                 |    |
|      |                              |              |                      |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 2/28/2019

Feeding Figure: 108

Base Menu Plan: 3,980 IA HS LUNCH W1D4 18-19

Menu Comments:

| Stock Number | Description                 | Serving Size | Measure          | Projected Quantity |
|--------------|-----------------------------|--------------|------------------|--------------------|
| A078         | MEATLOAF-HOMEMADE           | 1            | 1 SLICE          | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 237.5723     | kcal             |                    |
|              |                             |              |                  |                    |
| A005         | POTATOES, MASHED            | 1            | 1/2 CUP          | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 85.3963      | kcal             |                    |
|              |                             |              |                  |                    |
| A524         | GRAVY BROWN LS #2421        | 1            | 2 OZ             | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 25.2695      | kcal             |                    |
|              |                             |              |                  |                    |
| A026         | ROLLS, WHEAT, WG            | 1            | 2 OUNCE          | 92                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 178.5303     | kcal             |                    |
|              |                             |              |                  |                    |
| A146         | GRAB N GO WG HAM SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 16                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>     |                    |
|              | Food Energy                 | 522.7830     | kcal             |                    |
|              |                             |              |                  |                    |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |              |    |
|-------|--------------------------------|--------------|--------------|----|
| A012  | PEAS                           | 1            | 1 CUP        | 49 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 176.6128     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 33.0291      | g            |    |
| a131  | SALAD, DARK GREENS- EL         | 1            | 1 CUP        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 7.1576       | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 1.1981       | g            |    |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 8.1076       | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 1.7522       | g            |    |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 11.6147      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 2.7139       | g            |    |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP      | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 82.4860      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.5007      | g            |    |
| 1340  | APPLESAUCE UNSWEETENED         | 1            | CUP          | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 100.0000     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 26.0000      | g            |    |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 88.8102      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.1897      | g            |    |
| 1319  | APPLE RED 138 CT               | 1            | APPLE (1)    | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 91.9264      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 21.9065      | g            |    |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)   | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 105.0201     | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 26.9512      | g            |    |
| 2280  | JUICE APPLE 100% SUNCUP 4 OZ   | 1            | CARTON (1)   | 27 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 50.0000      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 12.9999      | g            |    |
| 2140  | JUICE ORANGE 4 OZ              | 1            | CARTON (1)   | 54 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 60.0001      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 15.0000      | g            |    |
| 2365  | DRESSING RANCH OTT'S           | 1            | Ounce        | 6  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 85.8443      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 4.2922       | g            |    |
| 2366  | DRESSING ITALIAN OTT'S         | 1            | Ounce        | 2  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Food Energy                    | 29.3055      | kcal         |    |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |    |
|       | Carbohydrate                   | 7.8148       | g            |    |

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Independence Central Office

Scheduled Menu Plans

| Item ID | Item Description             | Quantity     | Unit         | Total Count |
|---------|------------------------------|--------------|--------------|-------------|
| 2154    | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 38          |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |             |
|         | Food Energy                  | 129.9999     | kcal         |             |
|         | Carbohydrate                 | 24.9999      | g            |             |
| 2139    | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 38          |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |             |
|         | Food Energy                  | 129.9999     | kcal         |             |
|         | Carbohydrate                 | 23.0000      | g            |             |
| 1027    | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 33          |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |             |
|         | Food Energy                  | 100.0000     | kcal         |             |
|         | Carbohydrate                 | 12.0000      | g            |             |

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