



Independence Central Office

Scheduled Menu Plans

1050 Truman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/6/2020

Feeding Figure: 280

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

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A463         | PANCAKE CONFETTI #2378        | 1            | 1 PKG        | 94                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 220.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 36.0000 g          |
| A589         | SYRUP PKT SAUER 1.5 OZ #1122  | 1            | 1 PKT        | 94                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 120.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 31.0000 g          |
| A394         | CINNAMON MINIS #1381          | 1            | 1 PKG        | 47                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 240.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 39.0000 g          |
| A594         | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 23.0000 g          |
| 1399         | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 25.0000 g          |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 38.0000 g          |
| A572         | POPTART, IW STRAWBERRY WG     | 1            | 1 PKG        | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 38.0000 g          |
| A569         | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117                |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</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>    |
|              | Food Energy                   | 299.9999     | kcal         | Carbohydrate       |
|              |                               |              |              | 37.0000 g          |
| A532         | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 139.0768     | kcal         | Carbohydrate       |
|              |                               |              |              | 33.9999 g          |

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|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| a534 | BANANA                       | 1            | 1 BANANA     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 29.0000      | g            |    |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.8837      | g            |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/6/2020

Feeding Figure: 1100

Base Menu Plan: 5,117 HS 19-20 LUNCH W1D1

Menu Comments:

| Stock Number | Description                       | Serving Size | Measure      | Projected Quantity |
|--------------|-----------------------------------|--------------|--------------|--------------------|
| A560         | CHICKEN BBQ TERIYAKI W/<br>NOODLE | 1            | 1 SERVING    | 69                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                       | 201.6737     | kcal         |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                      | 25.5532      | g            |                    |
| 2416         | FORTUNE COOKIE 40002              | 1            | PKG (1)      | 69                 |
|              | <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            |                    |
| A447         | FRENCH TOAST STICKS WG #2400      | 1            | 2 STICKS     | 69                 |
|              | <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            |                    |
| A040         | EGG, SCRAMBLED, CHEESY            | 1            | 1/2 CUP      | 69                 |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                       | 194.9017     | kcal         |                    |
|              | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                      | 3.9150       | g            |                    |

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|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A499 | SAUSAGE #2405                  | 1            | 1 PATTY          | 69  |
|      | <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                |     |
| A195 | SANDWICH, CHICKEN WG           | 1            | 1 SANDWICH       | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 369.9999     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0001      | g                |     |
| A455 | POTATO SWT TRAX #2384          | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 180.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 23.0001      | g                |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.4971      | g                |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.6833      | g                |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 84.9998      | g                |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 86.0000      | g                |     |
| a234 | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 589.9999     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 96.0001      | g                |     |

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|       |                                |              |                  |     |
|-------|--------------------------------|--------------|------------------|-----|
| A492  | GRAB N GO WG SUB-TRKY/PEPJCK   | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 696.8986     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 83.8349      | g                |     |
| A484  | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 437.9153     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 39.2201      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 0   |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 445.9154     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 40.2201      | g                |     |
| A1223 | CARROTS BABY 20LBS             | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 46.6667      | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 10.6666      | g                |     |
| A012  | PEAS                           | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 159.9816     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 27.5745      | g                |     |
| A003  | SALAD, DARK GREENS             | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 7.2882       | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 14  |
|       | <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          | 14  |
|       | <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          | 7   |
|       | <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                |     |
| 7039  | PEARS SLICED LS                | 1            | CUP              | 345 |
|       | <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)        | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 130.0000     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 33.9999      | g                |     |
| 2079  | APPLE GALA 138 CT              | 1            | APPLE (1)        | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 139.0768     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 33.9999      | g                |     |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)       | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 110.0000     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 29.0000      | g                |     |

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|      |                               |                |   |                 |           |
|------|-------------------------------|----------------|---|-----------------|-----------|
| 1329 | ORANGE 138 CT                 |                | 1 | ORANGE (1)      | 69        |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 80.0000 kcals  |   | Carbohydrate    | 19.0000 g |
| 1467 | JUICE ROYAL GRAPE             |                | 1 | CARTON (1)      | 173       |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 60.0001 kcals  |   | Carbohydrate    | 14.0000 g |
| 1468 | JUICE BLUE RAZZ               |                | 1 | CARTON (1)      | 173       |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 60.0001 kcals  |   | Carbohydrate    | 14.0000 g |
| 1128 | ITALIAN FF MARZETT            |                | 1 | Ounce           | 7         |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 13.7074 kcals  |   | Carbohydrate    | 2.7415 g  |
| 2365 | DRESSING RANCH OTT'S          |                | 1 | Ounce           | 69        |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 85.8443 kcals  |   | Carbohydrate    | 4.2922 g  |
| 1832 | DRESSING CAESAR LITE          |                | 1 | Ounce           | 7         |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 61.9469 kcals  |   | Carbohydrate    | 2.6549 g  |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S |                | 1 | Ounce           | 35        |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 141.6433 kcals |   | Carbohydrate    | 1.8886 g  |
| 2286 | KETCHUP JUG WITH PUMP         |                | 1 | Ounce           | 345       |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 33.3278 kcals  |   | Carbohydrate    | 8.3320 g  |
| 2225 | KETCHUP SRIRACHA              |                | 1 | Ounce           | 35        |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 24.9959 kcals  |   | Carbohydrate    | 6.6656 g  |
| 1097 | MUSTARD                       |                | 1 | Ounce           | 21        |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 0.0000 kcals   |   | Carbohydrate    | 0.0000 g  |
| 1086 | SAUCE BBQ                     |                | 1 | Ounce           | 21        |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 29.1618 kcals  |   | Carbohydrate    | 6.6655 g  |
| 2154 | MILK CHOC CARTON FF 8 OZ      |                | 1 | CARTON (1)      | 242       |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 129.9999 kcals |   | Carbohydrate    | 23.0000 g |
| 2139 | MILK STRAW FF CARTON 8 OZ     |                | 1 | CARTON (1)      | 242       |
|      | <b>Nutrient</b>               | <b>Value</b>   |   | <b>Nutrient</b> |           |
|      | Food Energy                   | 120.0001 kcals |   | Carbohydrate    | 22.0001 g |

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Independence Central Office

Scheduled Menu Plans

|                 |                              |              |              |                 |  |              |              |
|-----------------|------------------------------|--------------|--------------|-----------------|--|--------------|--------------|
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 207             |  |              |              |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                              | 100.0000     | kcal         | Carbohydrate    |  | 11.0000      | g            |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/7/2020      **Feeding Figure:** 280  
**Base Menu Plan:** 5,174 HS 19-20 JAN BFAST W1D2  
**Menu Comments:**

| Stock Number    | Description                    | Serving Size | Measure      | Projected Quantity |  |              |              |
|-----------------|--------------------------------|--------------|--------------|--------------------|--|--------------|--------------|
| A324            | PIZZA 3.67oz TRKYSAU BRKFST IW | 1            | 1 PIZZA      | 94                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 240.0000     | kcal         | Carbohydrate       |  | 31.0000      | g            |
| A596            | BACKPACKERS OATMEAL #2305      | 1            | 1 PACKAGE    | 47                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 150.0000     | kcal         | Carbohydrate       |  | 24.0000      | g            |
| A395            | YOGURT STRAW/BAN #1167         | 1            | 1 CONTAINER  | 47                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 100.0000     | kcal         | Carbohydrate       |  | 17.0000      | g            |
| 1399            | COCOA PUFFS RS WG              | 1            | BOWL (1)     | 24                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 110.0000     | kcal         | Carbohydrate       |  | 25.0000      | g            |
| A594            | CEREAL, LUCKY CHARM #2162      | 1            | 1 BOWL       | 24                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 110.0000     | kcal         | Carbohydrate       |  | 23.0000      | g            |
| 2406            | POP TART FRST BLUEBERRY 17196  | 1            | PKG (1)      | 24                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 180.0000     | kcal         | Carbohydrate       |  | 38.0000      | g            |
| A572            | POPTART, IW STRAWBERRY WG      | 1            | 1 PKG        | 21                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 180.0000     | kcal         | Carbohydrate       |  | 38.0000      | g            |
| A569            | CHEESE, STRING MOZ LT #1015    | 1            | 1 PKG (1)    | 117                |  |              |              |
| <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     |                                | 299.9999     | kcal         | Carbohydrate       |  | 37.0000      | g            |
| A532            | APPLE WHOLE GALA               | 1            | 1 APPLE      | 59                 |  |              |              |
| <b>Nutrient</b> |                                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |  | <b>Value</b> | <b>Units</b> |
| Food Energy     |                                | 139.0768     | kcal         | Carbohydrate       |  | 33.9999      | g            |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| a534 | BANANA                       | 1            | 1 BANANA     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 29.0000      | g            |    |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.8837      | g            |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/7/2020

Feeding Figure: 1100

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

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A512         | FIESTA NACHO-CHICKEN chipotle | 1            | 1 NACHO      | 69                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 426.4321     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 40.0322      | g            |                    |
| A016         | RICE, MEXICAN-STYLE           | 1            | 1/2 CUP      | 69                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 78.7958      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 13.4837      | g            |                    |
| A510         | PEPPER/ONION BLEND            | 1            | 1/4 CUP      | 69                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 10.4004      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 2.6001       | g            |                    |
| A069         | BEANS, REFRIED                | 1            | 1/2 CUP      | 69                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 38.1667      | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 3.2487       | g            |                    |

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Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| 7045 | SALSA                          | 1            | 1/4 CUP          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 20.0000      | kcal             |     |
| A467 | CRUNCHERS, BUFFALO #2396       | 1            | 4 PIECES         | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 779.7307     | kcal             |     |
| A100 | CHEESEBURGER ON WG BUN         | 1            | 1 SANDWICH       | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 344.3325     | kcal             |     |
| A496 | POTATO TATER TOTS #1219        | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 110.0001     | kcal             |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 573.7155     | kcal             |     |
| A183 | GRAB N GO WG TUNA SAND. MEAL   | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 500.9470     | kcal             |     |

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Scheduled Menu Plans

|       |                               |              |              |     |
|-------|-------------------------------|--------------|--------------|-----|
| A485  | GRAB N GO SALAD-BASIC-NO MEAT | 1            | 1 SALAD/ROLL | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 445.9154     | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 40.2201      | g            |     |
| A483  | GRAB N GO SALAD-HAM           | 1            | 1 SALAD/ROLL | 0   |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 451.2749     | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 39.8738      | g            |     |
| A359  | CORN, COOKED                  | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 198.5151     | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 41.7145      | g            |     |
| A014  | VEGGIE FRESH MIX              | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 30.1049      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 6.3543       | g            |     |
| A003  | SALAD, DARK GREENS            | 1            | 1 CUP        | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 7.2882       | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 1.1662       | g            |     |
| a360  | CARROT, FRESH SHREDDED        | 1            | 1/4 CUP      | 14  |
|       | <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      | 35  |
|       | <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      | 7   |
|       | <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            |     |
| A7078 | STRAWBERRIES #7112            | 1            | 1 CUP        | 345 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 77.7012      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 20.2023      | g            |     |
| 1320  | APPLE GOLDEN 138              | 1            | APPLE (1)    | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 83.0140      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 21.7113      | g            |     |
| 2079  | APPLE GALA 138 CT             | 1            | APPLE (1)    | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 74.8864      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 18.3074      | g            |     |
| 1333  | BANANAS PREM 40LB             | 1            | BANANA (1)   | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 29.0000      | g            |     |
| 1329  | ORANGE 138 CT                 | 1            | ORANGE (1)   | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 11.8837      | g            |     |

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Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 1468 | JUICE BLUE RAZZ               | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
| 1467 | JUICE ROYAL GRAPE             | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
| 1128 | ITALIAN FF MARZETT            | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 13.7074      | kcal         |     |
| 2365 | DRESSING RANCH OTT'S          | 1            | Ounce        | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 85.8443      | kcal         |     |
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 61.9469      | kcal         |     |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 141.6433     | kcal         |     |
| 2286 | KETCHUP JUG WITH PUMP         | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 33.3278      | kcal         |     |
| 2225 | KETCHUP SRIRACHA              | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 24.9959      | kcal         |     |
| 1097 | MUSTARD                       | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 0.0000       | kcal         |     |
| 1086 | SAUCE BBQ                     | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 29.1618      | kcal         |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <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)   | 207 |
|      | <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: 1/8/2020

Feeding Figure: 280

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

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A551         | EGG, TAC-GO, IW #2444         | 1            | 1 PKG        | 94                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       | 14.0000      | g            |
| A575         | SALSA, CONDIMENT              | 1            | 1/4 CUP      | 47                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 20.0071      | kcal         | Carbohydrate       | 4.0014       | g            |
| A393         | DONUT GLAZED RIDGEWOOD #2325  | 1            | 1 DONUT      | 47                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 176.5800     | kcal         | Carbohydrate       | 21.0400      | g            |
| A594         | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 23.0000      | g            |
| 1399         | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 25.0000      | g            |
| A572         | POPTART, IW STRAWBERRY WG     | 1            | 1 PKG        | 24                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       | 38.0000      | g            |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       | 38.0000      | g            |
| A569         | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117                |              |              |
|              | <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                   | 299.9999     | kcal         | Carbohydrate       | 37.0000      | g            |
| A532         | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 139.0768     | kcal         | Carbohydrate       | 33.9999      | g            |
| a534         | BANANA                        | 1            | 1 BANANA     | 59                 |              |              |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       | 29.0000      | g            |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
|      |                              |              |              |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <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: 1/8/2020

Feeding Figure: 1100

Base Menu Plan: 1,004,693 HS 19-20 LUNCH W1D3

Menu Comments:

| Stock Number | Description            | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------|--------------|--------------|--------------------|
| A453         | LASAGNA ROLLUP WG      | 1            | 1 PIECE      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 319.6179     | kcal         |                    |
|              |                        |              |              |                    |
| A379         | BREADSTICK WG #1361    | 1            | 1 BREADSTICK | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 110.0000     | kcal         |                    |
|              |                        |              |              |                    |
| A149         | CHILI DOG              | 1            | 1 CHILI DOG  | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 442.1441     | kcal         |                    |
|              |                        |              |              |                    |
| A197         | CHICKEN SPICY SANDWICH | 1            | 1 SANDWICH   | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 354.0000     | kcal         |                    |
|              |                        |              |              |                    |
| A425         | POTATO CRINKLE FRIES   | 1            | 1/2 CUP      | 276                |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 120.0001     | kcal         |                    |
|              |                        |              |              |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |    |
|------|--------------------------------|--------------|------------------|----|
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 430.9694     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 51.4971      | g                |    |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 440.1598     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 51.6833      | g                |    |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 390.0626     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.2625      | g                |    |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 391.2501     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.9376      | g                |    |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 415.0626     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.0126      | g                |    |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 387.4740     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 38.3405      | g                |    |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 640.0000     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 86.0000      | g                |    |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 650.0000     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 84.9998      | g                |    |
| A549 | GRAB N GO WG CKN SALAD SAND    | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 527.4787     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 82.7924      | g                |    |
| a234 | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 21 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 589.9999     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 96.0001      | g                |    |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 684.9366     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 84.2919      | g                |    |
| A484 | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 437.9153     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.2201      | g                |    |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1            | 1 SALAD/ROLL | 9   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 445.9154     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 40.2201      | g            |     |
| A011 | VEGETABLES, MIXED             | 1            | 1 CUP        | 207 |
|      | <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            |     |
| A057 | BROCCOLI, STEAMED             | 1            | 1 CUP        | 207 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 56.4227      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 9.0487       | g            |     |
| A003 | SALAD, DARK GREENS            | 1            | 1 CUP        | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 7.2882       | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 1.1662       | g            |     |
| a360 | CARROT, FRESH SHREDDED        | 1            | 1/4 CUP      | 14  |
|      | <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      | 14  |
|      | <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      | 7   |
|      | <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            |     |
| 1347 | PEACHES SLICD IN LS           | 1            | CUP          | 345 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 162.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 39.5999      | g            |     |
| 1320 | APPLE GOLDEN 138              | 1            | APPLE (1)    | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 83.0140      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 21.7113      | g            |     |
| 2079 | APPLE GALA 138 CT             | 1            | APPLE (1)    | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 74.8864      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 18.3074      | g            |     |
| 1333 | BANANAS PREM 40LB             | 1            | BANANA (1)   | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 29.0000      | g            |     |
| 1329 | ORANGE 138 CT                 | 1            | ORANGE (1)   | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.8837      | g            |     |
| 1467 | JUICE ROYAL GRAPE             | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 1468 | JUICE BLUE RAZZ               | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| 2286 | KETCHUP JUG WITH PUMP         | 1            | Ounce        | 104 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 33.3278      | kcal         |     |
|      |                               |              |              |     |
| 1086 | SAUCE BBQ                     | 1            | Ounce        | 14  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 29.1618      | kcal         |     |
|      |                               |              |              |     |
| 1097 | MUSTARD                       | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 0.0000       | kcal         |     |
|      |                               |              |              |     |
| 1103 | PICKLE RELISH                 | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 25.0000      | kcal         |     |
|      |                               |              |              |     |
| 2225 | KETCHUP SRIRACHA              | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 24.9959      | kcal         |     |
|      |                               |              |              |     |
| 1128 | ITALIAN FF MARZETT            | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 13.7074      | kcal         |     |
|      |                               |              |              |     |
| 2365 | DRESSING RANCH OTT'S          | 1            | Ounce        | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 85.8443      | kcal         |     |
|      |                               |              |              |     |
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 61.9469      | kcal         |     |
|      |                               |              |              |     |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 141.6433     | kcal         |     |
|      |                               |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 129.9999     | kcal         |     |
|      |                               |              |              |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
|      |                               |              |              |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 207 |
|      | <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: 1/9/2020

Feeding Figure: 280

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

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A567         | TOAST APPLE CINN IW#2472      | 1            | 1 PACK       | 94                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 260.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 45.0000 g          |
| A597         | GRANOLA CINN, GAVINS #2471    | 1            | 1 PACKAGE    | 47                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 130.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 20.0000 g          |
| A420         | YOGURT RASP/PEACH #1159       | 1            | 1 CONTAINER  | 47                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 100.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 17.0000 g          |
| A594         | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 23.0000 g          |
| 1399         | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 25.0000 g          |
| A572         | POPTART, IW STRAWBERRY WG     | 1            | 1 PKG        | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 38.0000 g          |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 180.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 38.0000 g          |
| A569         | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117                |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</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>    |
|              | Food Energy                   | 299.9999     | kcal         | Carbohydrate       |
|              |                               |              |              | 37.0000 g          |
| A532         | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 139.0768     | kcal         | Carbohydrate       |
|              |                               |              |              | 33.9999 g          |
| a534         | BANANA                        | 1            | 1 BANANA     | 59                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy                   | 110.0000     | kcal         | Carbohydrate       |
|              |                               |              |              | 29.0000 g          |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
|      |                              |              |              |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
|      |                              |              |              |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      |                              |              |              |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <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: 1/9/2020

Feeding Figure: 1100

Base Menu Plan: 5,120 HS 19-20 LUNCH W1D4

Menu Comments:

| Stock Number | Description                      | Serving Size | Measure       | Projected Quantity |
|--------------|----------------------------------|--------------|---------------|--------------------|
| A383         | CHICKEN PATTY WG<br>BREADED#2344 | 1            | 1 PATTY       | 69                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 200.0000     | kcal          |                    |
|              |                                  |              |               |                    |
| A005         | POTATOES, MASHED                 | 1            | 1/2 CUP       | 138                |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 85.3963      | kcal          |                    |
|              |                                  |              |               |                    |
| A140         | COUNTRY GRAVY                    | 1            | 2 OZ          | 69                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 59.4904      | kcal          |                    |
|              |                                  |              |               |                    |
| A026         | ROLLS, WHEAT, WG                 | 1            | 2 OUNCE       | 138                |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 178.5303     | kcal          |                    |
|              |                                  |              |               |                    |
| A342         | CHEESESTICKS MOZZ BRD #1145      | 1            | 1 SERVING (6) | 69                 |
|              | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy                      | 319.9999     | kcal          |                    |
|              |                                  |              |               |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| 1310 | SAUCE MARINARA                 | 1            | (2 OZ) SERVING   | 69  |
|      | <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                |     |
| A100 | CHEESEBURGER ON WG BUN         | 1            | 1 SANDWICH       | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 344.3325     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 26.7154      | g                |     |
| A496 | POTATO TATER TOTS #1219        | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 110.0001     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 17.0000      | g                |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.6833      | g                |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.4971      | g                |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 104 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 573.7155     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 81.6087      | g                |     |
| A183 | GRAB N GO WG TUNA SAND. MEAL   | 1            | 1 SANDWICH/CHIPS | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 500.9470     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 81.0200      | g                |     |
| A483 | GRAB N GO SALAD-HAM            | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 451.2749     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.8738      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |              |     |
|-------|--------------------------------|--------------|--------------|-----|
| A485  | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL | 0   |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 445.9154     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 40.2201      | g            |     |
| A372  | GREEN BEANS-2017               | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 28.7489      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 5.8006       | g            |     |
| A070  | CARROTS, COOKED                | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 44.9850      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 10.4965      | g            |     |
| A003  | SALAD, DARK GREENS             | 1            | 1 CUP        | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 7.2882       | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 1.1662       | g            |     |
| a360  | CARROT, FRESH SHREDED          | 1            | 1/4 CUP      | 14  |
|       | <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      | 14  |
|       | <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      | 7   |
|       | <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            |     |
| a7074 | BLUEBERRIES #7074              | 1            | 1 CUP        | 276 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 78.2460      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 18.9959      | g            |     |
| 1320  | APPLE GOLDEN 138               | 1            | APPLE (1)    | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 83.0140      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 21.7113      | g            |     |
| 2079  | APPLE GALA 138 CT              | 1            | APPLE (1)    | 138 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 74.8864      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 18.3074      | g            |     |
| 1333  | BANANAS PREM 40LB              | 1            | BANANA (1)   | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 29.0000      | g            |     |
| 1329  | ORANGE 138 CT                  | 1            | ORANGE (1)   | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 11.8837      | g            |     |
| 1468  | JUICE BLUE RAZZ                | 1            | CARTON (1)   | 173 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 14.0000      | g            |     |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 1467 | JUICE ROYAL GRAPE             | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| 1128 | ITALIAN FF MARZETT            | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 13.7074      | kcal         |     |
|      |                               |              |              |     |
| 2365 | DRESSING RANCH OTT'S          | 1            | Ounce        | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 85.8443      | kcal         |     |
|      |                               |              |              |     |
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 61.9469      | kcal         |     |
|      |                               |              |              |     |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 141.6433     | kcal         |     |
|      |                               |              |              |     |
| 2286 | KETCHUP JUG WITH PUMP         | 1            | Ounce        | 104 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 33.3278      | kcal         |     |
|      |                               |              |              |     |
| 2225 | KETCHUP SRIRACHA              | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 24.9959      | kcal         |     |
|      |                               |              |              |     |
| 1086 | SAUCE BBQ                     | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 29.1618      | kcal         |     |
|      |                               |              |              |     |
| 1097 | MUSTARD                       | 1            | Ounce        | 14  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 0.0000       | kcal         |     |
|      |                               |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 129.9999     | kcal         |     |
|      |                               |              |              |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
|      |                               |              |              |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 207 |
|      | <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: 1/10/2020

Feeding Figure: 280

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

Menu Comments:

| Stock Number | Description                 | Serving Size | Measure         | Projected Quantity |
|--------------|-----------------------------|--------------|-----------------|--------------------|
| A471         | BISCUIT WG,EGG & CHEESE     | 1            | 1 SANDWICH      | 94                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 289.6601     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 28.5666 g          |
| 2438         | BAR CINN TOAST CRUNCH FRZ   | 1            | PKG (1)         | 47                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 250.0000     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 40.0000 g          |
| A595         | CEREAL, CINN TOAST #2216    | 1            | 1 BOWL          | 24                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 110.0000     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 22.0000 g          |
| A594         | CEREAL, LUCKY CHARM #2162   | 1            | 1 BOWL          | 24                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 110.0000     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 23.0000 g          |
| A572         | POPTART, IW STRAWBERRY WG   | 1            | 1 PKG           | 24                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 180.0000     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 38.0000 g          |
| A573         | POPTART, IW BRWN SUGAR WG   | 1            | 1 PKG           | 21                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 180.0000     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 37.0000 g          |
| A569         | CHEESE, STRING MOZ LT #1015 | 1            | 1 PKG (1)       | 117                |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 80.0000      | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</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                 | 299.9999     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 37.0000 g          |
| A532         | APPLE WHOLE GALA            | 1            | 1 APPLE         | 59                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 139.0768     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 33.9999 g          |
| a534         | BANANA                      | 1            | 1 BANANA        | 59                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 110.0000     | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 29.0000 g          |
| A533         | ORANGE                      | 1            | 1 ORANGE        | 59                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                 | 50.0368      | kcal            |                    |
|              |                             |              | <b>Nutrient</b> | <b>Value</b>       |
|              |                             |              | Carbohydrate    | 11.8837 g          |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/10/2020      **Feeding Figure:** 1100  
**Base Menu Plan:** 5,121 HS 19-20 LUNCH W1D5  
**Menu Comments:**

| Stock Number | Description                 | Serving Size | Measure        | Projected Quantity |
|--------------|-----------------------------|--------------|----------------|--------------------|
| A565         | CHICKEN NASHVILLE HOT #2442 | 1            | 1 SERVING (10) | 69                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Food Energy                 | 240.0000     | kcal           |                    |
|              |                             |              |                |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Carbohydrate                | 15.0000      | g              |                    |
| A564         | TOAST, WG GARLIC #2468      | 1            | 1 SLICE        | 69                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Food Energy                 | 100.0000     | kcal           |                    |
|              |                             |              |                |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Carbohydrate                | 14.0000      | g              |                    |
| A101         | RIB-Q ON BUN                | 1            | 1 SANDWICH     | 69                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Food Energy                 | 354.5808     | kcal           |                    |
|              |                             |              |                |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Carbohydrate                | 35.3327      | g              |                    |
| A195         | SANDWICH, CHICKEN WG        | 1            | 1 SANDWICH     | 69                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Food Energy                 | 369.9999     | kcal           |                    |
|              |                             |              |                |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Carbohydrate                | 39.0001      | g              |                    |
| A425         | POTATO CRINKLE FRIES        | 1            | 1/2 CUP        | 276                |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Food Energy                 | 120.0001     | kcal           |                    |
|              |                             |              |                |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Carbohydrate                | 20.0000      | g              |                    |
| a305         | PIZZA CHEESE HOMEMADE       | 1            | 1 SLICE        | 69                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Food Energy                 | 430.9694     | kcal           |                    |
|              |                             |              |                |                    |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   |                    |
|              | Carbohydrate                | 51.4971      | g              |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |    |
|------|--------------------------------|--------------|------------------|----|
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 440.1598     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 51.6833      | g                |    |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 390.0626     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.2625      | g                |    |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 391.2501     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.9376      | g                |    |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 415.0626     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.0126      | g                |    |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 387.4740     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 38.3405      | g                |    |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 640.0000     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 86.0000      | g                |    |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 650.0000     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 84.9998      | g                |    |
| a234 | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 589.9999     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 96.0001      | g                |    |
| A491 | GRAB N GO WG SUB-ITALIAN       | 1            | 1 SANDWICH/CHIPS | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 722.1456     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 86.7962      | g                |    |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 35 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 445.9154     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 40.2201      | g                |    |
| A484 | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 0  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 437.9153     | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 39.2201      | g                |    |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE          | 14 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Food Energy                    | 29.1618      | kcal             |    |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |    |
|      | Carbohydrate                   | 6.6655       | g                |    |

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Scheduled Menu Plans

|       |                          |              |              |     |
|-------|--------------------------|--------------|--------------|-----|
| A067  | BEANS, BAKED             | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 274.0415     | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 51.9446      | g            |     |
| A066  | CUCUMBER SALAD           | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 30.9338      | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 7.7645       | g            |     |
| A003  | SALAD, DARK GREENS       | 1            | 1 CUP        | 69  |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 7.2882       | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 1.1662       | g            |     |
| a360  | CARROT, FRESH SHREDDED   | 1            | 1/4 CUP      | 14  |
|       | <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      | 14  |
|       | <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      | 7   |
|       | <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            |     |
| 1340  | APPLESAUCE UNSWEETENED   | 1            | CUP          | 276 |
|       | <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)    | 69  |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 83.0140      | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 21.7113      | g            |     |
| 2079  | APPLE GALA 138 CT        | 1            | APPLE (1)    | 138 |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 74.8864      | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 18.3074      | g            |     |
| 1333  | BANANAS PREM 40LB        | 1            | BANANA (1)   | 69  |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 29.0000      | g            |     |
| 1329  | ORANGE 138 CT            | 1            | ORANGE (1)   | 69  |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 11.8837      | g            |     |
| 1467  | JUICE ROYAL GRAPE        | 1            | CARTON (1)   | 173 |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 14.0000      | g            |     |
| 1468  | JUICE BLUE RAZZ          | 1            | CARTON (1)   | 173 |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy              | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate             | 14.0000      | g            |     |

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Scheduled Menu Plans

|      |                               |              |              |                 |                           |
|------|-------------------------------|--------------|--------------|-----------------|---------------------------|
| 2286 | KETCHUP JUG WITH PUMP         | 1            | Ounce        |                 | 35                        |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 33.3278      | kcal         | Carbohydrate    | 8.3320 g                  |
| 2225 | KETCHUP SRIRACHA              | 1            | Ounce        |                 | 35                        |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 24.9959      | kcal         | Carbohydrate    | 6.6656 g                  |
| 1097 | MUSTARD                       | 1            | Ounce        |                 | 21                        |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 0.0000       | kcal         | Carbohydrate    | 0.0000 g                  |
| 1128 | ITALIAN FF MARZETT            | 1            | Ounce        |                 | 7                         |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 13.7074      | kcal         | Carbohydrate    | 2.7415 g                  |
| 2365 | DRESSING RANCH OTT'S          | 1            | Ounce        |                 | 69                        |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 85.8443      | kcal         | Carbohydrate    | 4.2922 g                  |
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        |                 | 7                         |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 61.9469      | kcal         | Carbohydrate    | 2.6549 g                  |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        |                 | 35                        |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 141.6433     | kcal         | Carbohydrate    | 1.8886 g                  |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   |                 | 242                       |
|      | <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)   |                 | 173                       |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 100.0000     | kcal         | Carbohydrate    | 11.0000 g                 |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   |                 | 242                       |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> <b>Units</b> |
|      | Food Energy                   | 120.0001     | kcal         | Carbohydrate    | 22.0001 g                 |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/13/2020

Feeding Figure: 233

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

Menu Comments:

| Stock Number | Description            | Serving Size | Measure      | Projected Quantity |                           |
|--------------|------------------------|--------------|--------------|--------------------|---------------------------|
| A463         | PANCAKE CONFETTI #2378 | 1            | 1 PKG        | 94                 |                           |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> <b>Units</b> |
|              | Food Energy            | 220.0000     | kcal         | Carbohydrate       | 36.0000 g                 |

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Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| A589 | SYRUP PKT SAUER 1.5 OZ #1122  | 1            | 1 PKT        | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0000     | kcal         |     |
|      |                               |              |              |     |
| A394 | CINNAMON MINIS #1381          | 1            | 1 PKG        | 47  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 240.0000     | kcal         |     |
|      |                               |              |              |     |
| A594 | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      |                               |              |              |     |
| 1399 | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      |                               |              |              |     |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 180.0000     | kcal         |     |
|      |                               |              |              |     |
| A572 | POPART, IW STRAWBERRY WG      | 1            | 1 PKG        | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 180.0000     | kcal         |     |
|      |                               |              |              |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      |                               |              |              |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      |                               |              |              |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      |                               |              |              |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      |                               |              |              |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467      | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |

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Independence Central Office

Scheduled Menu Plans

|                 |                              |              |              |    |
|-----------------|------------------------------|--------------|--------------|----|
| 2154            | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
| <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            |    |
| 2139            | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
|                 | Food Energy                  | 120.0001     | kcal         |    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
|                 | Carbohydrate                 | 22.0001      | g            |    |
| 1027            | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
|                 | Food Energy                  | 100.0000     | kcal         |    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b> |    |
|                 | Carbohydrate                 | 11.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/13/2020      **Feeding Figure:** 690  
**Base Menu Plan:** 5,122 HS 19-20 LUNCH W2D1  
**Menu Comments:**

| Stock Number    | Description                  | Serving Size | Measure         | Projected Quantity |
|-----------------|------------------------------|--------------|-----------------|--------------------|
| A559            | SRIRACHI CHICKEN             | 1            | 1 SERVING HS-MS | 69                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 289.2888     | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 21.3161      | g               |                    |
| A552            | RICE, STIR FRIED             | 1            | 3/4 CUP         | 69                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 85.1356      | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 12.7588      | g               |                    |
| A040            | EGG, SCRAMBLED, CHEESY       | 1            | 1/2 CUP         | 69                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 194.9017     | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 3.9150       | g               |                    |
| A385            | BISCUIT FRZ EASY SPLIT #2211 | 1            | 1 BISCUIT       | 69                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 200.0000     | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 28.0000      | g               |                    |
| A499            | SAUSAGE #2405                | 1            | 1 PATTY         | 69                 |
| <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               |                    |
| A195            | SANDWICH, CHICKEN WG         | 1            | 1 SANDWICH      | 69                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 369.9999     | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 39.0001      | g               |                    |
| A455            | POTATO SWT TRAX #2384        | 1            | 1/2 CUP         | 276                |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 180.0000     | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 23.0001      | g               |                    |
| A307            | PIZZA PEPPERONI HOMEMADE     | 1            | 1 SLICE         | 69                 |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Food Energy                  | 440.1598     | kcal            |                    |
| <b>Nutrient</b> |                              | <b>Value</b> | <b>Units</b>    |                    |
|                 | Carbohydrate                 | 51.6833      | g               |                    |

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|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      |                                |              |                  |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      |                                |              |                  |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      |                                |              |                  |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      |                                |              |                  |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      |                                |              |                  |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      |                                |              |                  |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |
|      |                                |              |                  |     |
| a234 | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 589.9999     | kcal             |     |
|      |                                |              |                  |     |
| A484 | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 437.9153     | kcal             |     |
|      |                                |              |                  |     |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 445.9154     | kcal             |     |
|      |                                |              |                  |     |
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK   | 1            | 1 SANDWICH/CHIPS | 0   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 696.8986     | kcal             |     |
|      |                                |              |                  |     |
| A012 | PEAS                           | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 159.9816     | kcal             |     |
|      |                                |              |                  |     |

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Scheduled Menu Plans

|       |                                |              |              |     |
|-------|--------------------------------|--------------|--------------|-----|
| A1223 | CARROTS BABY 20LBS             | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 46.6667      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 10.6666      | g            |     |
| A003  | SALAD, DARK GREENS             | 1            | 1 CUP        | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 7.2882       | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 1.1662       | g            |     |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP      | 14  |
|       | <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      | 14  |
|       | <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      | 7   |
|       | <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            |     |
| A584  | PEARS, LS                      | 1            | 1 CUP        | 276 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 0.0000       | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 0.0000       | g            |     |
| A590  | APPLE WHOLE GOLDEN             | 1            | 1 APPLE      | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 130.0000     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 33.9999      | g            |     |
| A532  | APPLE WHOLE GALA               | 1            | 1 APPLE      | 138 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 139.0768     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 33.9999      | g            |     |
| a534  | BANANA                         | 1            | 1 BANANA     | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 29.0000      | g            |     |
| A533  | ORANGE                         | 1            | 1 ORANGE     | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 11.8837      | g            |     |
| A588  | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 14.0000      | g            |     |
| A587  | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 14.0000      | g            |     |
| A578  | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 173 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 33.3278      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 8.3320       | g            |     |

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Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      |                                |              |              |     |
| A577 | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      |                                |              |              |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      |                                |              |              |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      |                                |              |              |     |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 85.8443      | kcal         |     |
|      |                                |              |              |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      |                                |              |              |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      |                                |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 242 |
|      | <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)   | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 100.0000     | kcal         |     |
|      |                                |              |              |     |
| 2139 | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 120.0001     | kcal         |     |
|      |                                |              |              |     |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/14/2020

Feeding Figure: 233

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

Menu Comments:

| Stock Number | Description                    | Serving Size | Measure      | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A324         | PIZZA 3.67oz TRKYSAU BRKFST IW | 1            | 1 PIZZA      | 94                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 240.0000     | kcal         |                    |
|              |                                |              |              |                    |
|              |                                |              |              |                    |
|              |                                |              |              |                    |

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|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| A596 | BACKPACKERS OATMEAL #2305     | 1            | 1 PACKAGE    | 47  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 150.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 24.0000      | g            |     |
| A395 | YOGURT STRAW/BAN #1167        | 1            | 1 CONTAINER  | 47  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 17.0000      | g            |     |
| 1399 | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 25.0000      | g            |     |
| A594 | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 23.0000      | g            |     |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 24  |
|      | <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            |     |
| A572 | POPART, IW STRAWBERRY WG      | 1            | 1 PKG        | 21  |
|      | <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            |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 37.0000      | g            |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 33.9999      | g            |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 29.0000      | g            |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467      | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12  
**Date:** 1/14/2020 **Feeding Figure:** 690  
**Base Menu Plan:** 5,123 HS 19-20 LUNCH W2D2  
**Menu Comments:**

| Stock Number | Description            | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------|--------------|--------------|--------------------|
| A416         | FIESTA NACHO-TACO MEAT | 1            | 1 NACHO      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 479.2583     | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 42.2677      | g            |                    |
| A016         | RICE, MEXICAN-STYLE    | 1            | 1/2 CUP      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 78.7958      | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 13.4837      | g            |                    |
| A575         | SALSA, CONDIMENT       | 1            | 1/4 CUP      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 20.0071      | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 4.0014       | g            |                    |
| A069         | BEANS, REFRIED         | 1            | 1/2 CUP      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 38.1667      | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 3.2487       | g            |                    |
| A510         | PEPPER/ONION BLEND     | 1            | 1/4 CUP      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 10.4004      | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 2.6001       | g            |                    |
| A371         | FISH&CHEESE SANDWICH   | 1            | 1 SANDWICH   | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 460.0000     | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 48.0000      | g            |                    |
| A033         | SAUCE, TARTER          | 1            | 1 OZ         | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 26.9446      | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 2.9494       | g            |                    |
| A100         | CHEESEBURGER ON WG BUN | 1            | 1 SANDWICH   | 138                |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 344.3325     | kcal         |                    |
|              |                        |              |              |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 26.7154      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.4971      | g                |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.6833      | g                |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A483 | GRAB N GO SALAD-HAM            | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 451.2749     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.8738      | g                |     |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 445.9154     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 40.2201      | g                |     |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 573.7155     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 81.6087      | g                |     |
| A183 | GRAB N GO WG TUNA SAND. MEAL   | 1            | 1 SANDWICH/CHIPS | 0   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 500.9470     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 81.0200      | g                |     |
| A496 | POTATO TATER TOTS #1219        | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 110.0001     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 17.0000      | g                |     |
| A359 | CORN, COOKED                   | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 198.5151     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 41.7145      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|       |                            |              |              |     |
|-------|----------------------------|--------------|--------------|-----|
| A014  | VEGGIE FRESH MIX           | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 30.1049      | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 6.3543       | g            |     |
| A003  | SALAD, DARK GREENS         | 1            | 1 CUP        | 69  |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 7.2882       | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 1.1662       | g            |     |
| a360  | CARROT, FRESH SHREDDED     | 1            | 1/4 CUP      | 14  |
|       | <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      | 173 |
|       | <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      | 14  |
|       | <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            |     |
| A7078 | STRAWBERRIES #7112         | 1            | 1 CUP        | 276 |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 77.7012      | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 20.2023      | g            |     |
| A590  | APPLE WHOLE GOLDEN         | 1            | 1 APPLE      | 69  |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 130.0000     | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 33.9999      | g            |     |
| A532  | APPLE WHOLE GALA           | 1            | 1 APPLE      | 138 |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 139.0768     | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 33.9999      | g            |     |
| a534  | BANANA                     | 1            | 1 BANANA     | 69  |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 29.0000      | g            |     |
| A533  | ORANGE                     | 1            | 1 ORANGE     | 69  |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 11.8837      | g            |     |
| A587  | JUICE, BLUE RAZZ           | 1            | 1 CARTON     | 173 |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 14.0000      | g            |     |
| A588  | JUICE, ROYAL GRAPE #1467   | 1            | 1 CARTON     | 173 |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 14.0000      | g            |     |
| A582  | DRESSING, ITALIAN FF #1128 | 1            | 1 OUNCE      | 7   |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                | 13.7074      | kcal         |     |
|       | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate               | 2.7415       | g            |     |

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Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69  |
|      | <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            |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.6549       | g            |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 1.8886       | g            |     |
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 6.6656       | g            |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 6.6655       | g            |     |
| A578 | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 33.3278      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 8.3320       | g            |     |
| A577 | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 0.0000       | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 242 |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)   | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 11.0000      | g            |     |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/15/2020

Feeding Figure: 233

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

Menu Comments:

| Stock Number | Description           | Serving Size | Measure      | Projected Quantity |
|--------------|-----------------------|--------------|--------------|--------------------|
| A551         | EGG, TAC-GO, IW #2444 | 1            | 1 PKG        | 94                 |
|              | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy           | 180.0000     | kcal         |                    |
|              | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate          | 14.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| A575 | SALSA, CONDIMENT              | 1            | 1/4 CUP      | 47  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 20.0071      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 4.0014       | g            |     |
| A393 | DONUT GLAZED RIDGEWOOD #2325  | 1            | 1 DONUT      | 47  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 176.5800     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 21.0400      | g            |     |
| A594 | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 23.0000      | g            |     |
| 1399 | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 25.0000      | g            |     |
| A572 | POPART, IW STRAWBERRY WG      | 1            | 1 PKG        | 24  |
|      | <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            |     |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21  |
|      | <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            |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 37.0000      | g            |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 33.9999      | g            |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 29.0000      | g            |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |

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|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/15/2020      **Feeding Figure:** 690  
**Base Menu Plan:** 5,124 HS 19-20 LUNCH W2D3  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure         | Projected Quantity |
|--------------|------------------------------|--------------|-----------------|--------------------|
| A555         | SPAGHETTI & MEATSAUCE 19- 20 | 1            | 1 SERVING       | 69                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                  | 324.6268     | kcal            |                    |
|              |                              |              |                 |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Carbohydrate                 | 40.8287      | g               |                    |
| A379         | BREADSTICK WG #1361          | 1            | 1 BREADSTICK    | 69                 |
|              | <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               |                    |
| A451         | CORN DOG-MINI TRK WG #2382   | 1            | 6 MINI CORNDOGS | 69                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                  | 267.0000     | kcal            |                    |
|              |                              |              |                 |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Carbohydrate                 | 33.0001      | g               |                    |
| A197         | CHICKEN SPICY SANDWICH       | 1            | 1 SANDWICH      | 69                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                  | 354.0000     | kcal            |                    |
|              |                              |              |                 |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Carbohydrate                 | 39.0001      | g               |                    |
| A425         | POTATO CRINKLE FRIES         | 1            | 1/2 CUP         | 276                |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                  | 120.0001     | kcal            |                    |
|              |                              |              |                 |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Carbohydrate                 | 20.0000      | g               |                    |
| A307         | PIZZA PEPPERONI HOMEMADE     | 1            | 1 SLICE         | 69                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                  | 440.1598     | kcal            |                    |
|              |                              |              |                 |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Carbohydrate                 | 51.6833      | g               |                    |
| a305         | PIZZA CHEESE HOMEMADE        | 1            | 1 SLICE         | 69                 |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy                  | 430.9694     | kcal            |                    |
|              |                              |              |                 |                    |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b>    |                    |
|              | Carbohydrate                 | 51.4971      | g               |                    |

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|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 86.0000      | g                |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 84.9998      | g                |     |
| a234 | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 589.9999     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 96.0001      | g                |     |
| A549 | GRAB N GO WG CKN SALAD SAND    | 1            | 1 SANDWICH/CHIPS | 21  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 527.4787     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 82.7924      | g                |     |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1            | 1 SANDWICH/CHIPS | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 684.9366     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 84.2919      | g                |     |
| A484 | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 437.9153     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2201      | g                |     |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 0   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 445.9154     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 40.2201      | g                |     |
| A057 | BROCCOLI, STEAMED              | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 56.4227      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 9.0487       | g                |     |

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Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A469 | VEGETABLE BLEND, ITALIAN #1204 | 1            | 1 CUP        | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 46.6589      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 7.9987       | g            |     |
| A003 | SALAD, DARK GREENS             | 1            | 1 CUP        | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 7.2882       | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 1.1662       | g            |     |
| a360 | CARROT, FRESH SHREDED          | 1            | 1/4 CUP      | 14  |
|      | <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      | 14  |
|      | <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      | 7   |
|      | <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            |     |
| A576 | PEACHES, LS                    | 1            | 1 CUP        | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 0.0000       | g            |     |
| A590 | APPLE WHOLE GOLDEN             | 1            | 1 APPLE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 130.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 33.9999      | g            |     |
| A532 | APPLE WHOLE GALA               | 1            | 1 APPLE      | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 33.9999      | g            |     |
| a534 | BANANA                         | 1            | 1 BANANA     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 29.0000      | g            |     |
| A533 | ORANGE                         | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 11.8837      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 14.0000      | g            |     |
| A587 | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 14.0000      | g            |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.7415       | g            |     |

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|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 138 |
|      | <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            |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.6549       | g            |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 1.8886       | g            |     |
| A578 | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 33.3278      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 8.3320       | g            |     |
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 6.6656       | g            |     |
| A577 | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 0.0000       | g            |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 6.6655       | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 242 |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)   | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 11.0000      | g            |     |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/16/2020

Feeding Figure: 233

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

Menu Comments:

| Stock Number | Description              | Serving Size | Measure      | Projected Quantity |
|--------------|--------------------------|--------------|--------------|--------------------|
| A567         | TOAST APPLE CINN IW#2472 | 1            | 1 PACK       | 94                 |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy              | 260.0000     | kcal         |                    |
|              | <b>Nutrient</b>          | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate             | 45.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| A597 | GRANOLA CINN, GAVINS #2471    | 1            | 1 PACKAGE    | 47  |
|      | <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            |     |
| A420 | YOGURT RASP/PEACH #1159       | 1            | 1 CONTAINER  | 47  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 17.0000      | g            |     |
| A594 | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 23.0000      | g            |     |
| 1399 | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 24  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 25.0000      | g            |     |
| A572 | POPART, IW STRAWBERRY WG      | 1            | 1 PKG        | 24  |
|      | <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            |     |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21  |
|      | <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            |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 37.0000      | g            |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 33.9999      | g            |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 29.0000      | g            |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467      | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      |                              |              |              |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/16/2020      **Feeding Figure:** 690  
**Base Menu Plan:** 5,125 HS 19-20 LUNCH W2D4  
**Menu Comments:**

| Stock Number | Description                | Serving Size | Measure           | Projected Quantity |
|--------------|----------------------------|--------------|-------------------|--------------------|
| A554         | CHICKEN DRUMSTICK SPICY WG | 1            | 1 DRUMSTICK       | 69                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 180.0000     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 6.0000       | g                 |                    |
| A055         | POTATOES, AUGRATIN         | 1            | 1/2 CUP           | 69                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 100.0000     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 22.0000      | g                 |                    |
| A327         | ROLL, DINNER WG #1974      | 1            | 1 DINNER ROLL     | 69                 |
|              | <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                 |                    |
| A400         | QUESO NACHO 4OZ HS         | 1            | 1 NACHO 4 OZ QUES | 69                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 506.0001     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 35.0000      | g                 |                    |
| A100         | CHEESEBURGER ON WG BUN     | 1            | 1 SANDWICH        | 138                |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 344.3325     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 26.7154      | g                 |                    |
| A496         | POTATO TATER TOTS #1219    | 1            | 1/2 CUP           | 276                |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 110.0001     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 17.0000      | g                 |                    |
| a305         | PIZZA CHEESE HOMEMADE      | 1            | 1 SLICE           | 69                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 430.9694     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 51.4971      | g                 |                    |
| A307         | PIZZA PEPPERONI HOMEMADE   | 1            | 1 SLICE           | 69                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Food Energy                | 440.1598     | kcal              |                    |
|              |                            |              |                   |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b>      |                    |
|              | Carbohydrate               | 51.6833      | g                 |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 573.7155     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 81.6087      | g                |     |
| A183 | GRAB N GO WG TUNA SAND. MEAL   | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 500.9470     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 81.0200      | g                |     |
| A483 | GRAB N GO SALAD-HAM            | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 451.2749     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.8738      | g                |     |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 0   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 445.9154     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 40.2201      | g                |     |
| A372 | GREEN BEANS-2017               | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 28.7489      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 5.8006       | g                |     |
| A070 | CARROTS, COOKED                | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 44.9850      | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 10.4965      | g                |     |
| A003 | SALAD, DARK GREENS             | 1            | 1 CUP            | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 7.2882       | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 1.1662       | g                |     |
| a360 | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 14  |
|      | <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                |     |

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Scheduled Menu Plans

|       |                                |              |              |     |
|-------|--------------------------------|--------------|--------------|-----|
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP      | 14  |
|       | <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      | 7   |
|       | <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            |     |
| a7074 | BLUEBERRIES #7074              | 1            | 1 CUP        | 276 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 78.2460      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 18.9959      | g            |     |
| A590  | APPLE WHOLE GOLDEN             | 1            | 1 APPLE      | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 130.0000     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 33.9999      | g            |     |
| A532  | APPLE WHOLE GALA               | 1            | 1 APPLE      | 138 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 139.0768     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 33.9999      | g            |     |
| a534  | BANANA                         | 1            | 1 BANANA     | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 29.0000      | g            |     |
| A533  | ORANGE                         | 1            | 1 ORANGE     | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 11.8837      | g            |     |
| A588  | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 14.0000      | g            |     |
| A587  | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 14.0000      | g            |     |
| A577  | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 14  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 0.0000       | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 0.0000       | g            |     |
| A578  | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 21  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 33.3278      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 8.3320       | g            |     |
| A591  | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 21  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 24.9959      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 6.6656       | g            |     |
| A580  | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                    | 29.1618      | kcal         |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                   | 6.6655       | g            |     |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |              |                 |
|------|--------------------------------|--------------|--------------|-----------------|
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7               |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 13.7074      | kcal         | Carbohydrate    |
|      |                                |              |              | 2.7415 g        |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69              |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 85.8443      | kcal         | Carbohydrate    |
|      |                                |              |              | 4.2922 g        |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7               |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 61.9469      | kcal         | Carbohydrate    |
|      |                                |              |              | 2.6549 g        |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35              |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 141.6433     | kcal         | Carbohydrate    |
|      |                                |              |              | 1.8886 g        |
| 2154 | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 242             |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 129.9999     | kcal         | Carbohydrate    |
|      |                                |              |              | 23.0000 g       |
| 2139 | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 242             |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 120.0001     | kcal         | Carbohydrate    |
|      |                                |              |              | 22.0001 g       |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)   | 207             |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> |
|      | Food Energy                    | 100.0000     | kcal         | Carbohydrate    |
|      |                                |              |              | 11.0000 g       |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/17/2020

Feeding Figure: 233

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

Menu Comments:

| Stock Number | Description               | Serving Size | Measure      | Projected Quantity |
|--------------|---------------------------|--------------|--------------|--------------------|
| A471         | BISCUIT WG,EGG & CHEESE   | 1            | 1 SANDWICH   | 94                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 289.6601     | kcal         | Carbohydrate       |
|              |                           |              |              | 28.5666 g          |
| 2438         | BAR CINN TOAST CRUNCH FRZ | 1            | PKG (1)      | 47                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 250.0000     | kcal         | Carbohydrate       |
|              |                           |              |              | 40.0000 g          |
| A595         | CEREAL, CINN TOAST #2216  | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 110.0000     | kcal         | Carbohydrate       |
|              |                           |              |              | 22.0000 g          |
| A594         | CEREAL, LUCKY CHARM #2162 | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|              | Food Energy               | 110.0000     | kcal         | Carbohydrate       |
|              |                           |              |              | 23.0000 g          |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| A572 | POPART, IW STRAWBERRY WG     | 1            | 1 PKG        | 24  |
|      | <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            |     |
| A573 | POPART, IW BRWN SUGAR WG     | 1            | 1 PKG        | 21  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 180.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 37.0000      | g            |     |
| A569 | CHEESE, STRING MOZ LT #1015  | 1            | 1 PKG (1)    | 117 |
|      | <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                  | 299.9999     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 37.0000      | g            |     |
| A532 | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 33.9999      | g            |     |
| a534 | BANANA                       | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 29.0000      | g            |     |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 14.0000      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 14.0000      | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94  |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 1/17/2020  
**Base Menu Plan:** 5,127 HS 19-20 CHILI  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades 9-12  
**Feeding Figure:** 690

| Stock Number | Description                    | Serving Size | Measure            | Projected Quantity |              |              |
|--------------|--------------------------------|--------------|--------------------|--------------------|--------------|--------------|
| A080         | CHILI                          | 1            | 3/4 CUP            | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 204.8990     | kcal               | Carbohydrate       | 19.8847      | g            |
| A585         | CRACKERS WG IW 2PACK           | 1            | 2 PKG (4 CRACKERS) | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 4.9500       | kcal               | Carbohydrate       | 8.9932       | g            |
| A302         | CINNAMON ROLLS PREMADE         | 1            | 1 ROLL             | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 345.2202     | kcal               | Carbohydrate       | 50.1330      | g            |
| 4118         | BOWL DISPOSABLE 12 OZ          | 1            | BOWL (1)           | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 0.0000       | kcal               | Carbohydrate       | 0.0000       | g            |
| A345         | PIZZA FIESTADA WG #2170        | 1            | 1 PIECE            | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 340.0001     | kcal               | Carbohydrate       | 39.0000      | g            |
| A195         | SANDWICH, CHICKEN WG           | 1            | 1 SANDWICH         | 104                |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 369.9999     | kcal               | Carbohydrate       | 39.0001      | g            |
| A425         | POTATO CRINKLE FRIES           | 1            | 1/2 CUP            | 276                |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 120.0001     | kcal               | Carbohydrate       | 20.0000      | g            |
| A307         | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE            | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 440.1598     | kcal               | Carbohydrate       | 51.6833      | g            |
| a305         | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE            | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 430.9694     | kcal               | Carbohydrate       | 51.4971      | g            |
| A603         | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA            | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 390.0626     | kcal               | Carbohydrate       | 39.2625      | g            |
| A607         | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA            | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>       | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 415.0626     | kcal               | Carbohydrate       | 39.0126      | g            |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |                  |     |
|-------|--------------------------------|--------------|------------------|-----|
| A473  | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 640.0000     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 86.0000      | g                |     |
| A472  | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 650.0000     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 84.9998      | g                |     |
| a234  | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 589.9999     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 96.0001      | g                |     |
| A484  | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 437.9153     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 39.2201      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 32  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 445.9154     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 40.2201      | g                |     |
| A066  | CUCUMBER SALAD                 | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 30.9338      | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 7.7645       | g                |     |
| A011  | VEGETABLES, MIXED              | 1            | 1 CUP            | 207 |
|       | <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                |     |
| A003  | SALAD, DARK GREENS             | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 7.2882       | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 14  |
|       | <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          | 14  |
|       | <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          | 7   |
|       | <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                |     |
| A586  | APPLESAUCE                     | 1            | 1 CUP            | 276 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 105.6606     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 27.4718      | g                |     |
| A590  | APPLE WHOLE GOLDEN             | 1            | 1 APPLE          | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 130.0000     | kcal             |     |
|       |                                |              |                  |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 33.9999      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A532 | APPLE WHOLE GALA               | 1            | 1 APPLE      | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 139.0768     | kcal         |     |
|      |                                |              |              |     |
| a534 | BANANA                         | 1            | 1 BANANA     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 110.0000     | kcal         |     |
|      |                                |              |              |     |
| A533 | ORANGE                         | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 50.0368      | kcal         |     |
|      |                                |              |              |     |
| A587 | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      |                                |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      |                                |              |              |     |
| A578 | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 33.3278      | kcal         |     |
|      |                                |              |              |     |
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      |                                |              |              |     |
| A577 | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      |                                |              |              |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      |                                |              |              |     |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 85.8443      | kcal         |     |
|      |                                |              |              |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      |                                |              |              |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      |                                |              |              |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| A592 | DRESSING, CESEAR #1832       | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 61.9469      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 2.6549       | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 207 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/21/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,174 HS 19-20 JAN BFAST W1D2  
**Menu Comments:**

| Stock Number | Description                    | Serving Size | Measure      | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A324         | PIZZA 3.67oz TRKYSAU BRKFST IW | 1            | 1 PIZZA      | 94                 |
|              | <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            |                    |
| A596         | BACKPACKERS OATMEAL #2305      | 1            | 1 PACKAGE    | 47                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 150.0000     | kcal         |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 24.0000      | g            |                    |
| A395         | YOGURT STRAW/BAN #1167         | 1            | 1 CONTAINER  | 47                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 100.0000     | kcal         |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 17.0000      | g            |                    |
| 1399         | COCOA PUFFS RS WG              | 1            | BOWL (1)     | 24                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 25.0000      | g            |                    |
| A594         | CEREAL, LUCKY CHARM #2162      | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 23.0000      | g            |                    |
| 2406         | POP TART FRST BLUEBERRY 17196  | 1            | PKG (1)      | 24                 |
|              | <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            |                    |
| A572         | POPTART, IW STRAWBERRY WG      | 1            | 1 PKG        | 21                 |
|              | <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            |                    |

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Scheduled Menu Plans

|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| A569 | CHEESE, STRING MOZ LT #1015  | 1            | 1 PKG (1)    | 117 |
|      | <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                  | 299.9999     | kcal         |     |
|      |                              |              |              |     |
| A532 | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 139.0768     | kcal         |     |
|      |                              |              |              |     |
| a534 | BANANA                       | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 110.0000     | kcal         |     |
|      |                              |              |              |     |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 50.0368      | kcal         |     |
|      |                              |              |              |     |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 60.0001      | kcal         |     |
|      |                              |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 60.0001      | kcal         |     |
|      |                              |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 129.9999     | kcal         |     |
|      |                              |              |              |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      |                              |              |              |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59  |
|      | <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: 1/21/2020

Feeding Figure: 690

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

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A512         | FIESTA NACHO-CHICKEN chipotle | 1            | 1 NACHO      | 69                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 426.4321     | kcal         |                    |
|              |                               |              |              |                    |
|              |                               |              |              |                    |
|              |                               |              |              |                    |

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## Independence Central Office

### Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A016 | RICE, MEXICAN-STYLE            | 1            | 1/2 CUP      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 78.7958      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 13.4837      | g            |     |
| A510 | PEPPER/ONION BLEND             | 1            | 1/4 CUP      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 10.4004      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.6001       | g            |     |
| A069 | BEANS, REFRIED                 | 1            | 1/2 CUP      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 38.1667      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 3.2487       | g            |     |
| 7045 | SALSA                          | 1            | 1/4 CUP      | 69  |
|      | <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            |     |
| A467 | CRUNCHERS, BUFFALO #2396       | 1            | 4 PIECES     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 779.7307     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 59.9793      | g            |     |
| A100 | CHEESEBURGER ON WG BUN         | 1            | 1 SANDWICH   | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 344.3325     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 26.7154      | g            |     |
| A496 | POTATO TATER TOTS #1219        | 1            | 1/2 CUP      | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 110.0001     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 17.0000      | g            |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 440.1598     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 51.6833      | g            |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 430.9694     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 51.4971      | g            |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE    | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 391.2501     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 39.9376      | g            |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 390.0626     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 39.2625      | g            |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 415.0626     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 39.0126      | g            |     |

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Independence Central Office

Scheduled Menu Plans

|       |                                   |              |                  |     |
|-------|-----------------------------------|--------------|------------------|-----|
| A609  | BREAD CHEESY SMART MOUTH          | 1            | 1 BREAD          | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 387.4740     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 38.3405      | g                |     |
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 573.7155     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 81.6087      | g                |     |
| A183  | GRAB N GO WG TUNA SAND. MEAL      | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 500.9470     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 81.0200      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT     | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 445.9154     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 40.2201      | g                |     |
| A483  | GRAB N GO SALAD-HAM               | 1            | 1 SALAD/ROLL     | 0   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 451.2749     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 39.8738      | g                |     |
| A359  | CORN, COOKED                      | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 198.5151     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 41.7145      | g                |     |
| A014  | VEGGIE FRESH MIX                  | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 30.1049      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 6.3543       | g                |     |
| A003  | SALAD, DARK GREENS                | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 7.2882       | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 14  |
|       | <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          | 35  |
|       | <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          | 7   |
|       | <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                |     |
| A7078 | STRAWBERRIES #7112                | 1            | 1 CUP            | 345 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 77.7012      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 20.2023      | g                |     |

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|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 1320 | APPLE GOLDEN 138              | 1            | APPLE (1)    | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 83.0140      | kcal         |     |
| 2079 | APPLE GALA 138 CT             | 1            | APPLE (1)    | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 74.8864      | kcal         |     |
| 1333 | BANANAS PREM 40LB             | 1            | BANANA (1)   | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
| 1329 | ORANGE 138 CT                 | 1            | ORANGE (1)   | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
| 1468 | JUICE BLUE RAZZ               | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
| 1467 | JUICE ROYAL GRAPE             | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
| 1128 | ITALIAN FF MARZETT            | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 13.7074      | kcal         |     |
| 2365 | DRESSING RANCH OTT'S          | 1            | Ounce        | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 85.8443      | kcal         |     |
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 61.9469      | kcal         |     |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 141.6433     | kcal         |     |
| 2286 | KETCHUP JUG WITH PUMP         | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 33.3278      | kcal         |     |
| 2225 | KETCHUP SRIRACHA              | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 24.9959      | kcal         |     |
| 1097 | MUSTARD                       | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 0.0000       | kcal         |     |

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|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| 1086 | SAUCE BBQ                    | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 29.1618      | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 6.6655       | g            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <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)   | 207 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/22/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,175 HS 19-20 JAN BFAST W1D3  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A551         | EGG, TAC-GO, IW #2444         | 1            | 1 PKG        | 94                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 180.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 14.0000      | g            |                    |
| A575         | SALSA, CONDIMENT              | 1            | 1/4 CUP      | 47                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 20.0071      | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 4.0014       | g            |                    |
| A393         | DONUT GLAZED RIDGEWOOD #2325  | 1            | 1 DONUT      | 47                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 176.5800     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 21.0400      | g            |                    |
| A594         | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 1399         | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 25.0000      | g            |                    |
| A572         | POPTART, IW STRAWBERRY WG     | 1            | 1 PKG        | 24                 |
|              | <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            |                    |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21                 |
|              | <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            |                    |

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|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| A569 | CHEESE, STRING MOZ LT #1015  | 1            | 1 PKG (1)    | 117 |
|      | <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                  | 299.9999     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 37.0000      | g            |     |
| A532 | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 33.9999      | g            |     |
| a534 | BANANA                       | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 29.0000      | g            |     |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 14.0000      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 14.0000      | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94  |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/22/2020

Feeding Figure: 690

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

Menu Comments:

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A535         | CHICKEN & NOODLES-NON-WG GAGE | 1            | 3/4 CUP      | 69                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 116.3326     | kcal         |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 6.5002       | g            |                    |

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Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A379 | BREADSTICK WG #1361            | 1            | 1 BREADSTICK     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 110.0000     | kcal             |     |
|      |                                |              |                  |     |
| A149 | CHILI DOG                      | 1            | 1 CHILI DOG      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 442.1441     | kcal             |     |
|      |                                |              |                  |     |
| A197 | CHICKEN SPICY SANDWICH         | 1            | 1 SANDWICH       | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 354.0000     | kcal             |     |
|      |                                |              |                  |     |
| A425 | POTATO CRINKLE FRIES           | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 120.0001     | kcal             |     |
|      |                                |              |                  |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      |                                |              |                  |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      |                                |              |                  |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      |                                |              |                  |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      |                                |              |                  |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      |                                |              |                  |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      |                                |              |                  |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      |                                |              |                  |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |
|      |                                |              |                  |     |

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Scheduled Menu Plans

|      |                                   |              |                  |     |
|------|-----------------------------------|--------------|------------------|-----|
| A549 | GRAB N GO WG CKN SALAD SAND       | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 527.4787     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 82.7924      | g                |     |
| a234 | GRAB N GO YOGURT MEAL W/CINN      | 1            | 1 MEAL           | 21  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 589.9999     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 96.0001      | g                |     |
| A493 | GRAB N GO WG<br>SUB-TKRY/HAM/SWIS | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 684.9366     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 84.2919      | g                |     |
| A484 | GRAB N GO SALAD-DICED CHICKEN     | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 437.9153     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 39.2201      | g                |     |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT     | 1            | 1 SALAD/ROLL     | 9   |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 445.9154     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 40.2201      | g                |     |
| A011 | VEGETABLES, MIXED                 | 1            | 1 CUP            | 207 |
|      | <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                |     |
| A057 | BROCCOLI, STEAMED                 | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 56.4227      | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 9.0487       | g                |     |
| A003 | SALAD, DARK GREENS                | 1            | 1 CUP            | 69  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 7.2882       | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 1.1662       | g                |     |
| a360 | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 14  |
|      | <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          | 14  |
|      | <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          | 7   |
|      | <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                |     |
| 7035 | PEACHES SLICED LS                 | 1            | CUP              | 345 |
|      | <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                |     |

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Scheduled Menu Plans

|      |                       |              |              |     |
|------|-----------------------|--------------|--------------|-----|
| 1320 | APPLE GOLDEN 138      | 1            | APPLE (1)    | 69  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 83.0140      | kcal         |     |
| 2079 | APPLE GALA 138 CT     | 1            | APPLE (1)    | 69  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 74.8864      | kcal         |     |
| 1333 | BANANAS PREM 40LB     | 1            | BANANA (1)   | 69  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 110.0000     | kcal         |     |
| 1329 | ORANGE 138 CT         | 1            | ORANGE (1)   | 69  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 50.0368      | kcal         |     |
| 1467 | JUICE ROYAL GRAPE     | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 60.0001      | kcal         |     |
| 1468 | JUICE BLUE RAZZ       | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 60.0001      | kcal         |     |
| 2286 | KETCHUP JUG WITH PUMP | 1            | Ounce        | 104 |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 33.3278      | kcal         |     |
| 1086 | SAUCE BBQ             | 1            | Ounce        | 14  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 29.1618      | kcal         |     |
| 1097 | MUSTARD               | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 0.0000       | kcal         |     |
| 1103 | PICKLE RELISH         | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 25.0000      | kcal         |     |
| 2225 | KETCHUP SRIRACHA      | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 24.9959      | kcal         |     |
| 1128 | ITALIAN FF MARZETT    | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 13.7074      | kcal         |     |
| 2365 | DRESSING RANCH OTT'S  | 1            | Ounce        | 69  |
|      | <b>Nutrient</b>       | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy           | 85.8443      | kcal         |     |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 61.9469      | kcal         |     |
|      |                               |              |              |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 2.6549       | g            |     |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 141.6433     | kcal         |     |
|      |                               |              |              |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 1.8886       | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
|      |                               |              |              |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 207 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 100.0000     | kcal         |     |
|      |                               |              |              |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.0000      | g            |     |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/23/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,176 HS 19-20 JAN BFAST W1D4  
**Menu Comments:**

| Stock Number | Description                | Serving Size | Measure      | Projected Quantity |
|--------------|----------------------------|--------------|--------------|--------------------|
| A567         | TOAST APPLE CINN IW#2472   | 1            | 1 PACK       | 94                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 260.0000     | kcal         |                    |
|              |                            |              |              |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate               | 45.0000      | g            |                    |
| A597         | GRANOLA CINN, GAVINS #2471 | 1            | 1 PACKAGE    | 47                 |
|              | <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            |                    |
| A420         | YOGURT RASP/PEACH #1159    | 1            | 1 CONTAINER  | 47                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 100.0000     | kcal         |                    |
|              |                            |              |              |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate               | 17.0000      | g            |                    |
| A594         | CEREAL, LUCKY CHARM #2162  | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 110.0000     | kcal         |                    |
|              |                            |              |              |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate               | 23.0000      | g            |                    |
| 1399         | COCOA PUFFS RS WG          | 1            | BOWL (1)     | 24                 |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                | 110.0000     | kcal         |                    |
|              |                            |              |              |                    |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate               | 25.0000      | g            |                    |
| A572         | POPTART, IW STRAWBERRY WG  | 1            | 1 PKG        | 24                 |
|              | <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            |                    |

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Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 180.0000     | kcal         |     |
|      |                               |              |              |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      |                               |              |              |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      |                               |              |              |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      |                               |              |              |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      |                               |              |              |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467      | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 129.9999     | kcal         |     |
|      |                               |              |              |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 70  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
|      |                               |              |              |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 100.0000     | kcal         |     |
|      |                               |              |              |     |

**Serving Period:** Lunch  
**Date:** 1/23/2020  
**Base Menu Plan:** 5,120 HS 19-20 LUNCH W1D4  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades 9-12  
**Feeding Figure:** 690

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

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Independence Central Office

Scheduled Menu Plans

|      |                                  |              |                |     |
|------|----------------------------------|--------------|----------------|-----|
| A383 | CHICKEN PATTY WG<br>BREADED#2344 | 1            | 1 PATTY        | 69  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 200.0000     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 13.0000      | g              |     |
| A005 | POTATOES, MASHED                 | 1            | 1/2 CUP        | 138 |
|      | <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              |     |
| A140 | COUNTRY GRAVY                    | 1            | 2 OZ           | 69  |
|      | <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              |     |
| A026 | ROLLS, WHEAT, WG                 | 1            | 2 OUNCE        | 138 |
|      | <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              |     |
| A342 | CHEESESTICKS MOZZ BRD #1145      | 1            | 1 SERVING (6)  | 69  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 319.9999     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 33.0001      | g              |     |
| 1310 | SAUCE MARINARA                   | 1            | (2 OZ) SERVING | 69  |
|      | <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              |     |
| A100 | CHEESEBURGER ON WG BUN           | 1            | 1 SANDWICH     | 35  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 344.3325     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 26.7154      | g              |     |
| A496 | POTATO TATER TOTS #1219          | 1            | 1/2 CUP        | 276 |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 110.0001     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 17.0000      | g              |     |
| A307 | PIZZA PEPPERONI HOMEMADE         | 1            | 1 SLICE        | 35  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 440.1598     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 51.6833      | g              |     |
| a305 | PIZZA CHEESE HOMEMADE            | 1            | 1 SLICE        | 69  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 430.9694     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 51.4971      | g              |     |
| A603 | PIZZA HS CHEESE SMART MOUTH      | 1            | 1 PIZZA        | 35  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 390.0626     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 39.2625      | g              |     |
| A610 | CALZONE SAUSAGE SMART MOUTH      | 1            | 1 CALZONE      | 35  |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Food Energy                      | 391.2501     | kcal           |     |
|      | <b>Nutrient</b>                  | <b>Value</b> | <b>Units</b>   |     |
|      | Carbohydrate                     | 39.9376      | g              |     |

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Scheduled Menu Plans

|       |                                |              |                  |     |
|-------|--------------------------------|--------------|------------------|-----|
| A607  | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 415.0626     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 39.0126      | g                |     |
| A609  | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 387.4740     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 38.3405      | g                |     |
| A129  | GRAB N GO WG TURKEY SAND. MEAL | 1            | 1 SANDWICH/CHIPS | 104 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 573.7155     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 81.6087      | g                |     |
| A183  | GRAB N GO WG TUNA SAND. MEAL   | 1            | 1 SANDWICH/CHIPS | 14  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 500.9470     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 81.0200      | g                |     |
| A483  | GRAB N GO SALAD-HAM            | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 451.2749     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 39.8738      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 0   |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 445.9154     | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 40.2201      | g                |     |
| A372  | GREEN BEANS-2017               | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 28.7489      | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 5.8006       | g                |     |
| A070  | CARROTS, COOKED                | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 44.9850      | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 10.4965      | g                |     |
| A003  | SALAD, DARK GREENS             | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 7.2882       | kcal             |     |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                   | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 14  |
|       | <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          | 14  |
|       | <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          | 7   |
|       | <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                |     |

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|       |                               |              |              |     |
|-------|-------------------------------|--------------|--------------|-----|
| a7074 | BLUEBERRIES #7074             | 1            | 1 CUP        | 276 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 78.2460      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 18.9959      | g            |     |
| 1320  | APPLE GOLDEN 138              | 1            | APPLE (1)    | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 83.0140      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 21.7113      | g            |     |
| 2079  | APPLE GALA 138 CT             | 1            | APPLE (1)    | 138 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 74.8864      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 18.3074      | g            |     |
| 1333  | BANANAS PREM 40LB             | 1            | BANANA (1)   | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 110.0000     | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 29.0000      | g            |     |
| 1329  | ORANGE 138 CT                 | 1            | ORANGE (1)   | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 50.0368      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 11.8837      | g            |     |
| 1468  | JUICE BLUE RAZZ               | 1            | CARTON (1)   | 173 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 14.0000      | g            |     |
| 1467  | JUICE ROYAL GRAPE             | 1            | CARTON (1)   | 173 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 60.0001      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 14.0000      | g            |     |
| 1128  | ITALIAN FF MARZETT            | 1            | Ounce        | 7   |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 13.7074      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 2.7415       | g            |     |
| 2365  | DRESSING RANCH OTT'S          | 1            | Ounce        | 69  |
|       | <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            |     |
| 1832  | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 61.9469      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 2.6549       | g            |     |
| 2364  | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 141.6433     | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 1.8886       | g            |     |
| 2286  | KETCHUP JUG WITH PUMP         | 1            | Ounce        | 104 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 33.3278      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 8.3320       | g            |     |
| 2225  | KETCHUP SRIRACHA              | 1            | Ounce        | 21  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 24.9959      | kcal         |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 6.6656       | g            |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| 1086 | SAUCE BBQ                    | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 29.1618      | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 6.6655       | g            |     |
| 1097 | MUSTARD                      | 1            | Ounce        | 14  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 0.0000       | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 0.0000       | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 207 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/24/2020

Feeding Figure: 233

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

Menu Comments:

| Stock Number | Description               | Serving Size | Measure      | Projected Quantity |
|--------------|---------------------------|--------------|--------------|--------------------|
| A471         | BISCUIT WG,EGG & CHEESE   | 1            | 1 SANDWICH   | 94                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy               | 289.6601     | kcal         |                    |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate              | 28.5666      | g            |                    |
| 2438         | BAR CINN TOAST CRUNCH FRZ | 1            | PKG (1)      | 47                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy               | 250.0000     | kcal         |                    |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate              | 40.0000      | g            |                    |
| A595         | CEREAL, CINN TOAST #2216  | 1            | 1 BOWL       | 24                 |
|              | <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            |                    |
| A594         | CEREAL, LUCKY CHARM #2162 | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy               | 110.0000     | kcal         |                    |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate              | 23.0000      | g            |                    |
| A572         | POPTART, IW STRAWBERRY WG | 1            | 1 PKG        | 24                 |
|              | <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            |                    |
| A573         | POPTART, IW BRWN SUGAR WG | 1            | 1 PKG        | 21                 |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy               | 180.0000     | kcal         |                    |
|              | <b>Nutrient</b>           | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate              | 37.0000      | g            |                    |

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Scheduled Menu Plans

| Item ID | Description                  | Quantity     | Measure      | Projected Quantity |
|---------|------------------------------|--------------|--------------|--------------------|
| A569    | CHEESE, STRING MOZ LT #1015  | 1            | 1 PKG (1)    | 117                |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</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>    |
|         | Food Energy                  | 299.9999     | kcal         | Carbohydrate       |
|         |                              |              |              | 37.0000 g          |
| A532    | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 139.0768     | kcal         | Carbohydrate       |
|         |                              |              |              | 33.9999 g          |
| a534    | BANANA                       | 1            | 1 BANANA     | 59                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 110.0000     | kcal         | Carbohydrate       |
|         |                              |              |              | 29.0000 g          |
| A533    | ORANGE                       | 1            | 1 ORANGE     | 59                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 50.0368      | kcal         | Carbohydrate       |
|         |                              |              |              | 11.8837 g          |
| A587    | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 60.0001      | kcal         | Carbohydrate       |
|         |                              |              |              | 14.0000 g          |
| A588    | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 60.0001      | kcal         | Carbohydrate       |
|         |                              |              |              | 14.0000 g          |
| 2154    | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 129.9999     | kcal         | Carbohydrate       |
|         |                              |              |              | 23.0000 g          |
| 2139    | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 120.0001     | kcal         | Carbohydrate       |
|         |                              |              |              | 22.0001 g          |
| 1027    | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59                 |
|         | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    |
|         | Food Energy                  | 100.0000     | kcal         | Carbohydrate       |
|         |                              |              |              | 11.0000 g          |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/24/2020

Feeding Figure: 690

Base Menu Plan: 5,121 HS 19-20 LUNCH W1D5

Menu Comments:

| Stock Number | Description                 | Serving Size | Measure        | Projected Quantity |
|--------------|-----------------------------|--------------|----------------|--------------------|
| A565         | CHICKEN NASHVILLE HOT #2442 | 1            | 1 SERVING (10) | 69                 |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b>   | <b>Nutrient</b>    |
|              | Food Energy                 | 240.0000     | kcal           | Carbohydrate       |
|              |                             |              |                | 15.0000 g          |

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Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A564 | TOAST, WG GARLIC #2468         | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 100.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 14.0000      | g                |     |
| A101 | RIB-Q ON BUN                   | 1            | 1 SANDWICH       | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 354.5808     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 35.3327      | g                |     |
| A195 | SANDWICH, CHICKEN WG           | 1            | 1 SANDWICH       | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 369.9999     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0001      | g                |     |
| A425 | POTATO CRINKLE FRIES           | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 120.0001     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 20.0000      | g                |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.4971      | g                |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.6833      | g                |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 86.0000      | g                |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 84.9998      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|       |                               |              |                  |     |
|-------|-------------------------------|--------------|------------------|-----|
| a234  | GRAB N GO YOGURT MEAL W/CINN  | 1            | 1 MEAL           | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 589.9999     | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 96.0001      | g                |     |
| A491  | GRAB N GO WG SUB-ITALIAN      | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 722.1456     | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 86.7962      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 445.9154     | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 40.2201      | g                |     |
| A484  | GRAB N GO SALAD-DICED CHICKEN | 1            | 1 SALAD/ROLL     | 0   |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 437.9153     | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 39.2201      | g                |     |
| A580  | SAUCE, BBQ #1086              | 1            | 1 OUNCE          | 14  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 29.1618      | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 6.6655       | g                |     |
| A067  | BEANS, BAKED                  | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 274.0415     | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 51.9446      | g                |     |
| A066  | CUCUMBER SALAD                | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 30.9338      | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 7.7645       | g                |     |
| A003  | SALAD, DARK GREENS            | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 7.2882       | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED        | 1            | 1/4 CUP          | 14  |
|       | <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          | 14  |
|       | <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          | 7   |
|       | <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                |     |
| 1340  | APPLESAUCE UNSWEETENED        | 1            | CUP              | 276 |
|       | <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)        | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                   | 83.0140      | kcal             |     |
|       |                               |              |                  |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                  | 21.7113      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 2079 | APPLE GALA 138 CT             | 1            | APPLE (1)    | 138 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 74.8864      | kcal         |     |
|      |                               |              |              |     |
| 1333 | BANANAS PREM 40LB             | 1            | BANANA (1)   | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      |                               |              |              |     |
| 1329 | ORANGE 138 CT                 | 1            | ORANGE (1)   | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      |                               |              |              |     |
| 1467 | JUICE ROYAL GRAPE             | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| 1468 | JUICE BLUE RAZZ               | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| 2286 | KETCHUP JUG WITH PUMP         | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 33.3278      | kcal         |     |
|      |                               |              |              |     |
| 2225 | KETCHUP SRIRACHA              | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 24.9959      | kcal         |     |
|      |                               |              |              |     |
| 1097 | MUSTARD                       | 1            | Ounce        | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 0.0000       | kcal         |     |
|      |                               |              |              |     |
| 1128 | ITALIAN FF MARZETT            | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 13.7074      | kcal         |     |
|      |                               |              |              |     |
| 2365 | DRESSING RANCH OTT'S          | 1            | Ounce        | 69  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 85.8443      | kcal         |     |
|      |                               |              |              |     |
| 1832 | DRESSING CAESAR LITE          | 1            | Ounce        | 7   |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 61.9469      | kcal         |     |
|      |                               |              |              |     |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1            | Ounce        | 35  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 141.6433     | kcal         |     |
|      |                               |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 129.9999     | kcal         |     |
|      |                               |              |              |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 173 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/27/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,173 HS 19-20 JAN BFAST W1D1  
**Menu Comments:**

| Stock Number | Description                   | Serving Size | Measure      | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A463         | PANCAKE CONFETTI #2378        | 1            | 1 PKG        | 94                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 220.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 36.0000      | g            |                    |
| A589         | SYRUP PKT SAUER 1.5 OZ #1122  | 1            | 1 PKT        | 94                 |
|              | <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            |                    |
| A394         | CINNAMON MINIS #1381          | 1            | 1 PKG        | 47                 |
|              | <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            |                    |
| A594         | CEREAL, LUCKY CHARM #2162     | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 23.0000      | g            |                    |
| 1399         | COCOA PUFFS RS WG             | 1            | BOWL (1)     | 21                 |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                   | 110.0000     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 25.0000      | g            |                    |
| 2406         | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 24                 |
|              | <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            |                    |
| A572         | POPTART, IW STRAWBERRY WG     | 1            | 1 PKG        | 24                 |
|              | <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            |                    |
| A569         | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117                |
|              | <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                   | 299.9999     | kcal         |                    |
|              |                               |              |              |                    |
|              | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                  | 37.0000      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| A532 | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 139.0768     | kcal         |    |
| a534 | BANANA                       | 1            | 1 BANANA     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 110.0000     | kcal         |    |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 129.9999     | kcal         |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <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: 1/27/2020

Feeding Figure: 690

Base Menu Plan: 5,122 HS 19-20 LUNCH W2D1

Menu Comments:

| Stock Number | Description            | Serving Size | Measure         | Projected Quantity |
|--------------|------------------------|--------------|-----------------|--------------------|
| A559         | SRIRACHI CHICKEN       | 1            | 1 SERVING HS-MS | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy            | 289.2888     | kcal            |                    |
| A552         | RICE, STIR FRIED       | 1            | 3/4 CUP         | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy            | 85.1356      | kcal            |                    |
| A040         | EGG, SCRAMBLED, CHEESY | 1            | 1/2 CUP         | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b>    |                    |
|              | Food Energy            | 194.9017     | kcal            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A385 | BISCUIT FRZ EASY SPLIT #2211   | 1            | 1 BISCUIT        | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 200.0000     | kcal             |     |
|      |                                |              |                  |     |
| A499 | SAUSAGE #2405                  | 1            | 1 PATTY          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 120.0000     | kcal             |     |
|      |                                |              |                  |     |
| A195 | SANDWICH, CHICKEN WG           | 1            | 1 SANDWICH       | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 369.9999     | kcal             |     |
|      |                                |              |                  |     |
| A455 | POTATO SWT TRAX #2384          | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 180.0000     | kcal             |     |
|      |                                |              |                  |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      |                                |              |                  |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      |                                |              |                  |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      |                                |              |                  |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      |                                |              |                  |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      |                                |              |                  |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      |                                |              |                  |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      |                                |              |                  |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |
|      |                                |              |                  |     |

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Independence Central Office

Scheduled Menu Plans

|       |                                |              |                  |     |
|-------|--------------------------------|--------------|------------------|-----|
| a234  | GRAB N GO YOGURT MEAL W/CINN   | 1            | 1 MEAL           | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 589.9999     | kcal             |     |
|       |                                |              |                  |     |
| A484  | GRAB N GO SALAD-DICED CHICKEN  | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 437.9153     | kcal             |     |
|       |                                |              |                  |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT  | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 445.9154     | kcal             |     |
|       |                                |              |                  |     |
| A492  | GRAB N GO WG SUB-TRKY/PEPJCK   | 1            | 1 SANDWICH/CHIPS | 0   |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 696.8986     | kcal             |     |
|       |                                |              |                  |     |
| A012  | PEAS                           | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 159.9816     | kcal             |     |
|       |                                |              |                  |     |
| A1223 | CARROTS BABY 20LBS             | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 46.6667      | kcal             |     |
|       |                                |              |                  |     |
| A003  | SALAD, DARK GREENS             | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 7.2882       | kcal             |     |
|       |                                |              |                  |     |
| a360  | CARROT, FRESH SHREDDED         | 1            | 1/4 CUP          | 14  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 11.6147      | kcal             |     |
|       |                                |              |                  |     |
| A361  | TOMATO, FRESH DICED            | 1            | 1/4 CUP          | 14  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 8.1076       | kcal             |     |
|       |                                |              |                  |     |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1            | 1/4 CUP          | 7   |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 82.4860      | kcal             |     |
|       |                                |              |                  |     |
| A584  | PEARS, LS                      | 1            | 1 CUP            | 276 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 0.0000       | kcal             |     |
|       |                                |              |                  |     |
| A590  | APPLE WHOLE GOLDEN             | 1            | 1 APPLE          | 69  |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 130.0000     | kcal             |     |
|       |                                |              |                  |     |
| A532  | APPLE WHOLE GALA               | 1            | 1 APPLE          | 138 |
|       | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                    | 139.0768     | kcal             |     |
|       |                                |              |                  |     |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| a534 | BANANA                         | 1            | 1 BANANA     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 110.0000     | kcal         |     |
|      |                                |              |              |     |
| A533 | ORANGE                         | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 50.0368      | kcal         |     |
|      |                                |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      |                                |              |              |     |
| A587 | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      |                                |              |              |     |
| A578 | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 33.3278      | kcal         |     |
|      |                                |              |              |     |
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      |                                |              |              |     |
| A577 | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      |                                |              |              |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      |                                |              |              |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      |                                |              |              |     |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 85.8443      | kcal         |     |
|      |                                |              |              |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      |                                |              |              |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      |                                |              |              |     |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |     |
|------|------------------------------|--------------|--------------|-----|
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 242 |
|      | <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)   | 207 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 100.0000     | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 11.0000      | g            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                  | 120.0001     | kcal         |     |
|      |                              |              |              |     |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                 | 22.0001      | g            |     |

**Serving Period:** Breakfast  
**Date:** 1/28/2020  
**Base Menu Plan:** 5,174 HS 19-20 JAN BFAST W1D2  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 233

| Stock Number | Description                    | Serving Size | Measure      | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A324         | PIZZA 3.67oz TRKYSAU BRKFST IW | 1            | 1 PIZZA      | 94                 |
|              | <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            |                    |
| A596         | BACKPACKERS OATMEAL #2305      | 1            | 1 PACKAGE    | 47                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 150.0000     | kcal         |                    |
|              |                                |              |              |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 24.0000      | g            |                    |
| A395         | YOGURT STRAW/BAN #1167         | 1            | 1 CONTAINER  | 47                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 100.0000     | kcal         |                    |
|              |                                |              |              |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 17.0000      | g            |                    |
| 1399         | COCOA PUFFS RS WG              | 1            | BOWL (1)     | 24                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 110.0000     | kcal         |                    |
|              |                                |              |              |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 25.0000      | g            |                    |
| A594         | CEREAL, LUCKY CHARM #2162      | 1            | 1 BOWL       | 24                 |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy                    | 110.0000     | kcal         |                    |
|              |                                |              |              |                    |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate                   | 23.0000      | g            |                    |
| 2406         | POP TART FRST BLUEBERRY 17196  | 1            | PKG (1)      | 24                 |
|              | <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            |                    |
| A572         | POPTART, IW STRAWBERRY WG      | 1            | 1 PKG        | 21                 |
|              | <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            |                    |
| A569         | CHEESE, STRING MOZ LT #1015    | 1            | 1 PKG (1)    | 117                |
|              | <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            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG        | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 299.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 37.0000      | g            |    |
| A532 | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 139.0768     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 33.9999      | g            |    |
| a534 | BANANA                       | 1            | 1 BANANA     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 29.0000      | g            |    |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.8837      | g            |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/28/2020

Feeding Figure: 690

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

Menu Comments:

| Stock Number | Description            | Serving Size | Measure      | Projected Quantity |
|--------------|------------------------|--------------|--------------|--------------------|
| A416         | FIESTA NACHO-TACO MEAT | 1            | 1 NACHO      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 479.2583     | kcal         |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 42.2677      | g            |                    |
| A016         | RICE, MEXICAN-STYLE    | 1            | 1/2 CUP      | 69                 |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Food Energy            | 78.7958      | kcal         |                    |
|              | <b>Nutrient</b>        | <b>Value</b> | <b>Units</b> |                    |
|              | Carbohydrate           | 13.4837      | g            |                    |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A575 | SALSA, CONDIMENT               | 1            | 1/4 CUP      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 20.0071      | kcal         |     |
|      |                                |              |              |     |
| A069 | BEANS, REFRIED                 | 1            | 1/2 CUP      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 38.1667      | kcal         |     |
|      |                                |              |              |     |
| A510 | PEPPER/ONION BLEND             | 1            | 1/4 CUP      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 10.4004      | kcal         |     |
|      |                                |              |              |     |
| A371 | FISH&CHEESE SANDWICH           | 1            | 1 SANDWICH   | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 460.0000     | kcal         |     |
|      |                                |              |              |     |
| A033 | SAUCE, TARTER                  | 1            | 1 OZ         | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 26.9446      | kcal         |     |
|      |                                |              |              |     |
| A100 | CHEESEBURGER ON WG BUN         | 1            | 1 SANDWICH   | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 344.3325     | kcal         |     |
|      |                                |              |              |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 430.9694     | kcal         |     |
|      |                                |              |              |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 440.1598     | kcal         |     |
|      |                                |              |              |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 390.0626     | kcal         |     |
|      |                                |              |              |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 387.4740     | kcal         |     |
|      |                                |              |              |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 415.0626     | kcal         |     |
|      |                                |              |              |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE    | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 391.2501     | kcal         |     |
|      |                                |              |              |     |

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Independence Central Office

Scheduled Menu Plans

|       |                                   |              |                  |     |
|-------|-----------------------------------|--------------|------------------|-----|
| A483  | GRAB N GO SALAD-HAM               | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 451.2749     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 39.8738      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT     | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 445.9154     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 40.2201      | g                |     |
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 573.7155     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 81.6087      | g                |     |
| A183  | GRAB N GO WG TUNA SAND. MEAL      | 1            | 1 SANDWICH/CHIPS | 0   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 500.9470     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 81.0200      | g                |     |
| A496  | POTATO TATER TOTS #1219           | 1            | 1/2 CUP          | 276 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 110.0001     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 17.0000      | g                |     |
| A359  | CORN, COOKED                      | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 198.5151     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 41.7145      | g                |     |
| A014  | VEGGIE FRESH MIX                  | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 30.1049      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 6.3543       | g                |     |
| A003  | SALAD, DARK GREENS                | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 7.2882       | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 14  |
|       | <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          | 173 |
|       | <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          | 14  |
|       | <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                |     |
| A7078 | STRAWBERRIES #7112                | 1            | 1 CUP            | 276 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 77.7012      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 20.2023      | g                |     |

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Independence Central Office

Scheduled Menu Plans

|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A590 | APPLE WHOLE GOLDEN             | 1            | 1 APPLE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 130.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 33.9999      | g            |     |
| A532 | APPLE WHOLE GALA               | 1            | 1 APPLE      | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 33.9999      | g            |     |
| a534 | BANANA                         | 1            | 1 BANANA     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 29.0000      | g            |     |
| A533 | ORANGE                         | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 14.0000      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 14.0000      | g            |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.7415       | g            |     |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69  |
|      | <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            |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.6549       | g            |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 1.8886       | g            |     |
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 6.6656       | g            |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 6.6655       | g            |     |

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Scheduled Menu Plans

|      |                              |              |              |                 |              |              |
|------|------------------------------|--------------|--------------|-----------------|--------------|--------------|
| A578 | KETCHUP, CONDIMENT #2286     | 1            | 1 OUNCE      | 21              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 33.3278      | kcal         | Carbohydrate    | 8.3320       | g            |
| A577 | MUSTARD, CONDIMENT #1097     | 1            | 1 OUNCE      | 69              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 0.0000       | kcal         | Carbohydrate    | 0.0000       | g            |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 242             |              |              |
|      | <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            |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 242             |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 120.0001     | kcal         | Carbohydrate    | 22.0001      | g            |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 207             |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 100.0000     | kcal         | Carbohydrate    | 11.0000      | g            |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/29/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,175 HS 19-20 JAN BFAST W1D3  
**Menu Comments:**

| Stock Number | Description                  | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A551         | EGG, TAC-GO, IW #2444        | 1            | 1 PKG        | 94                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 180.0000     | kcal         | Carbohydrate       | 14.0000      | g            |
| A575         | SALSA, CONDIMENT             | 1            | 1/4 CUP      | 47                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 20.0071      | kcal         | Carbohydrate       | 4.0014       | g            |
| A393         | DONUT GLAZED RIDGEWOOD #2325 | 1            | 1 DONUT      | 47                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 176.5800     | kcal         | Carbohydrate       | 21.0400      | g            |
| A594         | CEREAL, LUCKY CHARM #2162    | 1            | 1 BOWL       | 24                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 110.0000     | kcal         | Carbohydrate       | 23.0000      | g            |
| 1399         | COCOA PUFFS RS WG            | 1            | BOWL (1)     | 24                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 110.0000     | kcal         | Carbohydrate       | 25.0000      | g            |
| A572         | POPTART, IW STRAWBERRY WG    | 1            | 1 PKG        | 24                 |              |              |
|              | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                  | 180.0000     | kcal         | Carbohydrate       | 38.0000      | g            |

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|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 180.0000     | kcal         |     |
|      |                               |              |              |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      |                               |              |              |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      |                               |              |              |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      |                               |              |              |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      |                               |              |              |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467      | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      |                               |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 129.9999     | kcal         |     |
|      |                               |              |              |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 70  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
|      |                               |              |              |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 100.0000     | kcal         |     |
|      |                               |              |              |     |

**Serving Period:** Lunch  
**Date:** 1/29/2020  
**Base Menu Plan:** 5,124 HS 19-20 LUNCH W2D3  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades 9-12  
**Feeding Figure:** 690

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

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Scheduled Menu Plans

|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A555 | SPAGHETTI & MEATSAUCE 19- 20   | 1            | 1 SERVING        | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 324.6268     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 40.8287      | g                |     |
| A379 | BREADSTICK WG #1361            | 1            | 1 BREADSTICK     | 69  |
|      | <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                |     |
| A451 | CORN DOG-MINI TRK WG #2382     | 1            | 6 MINI CORNDOGS  | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 267.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 33.0001      | g                |     |
| A197 | CHICKEN SPICY SANDWICH         | 1            | 1 SANDWICH       | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 354.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0001      | g                |     |
| A425 | POTATO CRINKLE FRIES           | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 120.0001     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 20.0000      | g                |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.6833      | g                |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 51.4971      | g                |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.2625      | g                |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.9376      | g                |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 39.0126      | g                |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 38.3405      | g                |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                   | 86.0000      | g                |     |

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|      |                                   |              |                  |     |
|------|-----------------------------------|--------------|------------------|-----|
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw    | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 650.0000     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 84.9998      | g                |     |
| a234 | GRAB N GO YOGURT MEAL W/CINN      | 1            | 1 MEAL           | 35  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 589.9999     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 96.0001      | g                |     |
| A549 | GRAB N GO WG CKN SALAD SAND       | 1            | 1 SANDWICH/CHIPS | 21  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 527.4787     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 82.7924      | g                |     |
| A493 | GRAB N GO WG<br>SUB-TKRY/HAM/SWIS | 1            | 1 SANDWICH/CHIPS | 14  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 684.9366     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 84.2919      | g                |     |
| A484 | GRAB N GO SALAD-DICED CHICKEN     | 1            | 1 SALAD/ROLL     | 35  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 437.9153     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 39.2201      | g                |     |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT     | 1            | 1 SALAD/ROLL     | 0   |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 445.9154     | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 40.2201      | g                |     |
| A057 | BROCCOLI, STEAMED                 | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 56.4227      | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 9.0487       | g                |     |
| A469 | VEGETABLE BLEND, ITALIAN #1204    | 1            | 1 CUP            | 207 |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 46.6589      | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 7.9987       | g                |     |
| A003 | SALAD, DARK GREENS                | 1            | 1 CUP            | 69  |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                       | 7.2882       | kcal             |     |
|      | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|      | Carbohydrate                      | 1.1662       | g                |     |
| a360 | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 14  |
|      | <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          | 14  |
|      | <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          | 7   |
|      | <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                |     |

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|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A576 | PEACHES, LS                    | 1            | 1 CUP        | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 0.0000       | g            |     |
| A590 | APPLE WHOLE GOLDEN             | 1            | 1 APPLE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 130.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 33.9999      | g            |     |
| A532 | APPLE WHOLE GALA               | 1            | 1 APPLE      | 138 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 33.9999      | g            |     |
| a534 | BANANA                         | 1            | 1 BANANA     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 29.0000      | g            |     |
| A533 | ORANGE                         | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 11.8837      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 14.0000      | g            |     |
| A587 | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 14.0000      | g            |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.7415       | g            |     |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 138 |
|      | <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            |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 2.6549       | g            |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 1.8886       | g            |     |
| A578 | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 33.3278      | kcal         |     |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                   | 8.3320       | g            |     |

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|      |                              |              |              |                 |              |              |
|------|------------------------------|--------------|--------------|-----------------|--------------|--------------|
| A591 | KETCHUP, SRIRACHI #2225      | 1            | 1 OUNCE      | 35              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 24.9959      | kcal         | Carbohydrate    | 6.6656       | g            |
| A577 | MUSTARD, CONDIMENT #1097     | 1            | 1 OUNCE      | 35              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 0.0000       | kcal         | Carbohydrate    | 0.0000       | g            |
| A580 | SAUCE, BBQ #1086             | 1            | 1 OUNCE      | 14              |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 29.1618      | kcal         | Carbohydrate    | 6.6655       | g            |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 242             |              |              |
|      | <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            |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 207             |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 120.0001     | kcal         | Carbohydrate    | 22.0001      | g            |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 207             |              |              |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                  | 100.0000     | kcal         | Carbohydrate    | 11.0000      | g            |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/30/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,176 HS 19-20 JAN BFAST W1D4  
**Menu Comments:**

| Stock Number | Description                | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|----------------------------|--------------|--------------|--------------------|--------------|--------------|
| A567         | TOAST APPLE CINN IW#2472   | 1            | 1 PACK       | 94                 |              |              |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                | 260.0000     | kcal         | Carbohydrate       | 45.0000      | g            |
| A597         | GRANOLA CINN, GAVINS #2471 | 1            | 1 PACKAGE    | 47                 |              |              |
|              | <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            |
| A420         | YOGURT RASP/PEACH #1159    | 1            | 1 CONTAINER  | 47                 |              |              |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                | 100.0000     | kcal         | Carbohydrate       | 17.0000      | g            |
| A594         | CEREAL, LUCKY CHARM #2162  | 1            | 1 BOWL       | 24                 |              |              |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                | 110.0000     | kcal         | Carbohydrate       | 23.0000      | g            |
| 1399         | COCOA PUFFS RS WG          | 1            | BOWL (1)     | 24                 |              |              |
|              | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                | 110.0000     | kcal         | Carbohydrate       | 25.0000      | g            |

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|      |                               |              |              |     |
|------|-------------------------------|--------------|--------------|-----|
| A572 | POPART, IW STRAWBERRY WG      | 1            | 1 PKG        | 24  |
|      | <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            |     |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1            | PKG (1)      | 21  |
|      | <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            |     |
| A569 | CHEESE, STRING MOZ LT #1015   | 1            | 1 PKG (1)    | 117 |
|      | <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                   | 299.9999     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 37.0000      | g            |     |
| A532 | APPLE WHOLE GALA              | 1            | 1 APPLE      | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 139.0768     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 33.9999      | g            |     |
| a534 | BANANA                        | 1            | 1 BANANA     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 110.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 29.0000      | g            |     |
| A533 | ORANGE                        | 1            | 1 ORANGE     | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 50.0368      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.8837      | g            |     |
| A587 | JUICE, BLUE RAZZ              | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |
| A588 | JUICE, ROYAL GRAPE #1467      | 1            | 1 CARTON     | 94  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 60.0001      | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 14.0000      | g            |     |
| 2154 | MILK CHOC CARTON FF 8 OZ      | 1            | CARTON (1)   | 94  |
|      | <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            |     |
| 2139 | MILK STRAW FF CARTON 8 OZ     | 1            | CARTON (1)   | 70  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 120.0001     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 22.0001      | g            |     |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ  | 1            | CARTON (1)   | 59  |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                   | 100.0000     | kcal         |     |
|      | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|      | Carbohydrate                  | 11.0000      | g            |     |

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Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 1/30/2020  
**Base Menu Plan:** 5,125 HS 19-20 LUNCH W2D4  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades 9-12  
**Feeding Figure:** 690

| Stock Number | Description                    | Serving Size | Measure           | Projected Quantity |              |              |
|--------------|--------------------------------|--------------|-------------------|--------------------|--------------|--------------|
| A554         | CHICKEN DRUMSTICK SPICY WG     | 1            | 1 DRUMSTICK       | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 180.0000     | kcal              | Carbohydrate       | 6.0000       | g            |
| A055         | POTATOES, AUGRATIN             | 1            | 1/2 CUP           | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 100.0000     | kcal              | Carbohydrate       | 22.0000      | g            |
| A327         | ROLL, DINNER WG #1974          | 1            | 1 DINNER ROLL     | 69                 |              |              |
|              | <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            |
| A400         | QUESO NACHO 4OZ HS             | 1            | 1 NACHO 4 OZ QUES | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 506.0001     | kcal              | Carbohydrate       | 35.0000      | g            |
| A100         | CHEESEBURGER ON WG BUN         | 1            | 1 SANDWICH        | 138                |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 344.3325     | kcal              | Carbohydrate       | 26.7154      | g            |
| A496         | POTATO TATER TOTS #1219        | 1            | 1/2 CUP           | 276                |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 110.0001     | kcal              | Carbohydrate       | 17.0000      | g            |
| a305         | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE           | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 430.9694     | kcal              | Carbohydrate       | 51.4971      | g            |
| A307         | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE           | 69                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 440.1598     | kcal              | Carbohydrate       | 51.6833      | g            |
| A603         | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA           | 35                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 390.0626     | kcal              | Carbohydrate       | 39.2625      | g            |
| A609         | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD           | 35                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 387.4740     | kcal              | Carbohydrate       | 38.3405      | g            |
| A607         | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA           | 35                 |              |              |
|              | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>      | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                    | 415.0626     | kcal              | Carbohydrate       | 39.0126      | g            |

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Scheduled Menu Plans

|       |                                   |              |                  |     |
|-------|-----------------------------------|--------------|------------------|-----|
| A610  | CALZONE SAUSAGE SMART MOUTH       | 1            | 1 CALZONE        | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 391.2501     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 39.9376      | g                |     |
| A129  | GRAB N GO WG TURKEY SAND.<br>MEAL | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 573.7155     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 81.6087      | g                |     |
| A183  | GRAB N GO WG TUNA SAND. MEAL      | 1            | 1 SANDWICH/CHIPS | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 500.9470     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 81.0200      | g                |     |
| A483  | GRAB N GO SALAD-HAM               | 1            | 1 SALAD/ROLL     | 35  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 451.2749     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 39.8738      | g                |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT     | 1            | 1 SALAD/ROLL     | 0   |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 445.9154     | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 40.2201      | g                |     |
| A372  | GREEN BEANS-2017                  | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 28.7489      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 5.8006       | g                |     |
| A070  | CARROTS, COOKED                   | 1            | 1 CUP            | 207 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 44.9850      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 10.4965      | g                |     |
| A003  | SALAD, DARK GREENS                | 1            | 1 CUP            | 69  |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 7.2882       | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 1.1662       | g                |     |
| a360  | CARROT, FRESH SHREDDED            | 1            | 1/4 CUP          | 14  |
|       | <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          | 14  |
|       | <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          | 7   |
|       | <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                |     |
| a7074 | BLUEBERRIES #7074                 | 1            | 1 CUP            | 276 |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Food Energy                       | 78.2460      | kcal             |     |
|       | <b>Nutrient</b>                   | <b>Value</b> | <b>Units</b>     |     |
|       | Carbohydrate                      | 18.9959      | g                |     |

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|      |                            |              |              |     |
|------|----------------------------|--------------|--------------|-----|
| A590 | APPLE WHOLE GOLDEN         | 1            | 1 APPLE      | 69  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 130.0000     | kcal         |     |
|      |                            |              |              |     |
| A532 | APPLE WHOLE GALA           | 1            | 1 APPLE      | 138 |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 139.0768     | kcal         |     |
|      |                            |              |              |     |
| a534 | BANANA                     | 1            | 1 BANANA     | 69  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 110.0000     | kcal         |     |
|      |                            |              |              |     |
| A533 | ORANGE                     | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 50.0368      | kcal         |     |
|      |                            |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467   | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 60.0001      | kcal         |     |
|      |                            |              |              |     |
| A587 | JUICE, BLUE RAZZ           | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 60.0001      | kcal         |     |
|      |                            |              |              |     |
| A577 | MUSTARD, CONDIMENT #1097   | 1            | 1 OUNCE      | 14  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 0.0000       | kcal         |     |
|      |                            |              |              |     |
| A578 | KETCHUP, CONDIMENT #2286   | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 33.3278      | kcal         |     |
|      |                            |              |              |     |
| A591 | KETCHUP, SRIRACHI #2225    | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 24.9959      | kcal         |     |
|      |                            |              |              |     |
| A580 | SAUCE, BBQ #1086           | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 29.1618      | kcal         |     |
|      |                            |              |              |     |
| A582 | DRESSING, ITALIAN FF #1128 | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 13.7074      | kcal         |     |
|      |                            |              |              |     |
| A581 | DRESSING, RANCH OTT #2365  | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 85.8443      | kcal         |     |
|      |                            |              |              |     |
| A592 | DRESSING, CESEAR #1832     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>            | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                | 61.9469      | 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

|      |                                |              |              |                 |              |              |
|------|--------------------------------|--------------|--------------|-----------------|--------------|--------------|
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35              |              |              |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                    | 141.6433     | kcal         | Carbohydrate    | 1.8886       | g            |
| 2154 | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 242             |              |              |
|      | <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            |
| 2139 | MILK STRAW FF CARTON 8 OZ      | 1            | CARTON (1)   | 242             |              |              |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                    | 120.0001     | kcal         | Carbohydrate    | 22.0001      | g            |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ   | 1            | CARTON (1)   | 207             |              |              |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> | <b>Nutrient</b> | <b>Value</b> | <b>Units</b> |
|      | Food Energy                    | 100.0000     | kcal         | Carbohydrate    | 11.0000      | g            |

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 1/31/2020      **Feeding Figure:** 233  
**Base Menu Plan:** 5,177 HS 19-20 JAN BFAST W1D5  
**Menu Comments:**

| Stock Number | Description                 | Serving Size | Measure      | Projected Quantity |              |              |
|--------------|-----------------------------|--------------|--------------|--------------------|--------------|--------------|
| A471         | BISCUIT WG,EGG & CHEESE     | 1            | 1 SANDWICH   | 94                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 289.6601     | kcal         | Carbohydrate       | 28.5666      | g            |
| 2438         | BAR CINN TOAST CRUNCH FRZ   | 1            | PKG (1)      | 47                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 250.0000     | kcal         | Carbohydrate       | 40.0000      | g            |
| A595         | CEREAL, CINN TOAST #2216    | 1            | 1 BOWL       | 24                 |              |              |
|              | <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            |
| A594         | CEREAL, LUCKY CHARM #2162   | 1            | 1 BOWL       | 24                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 110.0000     | kcal         | Carbohydrate       | 23.0000      | g            |
| A572         | POPTART, IW STRAWBERRY WG   | 1            | 1 PKG        | 24                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 180.0000     | kcal         | Carbohydrate       | 38.0000      | g            |
| A573         | POPTART, IW BRWN SUGAR WG   | 1            | 1 PKG        | 21                 |              |              |
|              | <b>Nutrient</b>             | <b>Value</b> | <b>Units</b> | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b> |
|              | Food Energy                 | 180.0000     | kcal         | Carbohydrate       | 37.0000      | g            |
| A569         | CHEESE, STRING MOZ LT #1015 | 1            | 1 PKG (1)    | 117                |              |              |
|              | <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            |

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Scheduled Menu Plans

|      |                              |              |              |    |
|------|------------------------------|--------------|--------------|----|
| a261 | RICECHEX GLUTEN-FREE MEAL    | 1            | 1 BAG        | 0  |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 299.9999     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 37.0000      | g            |    |
| A532 | APPLE WHOLE GALA             | 1            | 1 APPLE      | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 139.0768     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 33.9999      | g            |    |
| a534 | BANANA                       | 1            | 1 BANANA     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 110.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 29.0000      | g            |    |
| A533 | ORANGE                       | 1            | 1 ORANGE     | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 50.0368      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.8837      | g            |    |
| A587 | JUICE, BLUE RAZZ             | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| A588 | JUICE, ROYAL GRAPE #1467     | 1            | 1 CARTON     | 94 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 60.0001      | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 14.0000      | g            |    |
| 2154 | MILK CHOC CARTON FF 8 OZ     | 1            | CARTON (1)   | 94 |
|      | <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            |    |
| 2139 | MILK STRAW FF CARTON 8 OZ    | 1            | CARTON (1)   | 70 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 120.0001     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 22.0001      | g            |    |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1            | CARTON (1)   | 59 |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Food Energy                  | 100.0000     | kcal         |    |
|      | <b>Nutrient</b>              | <b>Value</b> | <b>Units</b> |    |
|      | Carbohydrate                 | 11.0000      | g            |    |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/31/2020

Feeding Figure: 690

Base Menu Plan: 5,126 HS 19-20 LUNCH W2D5

Menu Comments:

| Stock Number | Description        | Serving Size | Measure       | Projected Quantity |
|--------------|--------------------|--------------|---------------|--------------------|
| A354         | CHICKEN NUGGETS WG | 1            | 1 SERVING (7) | 69                 |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy        | 280.0000     | kcal          |                    |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate       | 18.2000      | g             |                    |
| A351         | WAFFLE WG #2356    | 1            | 1 WAFFLE      | 69                 |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Food Energy        | 80.0000      | kcal          |                    |
|              | <b>Nutrient</b>    | <b>Value</b> | <b>Units</b>  |                    |
|              | Carbohydrate       | 12.0000      | g             |                    |

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|      |                                |              |                  |     |
|------|--------------------------------|--------------|------------------|-----|
| A589 | SYRUP PKT SAUER 1.5 OZ #1122   | 1            | 1 PKT            | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 120.0000     | kcal             |     |
| A345 | PIZZA FIESTADA WG #2170        | 1            | 1 PIECE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 340.0001     | kcal             |     |
| A195 | SANDWICH, CHICKEN WG           | 1            | 1 SANDWICH       | 104 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 369.9999     | kcal             |     |
| A541 | POTATO WEDGE FRIES #7090       | 1            | 1/2 CUP          | 276 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 116.1216     | kcal             |     |
| A307 | PIZZA PEPPERONI HOMEMADE       | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 440.1598     | kcal             |     |
| a305 | PIZZA CHEESE HOMEMADE          | 1            | 1 SLICE          | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 430.9694     | kcal             |     |
| A603 | PIZZA HS CHEESE SMART MOUTH    | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 390.0626     | kcal             |     |
| A609 | BREAD CHEESY SMART MOUTH       | 1            | 1 BREAD          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 387.4740     | kcal             |     |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1            | 1 PIZZA          | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 415.0626     | kcal             |     |
| A610 | CALZONE SAUSAGE SMART MOUTH    | 1            | 1 CALZONE        | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 391.2501     | kcal             |     |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 640.0000     | kcal             |     |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1            | 1 SANDWICH/CHIPS | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b>     |     |
|      | Food Energy                    | 650.0000     | kcal             |     |

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Scheduled Menu Plans

|       |                               |              |              |     |
|-------|-------------------------------|--------------|--------------|-----|
| a234  | GRAB N GO YOGURT MEAL W/CINN  | 1            | 1 MEAL       | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 589.9999     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 96.0001      | g            |     |
| A484  | GRAB N GO SALAD-DICED CHICKEN | 1            | 1 SALAD/ROLL | 35  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 437.9153     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 39.2201      | g            |     |
| A485  | GRAB N GO SALAD-BASIC-NO MEAT | 1            | 1 SALAD/ROLL | 30  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 445.9154     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 40.2201      | g            |     |
| A066  | CUCUMBER SALAD                | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 30.9338      | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 7.7645       | g            |     |
| A067  | BEANS, BAKED                  | 1            | 1 CUP        | 207 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 274.0415     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 51.9446      | g            |     |
| A003  | SALAD, DARK GREENS            | 1            | 1 CUP        | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 7.2882       | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 1.1662       | g            |     |
| a360  | CARROT, FRESH SHREDDED        | 1            | 1/4 CUP      | 14  |
|       | <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      | 14  |
|       | <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      | 7   |
|       | <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            |     |
| A586  | APPLESAUCE                    | 1            | 1 CUP        | 276 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 105.6606     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 27.4718      | g            |     |
| A590  | APPLE WHOLE GOLDEN            | 1            | 1 APPLE      | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 130.0000     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 33.9999      | g            |     |
| A532  | APPLE WHOLE GALA              | 1            | 1 APPLE      | 138 |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 139.0768     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 33.9999      | g            |     |
| a534  | BANANA                        | 1            | 1 BANANA     | 69  |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Food Energy                   | 110.0000     | kcal         |     |
|       |                               |              |              |     |
|       | <b>Nutrient</b>               | <b>Value</b> | <b>Units</b> |     |
|       | Carbohydrate                  | 29.0000      | g            |     |

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|      |                                |              |              |     |
|------|--------------------------------|--------------|--------------|-----|
| A533 | ORANGE                         | 1            | 1 ORANGE     | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 50.0368      | kcal         |     |
|      |                                |              |              |     |
| A587 | JUICE, BLUE RAZZ               | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      |                                |              |              |     |
| A588 | JUICE, ROYAL GRAPE #1467       | 1            | 1 CARTON     | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 60.0001      | kcal         |     |
|      |                                |              |              |     |
| A578 | KETCHUP, CONDIMENT #2286       | 1            | 1 OUNCE      | 173 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 33.3278      | kcal         |     |
|      |                                |              |              |     |
| A591 | KETCHUP, SRIRACHI #2225        | 1            | 1 OUNCE      | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 24.9959      | kcal         |     |
|      |                                |              |              |     |
| A577 | MUSTARD, CONDIMENT #1097       | 1            | 1 OUNCE      | 21  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 0.0000       | kcal         |     |
|      |                                |              |              |     |
| A580 | SAUCE, BBQ #1086               | 1            | 1 OUNCE      | 14  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 29.1618      | kcal         |     |
|      |                                |              |              |     |
| A582 | DRESSING, ITALIAN FF #1128     | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 13.7074      | kcal         |     |
|      |                                |              |              |     |
| A581 | DRESSING, RANCH OTT #2365      | 1            | 1 OUNCE      | 69  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 85.8443      | kcal         |     |
|      |                                |              |              |     |
| A592 | DRESSING, CESEAR #1832         | 1            | 1 OUNCE      | 7   |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 61.9469      | kcal         |     |
|      |                                |              |              |     |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1            | 1 OUNCE      | 35  |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 141.6433     | kcal         |     |
|      |                                |              |              |     |
| 2154 | MILK CHOC CARTON FF 8 OZ       | 1            | CARTON (1)   | 242 |
|      | <b>Nutrient</b>                | <b>Value</b> | <b>Units</b> |     |
|      | Food Energy                    | 129.9999     | 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

| Item ID | Item Name                    | Quantity | Unit       | Calculated Value | Calculated Units | Menu Item ID | Menu Item Name  | Quantity | Unit | Calculated Value | Calculated Units |
|---------|------------------------------|----------|------------|------------------|------------------|--------------|-----------------|----------|------|------------------|------------------|
| 2139    | MILK STRAW FF CARTON 8 OZ    | 1        | CARTON (1) |                  |                  | 242          |                 |          |      |                  |                  |
|         | <b>Nutrient</b>              |          |            | <b>Value</b>     | <b>Units</b>     |              | <b>Nutrient</b> |          |      | <b>Value</b>     | <b>Units</b>     |
|         | Food Energy                  |          |            | 120.0001         | kcal             |              | Carbohydrate    |          |      | 22.0001          | g                |
| 1027    | MILK 1% WHITE LF CARTON 8 OZ | 1        | CARTON (1) |                  |                  | 207          |                 |          |      |                  |                  |
|         | <b>Nutrient</b>              |          |            | <b>Value</b>     | <b>Units</b>     |              | <b>Nutrient</b> |          |      | <b>Value</b>     | <b>Units</b>     |
|         | Food Energy                  |          |            | 100.0000         | kcal             |              | Carbohydrate    |          |      | 11.0000          | g                |

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