



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/6/2020

Feeding Figure: 60

Base Menu Plan: 5,146 IA HS BFAST W1D1 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	45.0000	g
A328	NOTABLES COCOA BOWL #2063	1	1 PACK	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/6/2020 **Feeding Figure:** 80
Base Menu Plan: 4,954 IA HS LUNCH W1D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	92
Nutrient		Value	Units	
Food Energy		369.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	92
Nutrient		Value	Units	
Food Energy		10.4961	kcal	
Nutrient		Value	Units	
Carbohydrate		2.0652	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	92
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0001	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
A057	BROCCOLI, STEAMED	1	1 CUP	22
Nutrient		Value	Units	
Food Energy		56.4227	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0487	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	
7035	PEACHES SLICED LS	1	CUP	22
Nutrient		Value	Units	
Food Energy		120.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		28.0001	g	

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Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/7/2020

Feeding Figure: 60

Base Menu Plan: 5,147 IA HS BFAST W1D2 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	Nutrient
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	Nutrient
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	139.0768	kcal	Carbohydrate
				33.9999 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/7/2020 **Feeding Figure:** 80
Base Menu Plan: 4,955 IA HS LUNCH W1D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	92
	Nutrient	Value	Units	
	Food Energy	306.9601	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.4799	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
7045	SALSA	1	1/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A069	BEANS, REFRIED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A359	CORN, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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Scheduled Menu Plans

7039	PEARS SLICED LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/8/2020

Feeding Figure: 60

Base Menu Plan: 5,148 IA HS BFAST W1D3 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A328	NOTABLES COCOA BOWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch
Date: 1/8/2020
Base Menu Plan: 4,956 IA HS LUNCH W1D3 19-20
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 80

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	209.6520	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7765	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	92
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A372	GREEN BEANS-2017	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	28.7489	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8006	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A7078	STRAWBERRIES #7112	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/9/2020

Feeding Figure: 60

Base Menu Plan: 5,149 IA HS BFAST W1D4 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/9/2020

Feeding Figure: 80

Base Menu Plan: 4,957 IA HS LUNCH W1D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	92
	Nutrient	Value	Units	
	Food Energy	287.0395	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.8427	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0431	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.4271	g	

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Independence Central Office

Scheduled Menu Plans

A012	PEAS	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7029	FRUIT MIXED	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/10/2020 **Feeding Figure:** 60
Base Menu Plan: 5,150 IA HS BFAST W1D5 JAN 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/10/2020

Feeding Figure: 80

Base Menu Plan: 1,004,680 IA HS LUNCH W1D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	92
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
A067	BEANS, BAKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	274.0415	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7074	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9959	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	82.1084	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.4745	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	169.0114	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.5575	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/13/2020

Feeding Figure: 68

Base Menu Plan: 5,151 IA HS BFAST W2D1 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	55
	Nutrient	Value	Units	Nutrient
	Food Energy	230.0000	kcal	Carbohydrate
				36.0000 g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				31.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				23.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				59.0001 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	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)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/13/2020 **Feeding Figure:** 108
Base Menu Plan: 4,959 IA HS LUNCH W2D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A196	MANDARIN ORANGE CHICKEN	1	1/2 CUP	92
Nutrient		Value	Units	
Food Energy		148.2952	kcal	
Nutrient		Value	Units	
Carbohydrate		18.7840	g	
A552	RICE, STIR FRIED	1	1 CUP	92
Nutrient		Value	Units	
Food Energy		113.5140	kcal	
Nutrient		Value	Units	
Carbohydrate		17.0117	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	92
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
Nutrient		Value	Units	
Food Energy		573.7155	kcal	
Nutrient		Value	Units	
Carbohydrate		81.6087	g	
A011	VEGETABLES, MIXED	1	1 CUP	22
Nutrient		Value	Units	
Food Energy		76.7782	kcal	
Nutrient		Value	Units	
Carbohydrate		16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	
1350	PINEAPPLE BITS IN LS	1	CUP	22
Nutrient		Value	Units	
Food Energy		139.8944	kcal	
Nutrient		Value	Units	
Carbohydrate		33.9744	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/14/2020

Feeding Figure: 68

Base Menu Plan: 5,152 IA HS BFAST W2D2 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	38.0000 g

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Independence Central Office

Scheduled Menu Plans

A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/14/2020

Feeding Figure: 108

Base Menu Plan: 4,960 IA HS LUNCH W2D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	87
	Nutrient	Value	Units	
	Food Energy	254.4123	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7681	g	
A016	RICE, MEXICAN-STYLE	1	1 CUP	87
	Nutrient	Value	Units	
	Food Energy	157.6401	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9757	g	
7045	SALSA	1	Ounce	87
	Nutrient	Value	Units	
	Food Energy	8.8527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7705	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A057	BROCCOLI, STEAMED	1	1 CUP	44
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7035	PEACHES SLICED LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/15/2020

Feeding Figure: 68

Base Menu Plan: 5,153 IA HS BFAST W2D3 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	55
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/15/2020 **Feeding Figure:** 108
Base Menu Plan: 4,961 IA HS LUNCH W2D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	92
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	116.1216	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.3536	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.4271	g	

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Independence Central Office

Scheduled Menu Plans

A070	CARROTS, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
a7074	BLUEBERRIES #7074	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	49
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	4
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/16/2020

Feeding Figure: 68

Base Menu Plan: 5,154 IA HS BFAST W2D4 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	Nutrient	Value	Units	
	Food Energy	259.4904	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/16/2020 **Feeding Figure:** 108
Base Menu Plan: 4,962 IA HS LUNCH W2D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	92
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	92
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	

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Independence Central Office

Scheduled Menu Plans

A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A372	GREEN BEANS-2017	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	28.7489	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8006	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A050	APPLES, HOT SPICED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.7682	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/17/2020 **Feeding Figure:** 68
Base Menu Plan: 5,155 IA HS BFAST W2D5 JAN 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/17/2020 **Feeding Figure:** 108
Base Menu Plan: 557 IA HS 19-20 CHILI
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	204.8990	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8847	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	92
	Nutrient	Value	Units	
	Food Energy	4.9537	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A302	CINNAMON ROLLS PREMADE	1	1 ROLL	92
	Nutrient	Value	Units	
	Food Energy	345.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1330	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	92
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A359	CORN, COOKED	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
7039	PEARS SLICED LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/21/2020 **Feeding Figure:** 68
Base Menu Plan: 5,147 IA HS BFAST W1D2 JAN 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9150	g	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/21/2020 **Feeding Figure:** 108
Base Menu Plan: 4,965 IA HS LUNCH W3D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN	1	1 NACHO	92
	Nutrient	Value	Units	
	Food Energy	460.6936	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2176	g	
7045	SALSA	1	1/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A069	BEANS, REFRIED	1	1/2 CUP	22
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A359	CORN, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7039	PEARS SLICED LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	23.0000 g

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/22/2020 **Feeding Figure:** 68
Base Menu Plan: 5,148 IA HS BFAST W1D3 JAN 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/22/2020 **Feeding Figure:** 108
Base Menu Plan: 4,966 IA HS LUNCH W3D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	159.8090	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3769	g	
1361	BREADSTICK WG	1	STICK (1)	92
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A372	GREEN BEANS-2017	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	28.7489	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8006	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/23/2020

Feeding Figure: 68

Base Menu Plan: 5,149 IA HS BFAST W1D4 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Carbohydrate	31.0000 g
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Carbohydrate	38.0000 g

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/23/2020

Feeding Figure: 108

Base Menu Plan: 4,967 IA HS LUNCH W3D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.2000	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.4271	g	
A012	PEAS	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5745	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2463	JUICE KIWI-STRAWBERRY	1	SERVING 4.4 OZ	81
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	4
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/24/2020

Feeding Figure: 68

Base Menu Plan: 5,150 IA HS BFAST W1D5 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/24/2020

Feeding Figure: 108

Base Menu Plan: 4,968 IA HS LUNCH W3D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	

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Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7074	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	78.2460	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9959	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/27/2020 **Feeding Figure:** 68
Base Menu Plan: 5,151 IA HS BFAST W2D1 JAN 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/27/2020 **Feeding Figure:** 108
Base Menu Plan: 4,969 IA HS LUNCH W4D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	92
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.8287	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	92
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A057	BROCCOLI, STEAMED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/28/2020

Feeding Figure: 68

Base Menu Plan: 5,152 IA HS BFAST W2D2 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Carbohydrate	38.0000 g
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Carbohydrate	0.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Carbohydrate	38.0000 g
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
			Carbohydrate	37.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
			Carbohydrate	18.3074 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Carbohydrate	14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Carbohydrate	12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
			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)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/28/2020 **Feeding Figure:** 108
Base Menu Plan: 4,970 IA HS LUNCH W4D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	92
Nutrient		Value	Units	
Food Energy		479.2583	kcal	
Nutrient		Value	Units	
Carbohydrate		42.2677	g	
7045	SALSA	1	Tbsp	92
Nutrient		Value	Units	
Food Energy		5.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		1.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
A069	BEANS, REFRIED	1	1/2 CUP	17
Nutrient		Value	Units	
Food Energy		38.1667	kcal	
Nutrient		Value	Units	
Carbohydrate		3.2487	g	
A056	CORN, MEXICALI	1	1 CUP	27
Nutrient		Value	Units	
Food Energy		244.6047	kcal	
Nutrient		Value	Units	
Carbohydrate		44.5689	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		75.1369	kcal	
Nutrient		Value	Units	
Carbohydrate		13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	22
Nutrient		Value	Units	
Food Energy		77.7012	kcal	
Nutrient		Value	Units	
Carbohydrate		20.2023	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/29/2020

Feeding Figure: 68

Base Menu Plan: 5,153 IA HS BFAST W2D3 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	55
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	

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Independence Central Office

Scheduled Menu Plans

A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/29/2020

Feeding Figure: 108

Base Menu Plan: 4,971 IA HS LUNCH W4D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	92
	Nutrient	Value	Units	
	Food Energy	249.9894	kcal	
			Carbohydrate	38.9410 g

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Independence Central Office

Scheduled Menu Plans

2416	FORTUNE COOKIE 40002	1	PKG (1)	92
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A011	VEGETABLES, MIXED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.4271	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.4998	g	
1350	PINEAPPLE BITS IN LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	139.8944	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9744	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 1/30/2020

Feeding Figure: 68

Base Menu Plan: 5,154 IA HS BFAST W2D4 JAN 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	Nutrient	Value	Units	
	Food Energy	259.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.4986	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9150	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/30/2020 **Feeding Figure:** 108
Base Menu Plan: 4,972 IA HS LUNCH W4D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A325	BEEF FINGERS #2074	1	4 FINGERS	92
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	92
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	

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Independence Central Office

Scheduled Menu Plans

A070	CARROTS, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7039	PEARS SLICED LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	4
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/31/2020 **Feeding Figure:** 68
Base Menu Plan: 5,155 IA HS BFAST W2D5 JAN 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	7
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 1/31/2020 **Feeding Figure:** 108
Base Menu Plan: 4,973 IA HS LUNCH W4D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A553	PIZZA PEPPERONI WG#2449 TONY	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
A372	GREEN BEANS-2017	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	28.7489	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8006	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A050	APPLES, HOT SPICED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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