



Independence Central Office

Scheduled Menu Plans

3000 G. C. Bingham Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/6/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	123		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	40.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A532	APPLE WHOLE GALA	1	1 APPLE	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	139.0768	kcal	Carbohydrate	33.9999	g
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2503	kcal	Carbohydrate	7.4219	g
a534	BANANA	1	1 BANANA	26		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A587	JUICE, BLUE RAZZ	1	1 CARTON	88		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	17
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	24
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A1223	CARROTS BABY 20LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	35.0206	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.0047	g	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6555	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	

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1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/7/2020 **Feeding Figure:** 251
Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	123
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	63
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	26
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/7/2020 **Feeding Figure:** 700
Base Menu Plan: 4,850 MS 19-20 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	215
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0322	g	
7045	SALSA	1	1/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	81
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	27
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	

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A455	POTATO SWT TRAX #2384	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	38
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.7678	g	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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A7078	STRAWBERRIES #7112	1	3/4 CUP	215
	Nutrient		Value	Units
	Food Energy		58.2774	kcal
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient		Value	Units
	Food Energy		110.0000	kcal
2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient		Value	Units
	Food Energy		139.0768	kcal
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient		Value	Units
	Food Energy		130.0000	kcal
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient		Value	Units
	Food Energy		60.0001	kcal
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient		Value	Units
	Food Energy		60.0001	kcal
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient		Value	Units
	Food Energy		33.3278	kcal
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient		Value	Units
	Food Energy		24.9959	kcal
1097	MUSTARD	1	Ounce	11
	Nutrient		Value	Units
	Food Energy		0.0000	kcal
1086	SAUCE BBQ	1	Ounce	11
	Nutrient		Value	Units
	Food Energy		29.1618	kcal
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient		Value	Units
	Food Energy		85.8443	kcal
1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient		Value	Units
	Food Energy		13.7074	kcal
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient		Value	Units
	Food Energy		61.9469	kcal

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
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)	108
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)	54
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/8/2020 **Feeding Figure:** 350
Base Menu Plan: 5,170 MS BIC JAN 19-20 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123
Nutrient		Value	Units	
	Food Energy	176.5800	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
Nutrient		Value	Units	
	Food Energy	80.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
Nutrient		Value	Units	
	Food Energy	280.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
Nutrient		Value	Units	
	Food Energy	280.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
	Food Energy	299.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
Nutrient		Value	Units	
	Food Energy	139.0768	kcal	
Nutrient		Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	38
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	26
Nutrient		Value	Units	
	Food Energy	50.0368	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.8837	g	

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A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/8/2020 **Feeding Figure:** 700
Base Menu Plan: 1,004,689 MS 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A149	CHILI DOG	1	1 CHILI DOG	215
	Nutrient	Value	Units	
	Food Energy	442.1441	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.6458	g	
A453	LASAGNA ROLLUP WG	1	1 PIECE	54
	Nutrient	Value	Units	
	Food Energy	319.6179	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.7537	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	54
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	108
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	

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A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	17
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	24
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.7936	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1103	PICKLE RELISH	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/9/2020 **Feeding Figure:** 251
Base Menu Plan: 5,171 MS BIC JAN 19-20 W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	123
	Nutrient	Value	Units	
	Food Energy	20.0071	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0014	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	63
	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

A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
Nutrient		Value	Units	
	Food Energy	31.2503	kcal	
Nutrient		Value	Units	
	Carbohydrate	7.4219	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
Nutrient		Value	Units	
	Food Energy	60.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
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)	86
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)	83
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/9/2020 **Feeding Figure:** 700
Base Menu Plan: 5,115 MS 19-20 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	215
Nutrient		Value	Units	
	Food Energy	200.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	13.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	215
Nutrient		Value	Units	
	Food Energy	59.4904	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	215
Nutrient		Value	Units	
	Food Energy	85.3963	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	215
Nutrient		Value	Units	
	Food Energy	178.5303	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.0164	g	
A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	54
Nutrient		Value	Units	
	Food Energy	319.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	54
Nutrient		Value	Units	
	Food Energy	45.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	7.5000	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	38
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.3483	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	58.7000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.2507	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1086	SAUCE BBQ	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/10/2020 **Feeding Figure:** 251
Base Menu Plan: 5,172 MS BIC JAN 19-20 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	123
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	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	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	63
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/10/2020 **Feeding Figure:** 700
Base Menu Plan: 4,853 MS 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2442	CHICKEN NASHVILLE HOT CHUNKS	1	SERVING (10/4.5 OZ)	215
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A564	TOAST, WG GARLIC #2468	1	1 SLICE	215
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.3327	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	

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Independence Central Office

Scheduled Menu Plans

A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	
1221	POTATO FRIES SPICY	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A066	CUCUMBER SALAD	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A067	BEANS, BAKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	205.5676	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9654	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/13/2020 **Feeding Figure:** 251
Base Menu Plan: 5,168 MS BIC JAN 19-20 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	123
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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Independence Central Office

Scheduled Menu Plans

A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	63
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
a534	BANANA	1	1 BANANA	26
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	88
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/13/2020

Feeding Figure: 537

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A236	SRIRACHI CHICKEN	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	256.5849	kcal	
A552	RICE, STIR FRIED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	85.1356	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	54
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	54
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
A499	SAUSAGE #2405	1	1 PATTY	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A1223	CARROTS BABY 20LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	35.0206	kcal	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A584	PEARS, LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/14/2020

Feeding Figure: 251

Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	123
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	63
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	26
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/14/2020

Feeding Figure: 537

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	215
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.2677	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	108
	Nutrient	Value	Units	
	Food Energy	20.0071	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0014	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	

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Independence Central Office

Scheduled Menu Plans

A069	BEANS, REFRIED	1	1/2 CUP	81
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	54
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9494	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	27
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	

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Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.7678	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	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)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/15/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	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

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	38
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	26
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch
Date: 1/15/2020
Base Menu Plan: 4,856 MS 19-20 LUNCH W2D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 537

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.8287	g	

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	215
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	54
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
A576	PEACHES, LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/16/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A575	SALSA, CONDIMENT	1	1/4 CUP	123
	Nutrient	Value	Units	
	Food Energy	20.0071	kcal	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	63
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch
Date: 1/16/2020
Base Menu Plan: 4,857 MS 19-20 LUNCH W2D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 537

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	215
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	

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Independence Central Office

Scheduled Menu Plans

A055	POTATOES, AUGRATIN	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	215
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	54
	Nutrient	Value	Units	
	Food Energy	506.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	27
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	

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Independence Central Office

Scheduled Menu Plans

A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.3483	g	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	58.7000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.2507	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	Nutrient
	Food Energy	24.9959	kcal	Carbohydrate
				6.6656 g
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	Nutrient
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	Nutrient
	Food Energy	61.9469	kcal	Carbohydrate
				2.6549 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/17/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	123
	Nutrient	Value	Units	Nutrient
	Food Energy	260.0000	kcal	Carbohydrate
				45.0000 g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g

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Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	63
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Lunch
Date: 1/17/2020
Base Menu Plan: 2,880 MS 19-20 CHILI
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 537

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	204.8990	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8847	g	

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Independence Central Office

Scheduled Menu Plans

A585	CRACKERS WG IW 2PACK	1	2 PKG (4 CRACKERS)	215
	Nutrient	Value	Units	
	Food Energy	4.9500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9932	g	
A302	CINNAMON ROLLS PREMADE	1	1 ROLL	215
	Nutrient	Value	Units	
	Food Energy	345.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1330	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	215
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	54
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	81
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A593	POTATO SPICY FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	140.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	

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Independence Central Office

Scheduled Menu Plans

A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	25
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A066	CUCUMBER SALAD	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A586	APPLESAUCE	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	71.9539	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7080	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	403
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/21/2020

Feeding Figure: 251

Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	123
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	63
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	26
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	37.5315	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9137	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch
Date: 1/21/2020
Base Menu Plan: 4,850 MS 19-20 LUNCH W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 537

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	215
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0322	g	
7045	SALSA	1	1/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	81
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	27
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	38
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	

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Independence Central Office

Scheduled Menu Plans

A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.7678	g	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	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

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast
Date: 1/22/2020
Base Menu Plan: 5,170 MS BIC JAN 19-20 W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 251

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	38
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1 ORANGE	26
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/22/2020

Feeding Figure: 537

Base Menu Plan: 5,116 MS 19-20 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A149	CHILI DOG	1	1 CHILI DOG	215
	Nutrient	Value	Units	Nutrient
	Food Energy	442.1441	kcal	Carbohydrate
				32.6458 g
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	54
	Nutrient	Value	Units	Nutrient
	Food Energy	116.3326	kcal	Carbohydrate
				6.5002 g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	54
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				21.0000 g
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	Nutrient
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	Nutrient
	Food Energy	354.0000	kcal	Carbohydrate
				39.0001 g
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	Nutrient
	Food Energy	10.4961	kcal	Carbohydrate
				2.0652 g
1219	POTATO TATER TOTS	1	SERVING 9 PIECES	108
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				17.0000 g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	Nutrient
	Food Energy	640.0000	kcal	Carbohydrate
				86.0000 g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	Nutrient
	Food Energy	650.0000	kcal	Carbohydrate
				84.9998 g
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	Nutrient
	Food Energy	527.4787	kcal	Carbohydrate
				82.7924 g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	Nutrient
	Food Energy	440.1598	kcal	Carbohydrate
				51.6833 g

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Independence Central Office

Scheduled Menu Plans

A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	17
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	24
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A011	VEGETABLES, MIXED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
7035	PEACHES SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1103	PICKLE RELISH	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/23/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A551	EGG, TAC-GO, IW #2444	1	1 PKG	123		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	14.0000	g
A575	SALSA, CONDIMENT	1	1/4 CUP	123		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0071	kcal	Carbohydrate	4.0014	g
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	160.0000	kcal	Carbohydrate	30.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	101		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
A532	APPLE WHOLE GALA	1	1 APPLE	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	139.0768	kcal	Carbohydrate	33.9999	g
a534	BANANA	1	1 BANANA	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2503	kcal	Carbohydrate	7.4219	g
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.6087	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	38
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.4971	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6833	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.3483	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/24/2020 **Feeding Figure:** 251
Base Menu Plan: 5,172 MS BIC JAN 19-20 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	123
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	63
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	

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Independence Central Office

Scheduled Menu Plans

A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	11.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
			Nutrient	Value
			Carbohydrate	22.0001 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/24/2020 **Feeding Figure:** 537
Base Menu Plan: 4,853 MS 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2442	CHICKEN NASHVILLE HOT CHUNKS	1	SERVING (10/4.5 OZ)	215
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	15.0000 g
A564	TOAST, WG GARLIC #2468	1	1 SLICE	215
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g
A101	RIB-Q ON BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
			Nutrient	Value
			Carbohydrate	35.3327 g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
			Nutrient	Value
			Carbohydrate	86.0000 g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
			Nutrient	Value
			Carbohydrate	84.9998 g
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
			Nutrient	Value
			Carbohydrate	82.7924 g
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
			Nutrient	Value
			Carbohydrate	0.0000 g

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
1221	POTATO FRIES SPICY	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A066	CUCUMBER SALAD	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
A067	BEANS, BAKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	205.5676	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/27/2020 **Feeding Figure:** 251
Base Menu Plan: 5,168 MS BIC JAN 19-20 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	123
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	63
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
a534	BANANA	1	1 BANANA	26
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	88
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	83
	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)	86
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/27/2020 **Feeding Figure:** 537
Base Menu Plan: 4,854 MS 19-20 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A236	SRIRACHI CHICKEN	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	256.5849	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.9063	g	
A552	RICE, STIR FRIED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	85.1356	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.7588	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	54
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	54
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	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	

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Independence Central Office

Scheduled Menu Plans

A425	POTATO CRINKLE FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A1223	CARROTS BABY 20LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	35.0206	kcal	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	

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Independence Central Office

Scheduled Menu Plans

A584	PEARS, LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
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)	108
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)	54
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/28/2020 **Feeding Figure:** 251
Base Menu Plan: 5,169 MS BIC JAN 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	123
Nutrient		Value	Units	
	Food Energy	240.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	63
Nutrient		Value	Units	
	Food Energy	160.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
Nutrient		Value	Units	
	Food Energy	80.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
	Food Energy	299.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	37.0000	g	
A532	APPLE WHOLE GALA	1	1 APPLE	63
Nutrient		Value	Units	
	Food Energy	139.0768	kcal	
Nutrient		Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	26
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
Nutrient		Value	Units	
	Food Energy	37.5315	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.9137	g	

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Independence Central Office

Scheduled Menu Plans

A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/28/2020 **Feeding Figure:** 537
Base Menu Plan: 4,855 MS 19-20 LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	215
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.2677	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	108
	Nutrient	Value	Units	
	Food Energy	20.0071	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0014	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	81
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	54
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9494	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	27
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	22.5882	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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Independence Central Office

Scheduled Menu Plans

A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	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)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/29/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	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	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	38
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1 ORANGE	26
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/29/2020

Feeding Figure: 537

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	215
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	54
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
A576	PEACHES, LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	

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Independence Central Office

Scheduled Menu Plans

A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	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)	108
	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)	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/30/2020 **Feeding Figure:** 251
Base Menu Plan: 5,171 MS BIC JAN 19-20 W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	123
	Nutrient	Value	Units	
	Food Energy	20.0071	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0014	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	63
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/30/2020

Feeding Figure: 537

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	215
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
A055	POTATOES, AUGRATIN	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	215
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	54
	Nutrient	Value	Units	
	Food Energy	506.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	54
	Nutrient	Value	Units	
	Food Energy	573.7155	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	27
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	0
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.5507	kcal	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	58.7000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.2507	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 1/31/2020

Feeding Figure: 251

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	123
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

A532	APPLE WHOLE GALA	1	1 APPLE	63
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
a534	BANANA	1	1 BANANA	63
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
A587	JUICE, BLUE RAZZ	1	1 CARTON	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 1/31/2020 **Feeding Figure:** 537
Base Menu Plan: 4,858 MS 19-20 LUNCH W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	215
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A351	WAFFLE WG #2356	1	1 WAFFLE	215
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A589	SYRUP PKT SAUER 1.5 OZ #1122	1	1 PKT	215
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	54
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	54
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A593	POTATO SPICY FRIES	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	140.0001	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	27
	Nutrient	Value	Units	
	Food Energy	430.9694	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	17
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	24
	Nutrient	Value	Units	
	Food Energy	440.1598	kcal	
A067	BEANS, BAKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	205.5676	kcal	
A066	CUCUMBER SALAD	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A586	APPLESAUCE	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	71.9539	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7080	g	
A590	APPLE WHOLE GOLDEN	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
A532	APPLE WHOLE GALA	1	1 APPLE	27
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
a534	BANANA	1	1 BANANA	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A588	JUICE, ROYAL GRAPE #1467	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A587	JUICE, BLUE RAZZ	1	1 CARTON	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A591	KETCHUP, SRIRACHI #2225	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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

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



Independence Central Office

Scheduled Menu Plans

Item ID	Item Name	Quantity	Unit	Total
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	27
	Nutrient		Value	Units
	Food Energy		85.8443 kcals	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	Nutrient		Value	Units
	Food Energy		13.7074 kcals	
A592	DRESSING, CESEAR #1832	1	1 OUNCE	6
	Nutrient		Value	Units
	Food Energy		61.9469 kcals	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient		Value	Units
	Food Energy		129.9999 kcals	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient		Value	Units
	Food Energy		120.0001 kcals	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient		Value	Units
	Food Energy		100.0000 kcals	

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