



Independence Central Office

Scheduled Menu Plans

4090 Cassell Park

Serving Period: Breakfast
Date: 1/2/2020
Base Menu Plan: 2,331 OPEN SITE EL 16-17 BFAST
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 50

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	125
	Nutrient	Value	Units	Nutrient
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	123
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	250
	Nutrient	Value	Units	Nutrient
	Food Energy	51.0000	kcal	Carbohydrate
				14.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	Nutrient	Value	Units	Nutrient
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch
Date: 1/2/2020
Base Menu Plan: 4,647 OPEN SITE EL 18-19 lunch
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 75

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	273
	Nutrient	Value	Units	Nutrient
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A359	CORN, COOKED	1	1/2 CUP	273
	Nutrient	Value	Units	Nutrient
	Food Energy	99.2998	kcal	Carbohydrate
				20.8661 g

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1435	COOKIE SMART PR WG	1	PKG (1.0 OZ)	273
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
7039	PEARS SLICED LS	1	1/2 CUP	273
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	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)	110
	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)	110
	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)	55
	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-5

Date: 1/3/2020

Feeding Figure: 50

Base Menu Plan: 1,004,681 OPEN SITE EL 16-17 BFAST

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	125
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	123
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
7071	PEACH CUPS FROZEN	1	CUP (1)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	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)	85
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-5
Date: 1/3/2020 **Feeding Figure:** 75
Base Menu Plan: 2,937 OPENSITE/BRWN BAG#2 LUNCH 2017
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	273
Nutrient		Value	Units	
	Food Energy	330.5906	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.5318	g	
1912	CHEEZ-IT WHOLE GRAIN	1	PKG (1)	273
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
A1223	CARROTS BABY 20LBS	1	1/2 CUP	273
Nutrient		Value	Units	
	Food Energy	23.3334	kcal	
Nutrient		Value	Units	
	Carbohydrate	5.3333	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	273
Nutrient		Value	Units	
	Food Energy	51.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	178
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)	14
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)	82
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-5
Date: 1/6/2020 **Feeding Figure:** 250
Base Menu Plan: 5,160 EL BFAST 19-20 W1D1
Menu Comments:

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Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	48
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	50
	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)	100
	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	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/6/2020

Feeding Figure: 350

Base Menu Plan: 4,804 EL 19-20 LUNCH W1D1

Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	192
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A351	WAFFLE WG #2356	1	1 WAFFLE	192
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	192
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	69
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.3327	g	
1911	CHEETO PUFF	1	PKG (1)	69
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	279.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A067	BEANS, BAKED	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	137.0807	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.9837	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	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	3
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1086	SAUCE BBQ	1	Ounce	55
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	41
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/7/2020

Feeding Figure: 250

Base Menu Plan: 5,158 EL BFAST 19-20 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	150
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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)	85
	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: 1/7/2020
Base Menu Plan: 4,805 EL 19-20 LUNCH W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 350

Stock Number	Description	Serving Size	Measure	Projected Quantity
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	69
	Nutrient	Value	Units	
	Food Energy	364.4885	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
a539	FIESTA NACHO-CHICKEN	1	1 NACHO	192
	Nutrient	Value	Units	
	Food Energy	460.6936	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.2176	g	
7045	SALSA	1	1/4 CUP	192
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	

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A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.0199	g	
A069	BEANS, REFRIED	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.2487	g	
A359	CORN, COOKED	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0952	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
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-5
Date: 1/8/2020 **Feeding Figure:** 250
Base Menu Plan: 5,161 EL BFAST 19-20 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	150
Nutrient		Value	Units	
Food Energy		22.0768	kcal	
Nutrient		Value	Units	
Carbohydrate		4.4153	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	50
Nutrient		Value	Units	
Food Energy		160.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		30.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
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	
a534	BANANA	1	1 BANANA	188
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
Nutrient		Value	Units	
Food Energy		120.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0001	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	
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-5
Date: 1/8/2020 **Feeding Figure:** 350
Base Menu Plan: 4,806 EL 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	164
Nutrient		Value	Units	
	Food Energy	324.6268	kcal	
Nutrient		Value	Units	
	Carbohydrate	40.8287	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	164
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0000	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	110
Nutrient		Value	Units	
	Food Energy	267.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	33.0001	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	0
Nutrient		Value	Units	
	Food Energy	250.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.9999	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	137
Nutrient		Value	Units	
	Food Energy	28.2507	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.5307	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
Nutrient		Value	Units	
	Food Energy	7.2882	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
Nutrient		Value	Units	
	Food Energy	11.6147	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
Nutrient		Value	Units	
	Food Energy	8.1076	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	3
Nutrient		Value	Units	
	Food Energy	65.0014	kcal	
Nutrient		Value	Units	
	Carbohydrate	6.0002	g	

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Independence Central Office

Scheduled Menu Plans

1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1097	MUSTARD	1	Ounce	14
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	137
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/9/2020

Feeding Figure: 250

Base Menu Plan: 5,159 EL BFAST 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	150
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	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	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	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)	85
	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-5

Date: 1/9/2020

Feeding Figure: 350

Base Menu Plan: 4,807 EL 19-20 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	164
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	164
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A005	POTATOES, MASHED	1	1/2 CUP	164
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	

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Independence Central Office

Scheduled Menu Plans

A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	164
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A114	BURRITO	1	1 BURRITO	110
	Nutrient	Value	Units	
	Food Energy	308.6858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9919	g	
7045	SALSA	1	1/4 CUP	110
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	0
	Nutrient	Value	Units	
	Food Energy	279.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	14.3733	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9001	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	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	3
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	39.1500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.5045	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	28
	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

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
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)	82
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)	110
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast
Date: 1/10/2020
Base Menu Plan: 5,162 EL BFAST 19-20 W1D5
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 250

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
Nutrient		Value	Units	
	Food Energy	260.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	45.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	50
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	48
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)	100
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	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
Nutrient		Value	Units	
	Food Energy	31.2503	kcal	
Nutrient		Value	Units	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
Nutrient		Value	Units	
	Food Energy	60.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
Nutrient		Value	Units	
	Food Energy	120.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

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)	85
	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-5
Date: 1/10/2020 **Feeding Figure:** 350
Base Menu Plan: 4,808 EL 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	192
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	69
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9150	g	
A499	SAUSAGE #2405	1	1 PATTY	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.0199	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1223	CARROT BABY 20 LBS	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	29.1667	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6666	g	
7039	PEARS SLICED LS	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	205
	Nutrient	Value	Units	
	Food Energy	186.0849	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.8630	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
1128	ITALIAN FF MARZETT	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5

Date: 1/13/2020

Feeding Figure: 250

Base Menu Plan: 5,160 EL BFAST 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	48
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	50
	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)	100
	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	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/13/2020

Feeding Figure: 350

Base Menu Plan: 4,809 EL 19-20 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	110
	Nutrient	Value	Units	
	Food Energy	209.6520	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7765	g	

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Independence Central Office

Scheduled Menu Plans

A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	110
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
A365	HOTDOG	1	1 HOTDOG	137
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	279.9999	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	14.3733	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
A576	PEACHES, LS	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	137
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A579	RELISH, CONDIMENT	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	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)	82
	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)	82
	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)	110
	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-5
Date: 1/14/2020 **Feeding Figure:** 250
Base Menu Plan: 5,158 EL BFAST 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	150
	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)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	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	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63
	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

A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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)	85
	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-5
Date: 1/14/2020 **Feeding Figure:** 350
Base Menu Plan: 4,810 EL 19-20 LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	110
	Nutrient	Value	Units	
	Food Energy	300.6201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.1395	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	110
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	110
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	137
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	137
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.0199	g	
A583	RICE KRISPY COCOA #2407	1	1 PKG	260
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.0000	g	

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Independence Central Office

Scheduled Menu Plans

A070	CARROTS, COOKED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	22.5109	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A050	APPLES, HOT SPICED	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	121.4842	kcal	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	6
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A580	SAUCE, BBQ #1086	1	1 OUNCE	9
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
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-5
Date: 1/15/2020 **Feeding Figure:** 250
Base Menu Plan: 5,161 EL BFAST 19-20 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	150
Nutrient		Value	Units	
Food Energy		22.0768	kcal	
Nutrient		Value	Units	
Carbohydrate		4.4153	g	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	48
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	50
Nutrient		Value	Units	
Food Energy		160.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		30.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
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	
a534	BANANA	1	1 BANANA	188
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
Nutrient		Value	Units	
Food Energy		120.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0001	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	
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-5
Date: 1/15/2020 **Feeding Figure:** 350
Base Menu Plan: 4,811 EL 19-20 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A380	FISH-WG FISH NUGGETS #2399	1	4 NUGGETS	110
	Nutrient	Value	Units	
	Food Energy	250.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A033	SAUCE, TARTER	1	1 OZ	110
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9494	g	
A015	MAC AND CHEESE	1	1/2 CUP	110
	Nutrient	Value	Units	
	Food Energy	235.7995	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0593	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	137
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	28.2507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5307	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.4998	g	
A047	STRAWBERRIES AND BLUEBERRIES	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	67.1170	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.6585	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	55
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5

Date: 1/16/2020

Feeding Figure: 250

Base Menu Plan: 5,179 EL BFAST 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	150
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	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

A328	NOTABLES COCOA BWL #2063	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	188
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	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)	85
	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-5

Date: 1/16/2020

Feeding Figure: 350

Base Menu Plan: 4,812 EL 19-20 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	110
	Nutrient	Value	Units	
	Food Energy	227.0069	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.9442	g	
A005	POTATOES, MASHED	1	1/2 CUP	110
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	

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Independence Central Office

Scheduled Menu Plans

A026	ROLLS, WHEAT, WG	1	2 OUNCE	110
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	110
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0431	g	
A338	NACHO BITES #2265	1	8 SERVING	137
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	137
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	279.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A359	CORN, COOKED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	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	3
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A584	PEARS, LS	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	

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Scheduled Menu Plans

A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5
Date: 1/17/2020 **Feeding Figure:** 250
Base Menu Plan: 5,180 EL BFAST 19-20 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	50
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	48
	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)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	3
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
7166	MIXED BERRIES FROZEN CUPS	1	CUP (1)	188
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	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

A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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)	85
	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-5
Date: 1/17/2020 **Feeding Figure:** 350
Base Menu Plan: 5,163 EL 19-20 CHILI JAN 2020
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	110
	Nutrient	Value	Units	
	Food Energy	204.8990	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8847	g	
A585	CRACKERS WG IW 2PACK	1	2 PKG (4 CRACKERS)	110
	Nutrient	Value	Units	
	Food Energy	4.9500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9932	g	
A302	CINNAMON ROLLS PREMADE	1	1 ROLL	110
	Nutrient	Value	Units	
	Food Energy	345.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1330	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	110
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	137
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	26
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.0199	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4649	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A586	APPLESAUCE	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	47.9966	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.4791	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5

Date: 1/21/2020

Feeding Figure: 250

Base Menu Plan: 5,158 EL BFAST 19-20 W1D2

Menu Comments:

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	150
	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)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	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	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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)	85
	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-5

Date: 1/21/2020

Feeding Figure: 350

Base Menu Plan: 4,815 EL 19-20 LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A332	WG PANINI HOT HAM/CHZ 2019	1	1 SANDWICH	69
	Nutrient	Value	Units	
	Food Energy	293.9229	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	192
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
7045	SALSA	1	1/4 CUP	192
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	38.1667	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	28.2507	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	14
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5
Date: 1/22/2020 **Feeding Figure:** 250
Base Menu Plan: 5,161 EL BFAST 19-20 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	150
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4153	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	50
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	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

a534	BANANA	1	1 BANANA	188
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	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	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 1/22/2020 **Feeding Figure:** 350
Base Menu Plan: 4,816 EL 19-20 LUNCH W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	192
	Nutrient	Value	Units	
	Food Energy	159.8090	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3769	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	192
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	69
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
A359	CORN, COOKED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	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	3
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
1097	MUSTARD	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	41
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1128	ITALIAN FF MARZETT	1	Ounce	28
	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)	82
	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)	82
	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)	110
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/23/2020

Feeding Figure: 250

Base Menu Plan: 5,159 EL BFAST 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	150		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	40.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	48		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	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
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125		
	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
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/23/2020

Feeding Figure: 350

Base Menu Plan: 5,181 EL 19-20 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	192
	Nutrient	Value	Units	Nutrient
	Food Energy	219.9999	kcal	Carbohydrate
				6.0000 g
A005	POTATOES, MASHED	1	1/2 CUP	192
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A140	COUNTRY GRAVY	1	2 OZ	192
	Nutrient	Value	Units	Nutrient
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	192
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g
A101	RIB-Q ON BUN	1	1 SANDWICH	69
	Nutrient	Value	Units	Nutrient
	Food Energy	354.5808	kcal	Carbohydrate
				35.3327 g
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
	Nutrient	Value	Units	Nutrient
	Food Energy	279.9999	kcal	Carbohydrate
				38.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	137
	Nutrient	Value	Units	Nutrient
	Food Energy	14.3733	kcal	Carbohydrate
				2.9001 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	Nutrient
	Food Energy	7.2882	kcal	Carbohydrate
				1.1662 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	Nutrient
	Food Energy	82.4860	kcal	Carbohydrate
				15.5007 g

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Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7074	1	1/2 CUP	205
	Nutrient	Value	Units	Nutrient
	Food Energy	39.1500	kcal	Carbohydrate
				9.5045 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
1128	ITALIAN FF MARZETT	1	Ounce	28
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
A580	SAUCE, BBQ #1086	1	1 OUNCE	41
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/24/2020

Feeding Figure: 250

Base Menu Plan: 5,162 EL BFAST 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
	Nutrient	Value	Units	Nutrient
	Food Energy	260.0000	kcal	Carbohydrate
				45.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	50
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	48
	Nutrient	Value	Units	Nutrient
	Food Energy	160.0000	kcal	Carbohydrate
				29.0000 g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	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)	85
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/24/2020

Feeding Figure: 350

Base Menu Plan: 5,182 EL 19-20 LUNCH W3D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	192
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	69
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	69
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	

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Independence Central Office

Scheduled Menu Plans

A252	CHERRY CRISP w/o stabilizer	1	1 piece	192
	Nutrient	Value	Units	
	Food Energy	186.0849	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.8630	g	
A1223	CARROTS BABY 20LBS	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	23.3334	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.3333	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
7039	PEARS SLICED LS	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/27/2020

Feeding Figure: 250

Base Menu Plan: 5,160 EL BFAST 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	
			Carbohydrate	31.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	48
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Nutrient	
			Carbohydrate	38.0000 g
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	50
	Nutrient	Value	Units	
	Food Energy	160.0000	kcal	
			Nutrient	
			Carbohydrate	29.0000 g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Nutrient	
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
			Nutrient	
			Carbohydrate	37.0000 g
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
			Nutrient	
			Carbohydrate	7.0000 g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	
			Carbohydrate	14.0000 g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Nutrient	
			Carbohydrate	12.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
			Nutrient	
			Carbohydrate	22.0001 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	
			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	
			Carbohydrate	11.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/27/2020

Feeding Figure: 273

Base Menu Plan: 4,819 EL 19-20 LUNCH W4D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	192		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	369.9999	kcal	Carbohydrate	39.0001	g
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	192		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	10.4961	kcal	Carbohydrate	2.0652	g
A531	MAC AND CHEESE TWISTED	1	1 CUP	69		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	346.7246	kcal	Carbohydrate	19.1286	g
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	279.9999	kcal	Carbohydrate	38.0000	g
A011	VEGETABLES, MIXED	1	1/2 CUP	137		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.4764	kcal	Carbohydrate	8.4649	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	28		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.2882	kcal	Carbohydrate	1.1662	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g
A576	PEACHES, LS	1	1/2 CUP	205		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g

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Independence Central Office

Scheduled Menu Plans

A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	41
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5

Date: 1/28/2020

Feeding Figure: 250

Base Menu Plan: 5,158 EL BFAST 19-20 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	150
	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)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	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)	85
	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-5
Date: 1/28/2020 **Feeding Figure:** 273
Base Menu Plan: 4,820 EL 19-20 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	192
	Nutrient	Value	Units	
	Food Energy	254.4123	kcal	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	192
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
A575	SALSA, CONDIMENT	1	1/4 CUP	192
	Nutrient	Value	Units	
	Food Energy	22.0768	kcal	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	69
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A521	MARINARA, CONDIMENT	1	1/4 CUP	69
	Nutrient	Value	Units	
	Food Energy	49.9500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3250	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.0199	g	
A359	CORN, COOKED	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0952	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	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)	82
	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)	82
	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)	110
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 1/29/2020

Feeding Figure: 250

Base Menu Plan: 5,161 EL BFAST 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	14.0000	g
A575	SALSA, CONDIMENT	1	1/4 CUP	150		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	22.0768	kcal	Carbohydrate	4.4153	g
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1919	NUTRIGRAIN BLUEBERRY	1	PKG (1)	50		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	160.0000	kcal	Carbohydrate	30.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100		
	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
a534	BANANA	1	1 BANANA	188		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	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

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-5
Date: 1/29/2020 **Feeding Figure:** 273
Base Menu Plan: 5,189 EL 19-20 LUNCH W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	192
Nutrient		Value	Units	
Food Energy		249.9894	kcal	
Nutrient		Value	Units	
Carbohydrate		38.9410	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	69
Nutrient		Value	Units	
Food Energy		354.5808	kcal	
Nutrient		Value	Units	
Carbohydrate		35.3327	g	
1911	CHEETO PUFF	1	PKG (1)	69
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	12
Nutrient		Value	Units	
Food Energy		250.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		29.9999	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	137
Nutrient		Value	Units	
Food Energy		28.2507	kcal	
Nutrient		Value	Units	
Carbohydrate		4.5307	g	
A612	PINEAPPLE TIDBITS #1350	1	1/2 CUP	205
Nutrient		Value	Units	
Food Energy		70.0425	kcal	
Nutrient		Value	Units	
Carbohydrate		17.0103	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.9999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	

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Independence Central Office

Scheduled Menu Plans

a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	2.6306	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.4998	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	69
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A579	RELISH, CONDIMENT	1	1 OUNCE	14
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	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-5

Date: 1/30/2020

Feeding Figure: 250

Base Menu Plan: 5,159 EL BFAST 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	150
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	48
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	

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Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	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	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	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)	85
	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: 1/30/2020
Base Menu Plan: 4,822 EL 19-20 LUNCH W4D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 273

Stock Number	Description	Serving Size	Measure	Projected Quantity
A325	BEEF FINGERS #2074	1	4 FINGERS	192
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	192
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	192
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	

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Scheduled Menu Plans

A026	ROLLS, WHEAT, WG	1	2 OUNCE	192
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A338	NACHO BITES #2265	1	8 SERVING	69
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	69
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	279.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A012	PEAS	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	80.0832	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.8032	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	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	3
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A584	PEARS, LS	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	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)	110
	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-5
Date: 1/31/2020 **Feeding Figure:** 250
Base Menu Plan: 5,162 EL BFAST 19-20 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	50
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1869	NUTRIGRAIN BAR STRAW	1	BAR (1)	48
	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)	100
	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	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	188
	Nutrient	Value	Units	
	Food Energy	31.2503	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

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)	85
	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-5
Date: 1/31/2020 **Feeding Figure:** 273
Base Menu Plan: 4,823 EL 19-20 LUNCH W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	192
	Nutrient	Value	Units	
	Food Energy	344.3325	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7154	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	192
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A553	PIZZA PEPPERONI WG#2449 TONY	1	1 PIECE	69
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	Nutrient	Value	Units	
	Food Energy	550.9630	kcal	
	Nutrient	Value	Units	
	Carbohydrate	54.0199	g	
A372	GREEN BEANS-2017	1	1/2 CUP	137
	Nutrient	Value	Units	
	Food Energy	14.3733	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.9001	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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Independence Central Office

Scheduled Menu Plans

A050	APPLES, HOT SPICED	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	121.4842	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.3734	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	110
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	28
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	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)	82
	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)	110
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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