



Independence Central Office

Scheduled Menu Plans

6060 William Southern Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/3/2019

Feeding Figure: 325

Base Menu Plan: 4,700 SMR 2019 K-8 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	Nutrient
	Food Energy	290.7334	kcal	Carbohydrate
				61.2617 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	204
	Nutrient	Value	Units	Nutrient
	Food Energy	51.0000	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/3/2019

Feeding Figure: 375

Base Menu Plan: 4,714 SMR 2019 K-8 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
	Nutrient	Value	Units	Nutrient
	Food Energy	170.0000	kcal	Carbohydrate
				9.0000 g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	366
	Nutrient	Value	Units	Nutrient
	Food Energy	48.6349	kcal	Carbohydrate
				3.5943 g
A012	PEAS	1	3/4 CUP	366
	Nutrient	Value	Units	Nutrient
	Food Energy	156.5470	kcal	Carbohydrate
				26.9482 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	366
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g

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a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
a360	CARROT, FRESH SHREDED	1	1/4 CUP	4
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	Nutrient
	Food Energy	75.1369	kcal	Carbohydrate
				13.7866 g
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	183
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1086	SAUCE BBQ	1	Ounce	19
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/4/2019

Feeding Figure: 325

Base Menu Plan: 4,701 SMR 2019 K-8 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g

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Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/4/2019 **Feeding Figure:** 375
Base Menu Plan: 4,715 SMR 2019 K-8 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	0
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	366
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.3337	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	

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2365	DRESSING RANCH OTT'S	1	Ounce	19
	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)	366
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 6/5/2019
Base Menu Plan: 4,702 SMR 2019 K-8 BFAST W1D3
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-8
Feeding Figure: 325

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	269
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	62.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	231
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4756	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 6/5/2019
Base Menu Plan: 4,716 SMR 2019 K-8 LUNCH W1D3
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-8
Feeding Figure: 375

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	0
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.0273	g	

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A069	BEANS, REFRIED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
A359	CORN, COOKED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	345.8538	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	366
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	147
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/6/2019

Feeding Figure: 325

Base Menu Plan: 4,703 SMR 2019 K-8 BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	
	Food Energy	290.7334	kcal	

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/6/2019

Feeding Figure: 375

Base Menu Plan: 4,717 SMR 2019 K-8 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	0
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
A140	COUNTRY GRAVY	1	2 OZ	366
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	366
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	366
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	

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Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	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	4
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	8
	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)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/7/2019

Feeding Figure: 325

Base Menu Plan: 4,704 SMR 2019 K-8 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/7/2019 **Feeding Figure:** 375
Base Menu Plan: 4,718 SMR 2019 K-8 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	297.1623	kcal	Carbohydrate	27.5669	g
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	366		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	19.0000	g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	366		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	366		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	207.0536	kcal	Carbohydrate	13.1969	g
2365	DRESSING RANCH OTT'S	1	Ounce	19		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/10/2019 **Feeding Figure:** 325
Base Menu Plan: 4,700 SMR 2019 K-8 BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	
	Food Energy	290.7334	kcal	
	Nutrient	Value	Units	
	Carbohydrate	61.2617	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	204
	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)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/10/2019 **Feeding Figure:** 375
Base Menu Plan: 4,714 SMR 2019 K-8 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
	Nutrient	Value	Units	
	Food Energy	170.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	48.6349	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.5943	g	
A012	PEAS	1	3/4 CUP	366
	Nutrient	Value	Units	
	Food Energy	156.5470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9482	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	183
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/11/2019

Feeding Figure: 325

Base Menu Plan: 4,701 SMR 2019 K-8 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/11/2019 **Feeding Figure:** 375
Base Menu Plan: 4,715 SMR 2019 K-8 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	0
Nutrient		Value	Units	
Food Energy		419.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		41.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	366
Nutrient		Value	Units	
Food Energy		45.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	366
Nutrient		Value	Units	
Food Energy		17.5420	kcal	
Nutrient		Value	Units	
Carbohydrate		3.3337	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	366
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	4
Nutrient		Value	Units	
Food Energy		65.0014	kcal	
Nutrient		Value	Units	
Carbohydrate		6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
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)	366
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/12/2019 **Feeding Figure:** 325
Base Menu Plan: 4,702 SMR 2019 K-8 BFAST W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	269			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		299.9999	kcal	Carbohydrate		62.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		240.0000	kcal	Carbohydrate		39.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	231			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		52.5100	kcal	Carbohydrate		13.4756	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/12/2019 **Feeding Figure:** 375
Base Menu Plan: 4,716 SMR 2019 K-8 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	0			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		461.4527	kcal	Carbohydrate		42.0273	g
A069	BEANS, REFRIED	1	1/2 CUP	366			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		131.7402	kcal	Carbohydrate		20.3267	g
A359	CORN, COOKED	1	1/2 CUP	366			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		345.8538	kcal	Carbohydrate		73.5998	g

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7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	366
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	147
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/13/2019

Feeding Figure: 325

Base Menu Plan: 4,703 SMR 2019 K-8 BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	
	Food Energy	290.7334	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/13/2019 **Feeding Figure:** 375
Base Menu Plan: 4,717 SMR 2019 K-8 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	0
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	366
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	366
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	366
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.5072	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0952	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	8
	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)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/14/2019

Feeding Figure: 325

Base Menu Plan: 4,704 SMR 2019 K-8 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Scheduled Menu Plans

Serving Period: Lunch
Date: 6/14/2019
Base Menu Plan: 4,718 SMR 2019 K-8 LUNCH W1D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 375

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	297.1623	kcal	Carbohydrate	27.5669	g
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	19.0000	g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	207.0536	kcal	Carbohydrate	13.1969	g
2365	DRESSING RANCH OTT'S	1	Ounce	19		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 6/17/2019
Base Menu Plan: 4,700 SMR 2019 K-8 BFAST W1D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 271

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	290.7334	kcal	Carbohydrate	61.2617	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g

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Scheduled Menu Plans

7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	204
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)	109
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/17/2019 **Feeding Figure:** 366
Base Menu Plan: 4,714 SMR 2019 K-8 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
Nutrient		Value	Units	
	Food Energy	170.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.0000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	366
Nutrient		Value	Units	
	Food Energy	48.6349	kcal	
Nutrient		Value	Units	
	Carbohydrate	3.5943	g	
A012	PEAS	1	3/4 CUP	366
Nutrient		Value	Units	
	Food Energy	156.5470	kcal	
Nutrient		Value	Units	
	Carbohydrate	26.9482	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	366
Nutrient		Value	Units	
	Food Energy	81.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	19.8000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
Nutrient		Value	Units	
	Food Energy	7.1576	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
Nutrient		Value	Units	
	Food Energy	11.6147	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
Nutrient		Value	Units	
	Food Energy	8.1076	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
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

2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	183
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	19
	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)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/18/2019 **Feeding Figure:** 271
Base Menu Plan: 4,701 SMR 2019 K-8 BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/18/2019 **Feeding Figure:** 366
Base Menu Plan: 4,715 SMR 2019 K-8 LUNCH W1D2
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	419.9999	kcal	Carbohydrate	41.0001	g
1310	SAUCE MARINARA	1	(2 OZ) SERVING	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	45.0000	kcal	Carbohydrate	7.5000	g
A372	GREEN BEANS-2017	1	1/2 CUP	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	17.5420	kcal	Carbohydrate	3.3337	g
1348	PEARS SLICED IN LS	1	SERVING 1/2 CUP	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	19		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	4		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	4		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
2365	DRESSING RANCH OTT'S	1	Ounce	19		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/19/2019 **Feeding Figure:** 271
Base Menu Plan: 4,702 SMR 2019 K-8 BFAST W1D3
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	269			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		299.9999	kcal	Carbohydrate		62.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		240.0000	kcal	Carbohydrate		39.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	231			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		52.5100	kcal	Carbohydrate		13.4756	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		129.9999	kcal	Carbohydrate		24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/19/2019

Feeding Figure: 366

Base Menu Plan: 4,716 SMR 2019 K-8 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	0			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		461.4527	kcal	Carbohydrate		42.0273	g
A069	BEANS, REFRIED	1	1/2 CUP	366			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		131.7402	kcal	Carbohydrate		20.3267	g
A359	CORN, COOKED	1	1/2 CUP	366			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		345.8538	kcal	Carbohydrate		73.5998	g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	366			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		51.0000	kcal	Carbohydrate		14.0000	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	19			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		7.1576	kcal	Carbohydrate		1.1981	g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	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)	147
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/20/2019 **Feeding Figure:** 271
Base Menu Plan: 4,703 SMR 2019 K-8 BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	
	Food Energy	290.7334	kcal	
	Nutrient	Value	Units	
	Carbohydrate	61.2617	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/20/2019

Feeding Figure: 366

Base Menu Plan: 4,717 SMR 2019 K-8 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	0
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
			Carbohydrate	11.0000 g
A140	COUNTRY GRAVY	1	2 OZ	366
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
			Carbohydrate	8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
			Carbohydrate	18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	366
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
			Carbohydrate	20.0000 g
A057	BROCCOLI, STEAMED	1	3/4 CUP	366
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
			Carbohydrate	44.5072 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
			Carbohydrate	10.0952 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
			Carbohydrate	1.1981 g
a360	CARROT, FRESH SHREDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
			Carbohydrate	2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
			Carbohydrate	1.7522 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
			Carbohydrate	15.5007 g
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
			Carbohydrate	4.2922 g

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	8
	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)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/21/2019 **Feeding Figure:** 271
Base Menu Plan: 4,704 SMR 2019 K-8 BFAST W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/21/2019 **Feeding Figure:** 366
Base Menu Plan: 4,718 SMR 2019 K-8 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0
	Nutrient	Value	Units	
	Food Energy	297.1623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5669	g	
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	366
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	366
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	366
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.1969	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	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)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/24/2019

Feeding Figure: 271

Base Menu Plan: 4,700 SMR 2019 K-8 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	
	Food Energy	290.7334	kcal	
	Nutrient	Value	Units	
	Carbohydrate	61.2617	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	204
	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)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/24/2019 **Feeding Figure:** 366
Base Menu Plan: 4,714 SMR 2019 K-8 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	0
Nutrient		Value	Units	
Food Energy		170.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	366
Nutrient		Value	Units	
Food Energy		48.6349	kcal	
Nutrient		Value	Units	
Carbohydrate		3.5943	g	
A012	PEAS	1	3/4 CUP	366
Nutrient		Value	Units	
Food Energy		156.5470	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9482	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	366
Nutrient		Value	Units	
Food Energy		81.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		19.8000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
Nutrient		Value	Units	
Food Energy		75.1369	kcal	
Nutrient		Value	Units	
Carbohydrate		13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
Nutrient		Value	Units	
Food Energy		85.8443	kcal	
Nutrient		Value	Units	
Carbohydrate		4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	183
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

1086	SAUCE BBQ	1	Ounce	19
	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)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 6/25/2019
Base Menu Plan: 4,701 SMR 2019 K-8 BFAST W1D2
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-8
Feeding Figure: 271

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	204
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 6/25/2019
Base Menu Plan: 4,715 SMR 2019 K-8 LUNCH W1D2
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-8
Feeding Figure: 366

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	0
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	

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Independence Central Office

Scheduled Menu Plans

1310	SAUCE MARINARA	1	(2 OZ) SERVING	366
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.3337	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	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)	366
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/26/2019

Feeding Figure: 271

Base Menu Plan: 4,702 SMR 2019 K-8 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	269
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	62.0000	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	231
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4756	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/26/2019 **Feeding Figure:** 366
Base Menu Plan: 4,716 SMR 2019 K-8 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	0
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.0273	g	
A069	BEANS, REFRIED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A359	CORN, COOKED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	345.8538	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.5998	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	366
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	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	4
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	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)	147
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/27/2019 **Feeding Figure:** 271
Base Menu Plan: 4,703 SMR 2019 K-8 BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	Nutrient	Value	Units	
	Food Energy	290.7334	kcal	
	Nutrient	Value	Units	
	Carbohydrate	61.2617	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/27/2019 **Feeding Figure:** 366
Base Menu Plan: 4,717 SMR 2019 K-8 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	0
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
A140	COUNTRY GRAVY	1	2 OZ	366
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	366
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	366
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	38.8278	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/28/2019 **Feeding Figure:** 271
Base Menu Plan: 4,704 SMR 2019 K-8 BFAST W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	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	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/28/2019 **Feeding Figure:** 366
Base Menu Plan: 4,718 SMR 2019 K-8 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	0
	Nutrient	Value	Units	
	Food Energy	297.1623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5669	g	
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	366
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	

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Independence Central Office

Scheduled Menu Plans

1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	366
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	366
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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