



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/3/2019

Feeding Figure: 296

Base Menu Plan: 4,729 SMR 2019 HS BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	146
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0001	kcal	Carbohydrate
				59.0000 g
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	148
	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
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	Nutrient
	Food Energy	91.9264	kcal	Carbohydrate
				21.9065 g
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	Nutrient
	Food Energy	47.1954	kcal	Carbohydrate
				12.0781 g
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/3/2019

Feeding Figure: 650

Base Menu Plan: 4,734 SMR 2019 HS LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	630
	Nutrient	Value	Units	Nutrient
	Food Energy	238.0000	kcal	Carbohydrate
				12.6000 g

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A531	MAC AND CHEESE TWISTED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	48.6349	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.5943	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	
A012	PEAS	1	3/4 CUP	839
	Nutrient	Value	Units	
	Food Energy	156.5470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9482	g	
1347	PEACHES SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5999	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
a534	BANANA	1	1 BANANA	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	336
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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2286	KETCHUP JUG WITH PUMP	1	Ounce	420
Nutrient		Value	Units	
	Food Energy	33.3278	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	42
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)	336
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)	504
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/4/2019 **Feeding Figure:** 296
Base Menu Plan: 4,730 SMR 2019 HS BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
Nutrient		Value	Units	
	Food Energy	280.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
Nutrient		Value	Units	
	Food Energy	280.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	57.0000	g	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
Nutrient		Value	Units	
	Food Energy	91.9264	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
Nutrient		Value	Units	
	Food Energy	47.1954	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
Nutrient		Value	Units	
	Food Energy	105.0201	kcal	
Nutrient		Value	Units	
	Carbohydrate	26.9512	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
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)	148
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/4/2019 **Feeding Figure:** 650
Base Menu Plan: 4,735 SMR 2019 HS LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	630
Nutrient		Value	Units	
	Food Energy	779.7307	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.9793	g	
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	630
Nutrient		Value	Units	
	Food Energy	50.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	68
Nutrient		Value	Units	
	Food Energy	515.7825	kcal	
Nutrient		Value	Units	
	Carbohydrate	70.0617	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
Nutrient		Value	Units	
	Food Energy	486.0833	kcal	
Nutrient		Value	Units	
	Carbohydrate	69.9291	g	
A372	GREEN BEANS-2017	1	1 CUP	839
Nutrient		Value	Units	
	Food Energy	35.0868	kcal	
Nutrient		Value	Units	
	Carbohydrate	6.6679	g	
1348	PEARS SLICD IN LS	1	CUP	420
Nutrient		Value	Units	
	Food Energy	159.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	40.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
Nutrient		Value	Units	
	Food Energy	91.9264	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
Nutrient		Value	Units	
	Food Energy	47.1954	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
Nutrient		Value	Units	
	Food Energy	105.0201	kcal	
Nutrient		Value	Units	
	Carbohydrate	26.9512	g	

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1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/5/2019

Feeding Figure: 296

Base Menu Plan: 4,731 SMR 2019 HS BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	

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1333	BANANAS PREM 40LB	1	MEDIUM BANANA	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/5/2019

Feeding Figure: 650

Base Menu Plan: 4,736 SMR 2019 HS LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	630
	Nutrient	Value	Units	
	Food Energy	399.9049	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
A510	PEPPER/ONION BLEND	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	20.8007	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
A359	CORN, COOKED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	371.0491	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	420
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	

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1329	ORANGE 138 CT	1	ORANGE (1)	168
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/6/2019

Feeding Figure: 296

Base Menu Plan: 4,732 SMR 2019 HS BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
			Carbohydrate	59.0000 g

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A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98		
	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
1319	APPLE RED 138 CT	1	APPLE (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	91.9264	kcal	Carbohydrate	21.9065	g
1329	ORANGE 138 CT	1	ORANGE (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	47.1954	kcal	Carbohydrate	12.0781	g
1333	BANANAS PREM 40LB	1	BANANA (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148		
	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)	148		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/6/2019

Feeding Figure: 650

Base Menu Plan: 4,737 SMR 2019 HS LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	630		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000	g
A140	COUNTRY GRAVY	1	2 OZ	630		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A005	POTATOES, MASHED	1	1/2 CUP	630		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g

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A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	630
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	101
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
	Nutrient	Value	Units	
	Carbohydrate	69.9291	g	
A057	BROCCOLI, STEAMED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	53.1193	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.7658	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	26
	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)	336
	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)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/7/2019

Feeding Figure: 296

Base Menu Plan: 4,733 SMR 2019 HS BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	

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

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/7/2019 **Feeding Figure:** 650
Base Menu Plan: 4,740 SMR 2019 HS LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	630
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
A1223	CARROTS BABY 30LBS	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	839
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/10/2019

Feeding Figure: 296

Base Menu Plan: 4,729 SMR 2019 HS BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	146
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	148
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/10/2019

Feeding Figure: 839

Base Menu Plan: 4,734 SMR 2019 HS LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	630
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	48.6349	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.5943	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	
A012	PEAS	1	3/4 CUP	839
	Nutrient	Value	Units	
	Food Energy	156.5470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9482	g	

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Independence Central Office

Scheduled Menu Plans

1347	PEACHES SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
a534	BANANA	1	1 BANANA	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	336
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/11/2019 **Feeding Figure:** 296
Base Menu Plan: 4,730 SMR 2019 HS BFAST W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
Nutrient		Value	Units	
Food Energy		280.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
Nutrient		Value	Units	
Food Energy		280.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		57.0000	g	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
Nutrient		Value	Units	
Food Energy		91.9264	kcal	
Nutrient		Value	Units	
Carbohydrate		21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
Nutrient		Value	Units	
Food Energy		47.1954	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
Nutrient		Value	Units	
Food Energy		105.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
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)	148
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 9-12

Date: 6/11/2019

Feeding Figure: 839

Base Menu Plan: 4,735 SMR 2019 HS LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	630
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
			Nutrient	Value
			Carbohydrate	59.9793 g
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	630
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	9.0000 g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	68
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
			Nutrient	Value
			Carbohydrate	70.0617 g
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
			Nutrient	Value
			Carbohydrate	69.9291 g
A372	GREEN BEANS-2017	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
			Nutrient	Value
			Carbohydrate	6.6679 g
1348	PEARS SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
			Nutrient	Value
			Carbohydrate	40.0000 g
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
			Nutrient	Value
			Carbohydrate	21.9065 g
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
			Nutrient	Value
			Carbohydrate	12.0781 g
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
			Nutrient	Value
			Carbohydrate	26.9512 g
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
			Nutrient	Value
			Carbohydrate	1.1981 g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	17			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	11.6147	kcal		Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	17			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	8.1076	kcal		Carbohydrate	1.7522	g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	65.0014	kcal		Carbohydrate	6.0002	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/12/2019 **Feeding Figure:** 296
Base Menu Plan: 4,731 SMR 2019 HS BFAST W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	280.0001	kcal		Carbohydrate	59.0000	g
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146			
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	240.0000	kcal		Carbohydrate	39.0000	g
1319	APPLE RED 138 CT	1	APPLE (1)	74			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	91.9264	kcal		Carbohydrate	21.9065	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	74			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	105.0201	kcal		Carbohydrate	26.9512	g
1329	ORANGE 138 CT	1	ORANGE (1)	74			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	47.1954	kcal		Carbohydrate	12.0781	g

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/13/2019

Feeding Figure: 296

Base Menu Plan: 4,732 SMR 2019 HS BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/13/2019

Feeding Figure: 839

Base Menu Plan: 4,737 SMR 2019 HS LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	630
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	630
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	630
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	101
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	

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Independence Central Office

Scheduled Menu Plans

A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
	Nutrient	Value	Units	
	Carbohydrate	69.9291	g	
A057	BROCCOLI, STEAMED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	53.1193	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.7658	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	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	26
	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)	336
	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)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/14/2019 **Feeding Figure:** 296
Base Menu Plan: 4,733 SMR 2019 HS BFAST W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	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 9-12

Date: 6/14/2019

Feeding Figure: 839

Base Menu Plan: 4,740 SMR 2019 HS LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	630		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	267.0000	kcal	Carbohydrate	33.0001	g
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	630		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	87.8623	kcal	Carbohydrate	19.8736	g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	639.8272	kcal	Carbohydrate	68.3951	g
A1223	CARROTS BABY 30LBS	1	1 CUP	839		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6900	kcal	Carbohydrate	9.3442	g
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	839		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	207.0536	kcal	Carbohydrate	13.1969	g
1319	APPLE RED 138 CT	1	APPLE (1)	210		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	91.9264	kcal	Carbohydrate	21.9065	g
1329	ORANGE 138 CT	1	ORANGE (1)	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	47.1954	kcal	Carbohydrate	12.0781	g
1333	BANANAS PREM 40LB	1	BANANA (1)	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	336		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
A003	SALAD, DARK GREENS	1	1 CUP	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	210
	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)	336
	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)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/17/2019

Feeding Figure: 296

Base Menu Plan: 4,729 SMR 2019 HS BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	146
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	148
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/17/2019

Feeding Figure: 839

Base Menu Plan: 4,734 SMR 2019 HS LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	630
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	48.6349	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
A012	PEAS	1	3/4 CUP	839
	Nutrient	Value	Units	
	Food Energy	156.5470	kcal	
1347	PEACHES SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	

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Independence Central Office

Scheduled Menu Plans

a534	BANANA	1	1 BANANA	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	336
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/18/2019

Feeding Figure: 296

Base Menu Plan: 4,730 SMR 2019 HS BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/18/2019

Feeding Figure: 839

Base Menu Plan: 4,735 SMR 2019 HS LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	630
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	630
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	68
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
	Nutrient	Value	Units	
	Carbohydrate	69.9291	g	
A372	GREEN BEANS-2017	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
1348	PEARS SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	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

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	

Serving Period: Breakfast
Date: 6/19/2019
Base Menu Plan: 4,731 SMR 2019 HS BFAST W1D3
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
Nutrient		Value	Units	
	Food Energy	280.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
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	
1319	APPLE RED 138 CT	1	APPLE (1)	74
Nutrient		Value	Units	
	Food Energy	91.9264	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	74
Nutrient		Value	Units	
	Food Energy	105.0201	kcal	
Nutrient		Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
Nutrient		Value	Units	
	Food Energy	47.1954	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0781	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
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)	148
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 6/19/2019
Base Menu Plan: 4,736 SMR 2019 HS LUNCH W1D3
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 839

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	630
	Nutrient	Value	Units	
	Food Energy	399.9049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.5728	g	
A069	BEANS, REFRIED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A510	PEPPER/ONION BLEND	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	20.8007	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.2002	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	
A359	CORN, COOKED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	371.0491	kcal	
	Nutrient	Value	Units	
	Carbohydrate	78.9615	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	420
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	168
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/20/2019

Feeding Figure: 296

Base Menu Plan: 4,732 SMR 2019 HS BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/20/2019 **Feeding Figure:** 839
Base Menu Plan: 4,737 SMR 2019 HS LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	630
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	630
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	630
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	101
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
	Nutrient	Value	Units	
	Carbohydrate	69.9291	g	
A057	BROCCOLI, STEAMED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	53.1193	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.7658	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 6/21/2019
Base Menu Plan: 4,733 SMR 2019 HS BFAST W1D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0001	kcal	Carbohydrate	59.0000	g
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146		
	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	240.0000	kcal	Carbohydrate	39.0000	g
1319	APPLE RED 138 CT	1	APPLE (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	91.9264	kcal	Carbohydrate	21.9065	g
1329	ORANGE 138 CT	1	ORANGE (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	47.1954	kcal	Carbohydrate	12.0781	g
1333	BANANAS PREM 40LB	1	BANANA (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148		
	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)	148		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 6/21/2019
Base Menu Plan: 4,740 SMR 2019 HS LUNCH W1D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	630		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	267.0000	kcal	Carbohydrate	33.0001	g

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Independence Central Office

Scheduled Menu Plans

A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	839
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.1969	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	420
Nutrient		Value	Units	
	Food Energy	33.3278	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	210
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)	336
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)	504
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/24/2019 **Feeding Figure:** 296
Base Menu Plan: 4,729 SMR 2019 HS BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	146
Nutrient		Value	Units	
	Food Energy	280.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	148
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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
Nutrient		Value	Units	
	Food Energy	91.9264	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
Nutrient		Value	Units	
	Food Energy	47.1954	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
Nutrient		Value	Units	
	Food Energy	105.0201	kcal	
Nutrient		Value	Units	
	Carbohydrate	26.9512	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
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

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/24/2019 **Feeding Figure:** 839
Base Menu Plan: 4,734 SMR 2019 HS LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	630
Nutrient		Value	Units	
Food Energy		238.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.6000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	630
Nutrient		Value	Units	
Food Energy		48.6349	kcal	
Nutrient		Value	Units	
Carbohydrate		3.5943	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
Nutrient		Value	Units	
Food Energy		639.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		68.3951	g	
A012	PEAS	1	3/4 CUP	839
Nutrient		Value	Units	
Food Energy		156.5470	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9482	g	
1347	PEACHES SLICD IN LS	1	CUP	420
Nutrient		Value	Units	
Food Energy		162.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.5999	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
Nutrient		Value	Units	
Food Energy		91.9264	kcal	
Nutrient		Value	Units	
Carbohydrate		21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
Nutrient		Value	Units	
Food Energy		47.1954	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0781	g	
a534	BANANA	1	1 BANANA	42
Nutrient		Value	Units	
Food Energy		105.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	336
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	42
	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)	336
	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)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/25/2019

Feeding Figure: 296

Base Menu Plan: 4,730 SMR 2019 HS BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/25/2019

Feeding Figure: 839

Base Menu Plan: 4,735 SMR 2019 HS LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	630
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	630
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	68
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
	Nutrient	Value	Units	
	Carbohydrate	69.9291	g	
A372	GREEN BEANS-2017	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	

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Independence Central Office

Scheduled Menu Plans

1348	PEARS SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/26/2019

Feeding Figure: 296

Base Menu Plan: 4,731 SMR 2019 HS BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	74
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/26/2019 **Feeding Figure:** 839
Base Menu Plan: 4,736 SMR 2019 HS LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	630
	Nutrient	Value	Units	
	Food Energy	399.9049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.5728	g	
A069	BEANS, REFRIED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A510	PEPPER/ONION BLEND	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	20.8007	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.2002	g	

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Independence Central Office

Scheduled Menu Plans

A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	
A359	CORN, COOKED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	371.0491	kcal	
	Nutrient	Value	Units	
	Carbohydrate	78.9615	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	420
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	168
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	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)	336
	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)	504
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/27/2019 **Feeding Figure:** 296
Base Menu Plan: 4,732 SMR 2019 HS BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
Nutrient		Value	Units	
Food Energy		280.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		59.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
Nutrient		Value	Units	
Food Energy		280.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		57.0000	g	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
Nutrient		Value	Units	
Food Energy		91.9264	kcal	
Nutrient		Value	Units	
Carbohydrate		21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
Nutrient		Value	Units	
Food Energy		47.1954	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
Nutrient		Value	Units	
Food Energy		105.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
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)	148
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 9-12

Date: 6/27/2019

Feeding Figure: 839

Base Menu Plan: 4,737 SMR 2019 HS LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	630
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
			Nutrient	
			Carbohydrate	11.0000 g
A140	COUNTRY GRAVY	1	2 OZ	630
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
			Nutrient	
			Carbohydrate	8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
			Nutrient	
			Carbohydrate	18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	630
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
			Nutrient	
			Carbohydrate	20.0000 g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	101
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
			Nutrient	
			Carbohydrate	70.0617 g
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
			Nutrient	
			Carbohydrate	69.9291 g
A057	BROCCOLI, STEAMED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	53.1193	kcal	
			Nutrient	
			Carbohydrate	9.7658 g
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
			Nutrient	
			Carbohydrate	20.2023 g
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
			Nutrient	
			Carbohydrate	21.9065 g
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
			Nutrient	
			Carbohydrate	12.0781 g
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
			Nutrient	
			Carbohydrate	26.9512 g

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 6/28/2019

Feeding Figure: 296

Base Menu Plan: 4,733 SMR 2019 HS BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 6/28/2019 **Feeding Figure:** 839
Base Menu Plan: 4,740 SMR 2019 HS LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	630
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	

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Independence Central Office

Scheduled Menu Plans

A175	APPLES & SUNBUTTER CUP	1	1 SERVING	839
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.1969	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	210
	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)	336
	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)	504
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

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