



Independence Central Office

Scheduled Menu Plans

3050 James Bridger Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/3/2019

Feeding Figure: 400

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)	345
	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)	261
	Nutrient	Value	Units	Nutrient
	Food Energy	51.0000	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209
	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: 600

Base Menu Plan: 4,724 SMR 2019 MS K-8 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	516
	Nutrient	Value	Units	Nutrient
	Food Energy	238.0000	kcal	Carbohydrate
				12.6000 g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	516
	Nutrient	Value	Units	Nutrient
	Food Energy	48.6349	kcal	Carbohydrate
				3.5943 g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	Nutrient
	Food Energy	639.8272	kcal	Carbohydrate
				68.3951 g
A012	PEAS	1	3/4 CUP	644
	Nutrient	Value	Units	Nutrient
	Food Energy	156.5470	kcal	Carbohydrate
				26.9482 g

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1347	PEACHES SLICED IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	322
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/4/2019

Feeding Figure: 400

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)	345
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
			Carbohydrate	57.0000 g

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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)	261
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/4/2019

Feeding Figure: 500

Base Menu Plan: 4,725 SMR 2019 MS K-8 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	516
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	516
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
A372	GREEN BEANS-2017	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
1348	PEARS SLICD IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	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)	516
	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)	129
	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: 6/5/2019

Feeding Figure: 400

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	345
	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	296
	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)	140
	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)	209
	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

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/5/2019

Feeding Figure: 525

Base Menu Plan: 4,726 SMR 2019 MS K-8 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	516
	Nutrient	Value	Units	Nutrient
	Food Energy	461.4527	kcal	Carbohydrate
				42.0273 g
A069	BEANS, REFRIED	1	3/4 CUP	516
	Nutrient	Value	Units	Nutrient
	Food Energy	197.6571	kcal	Carbohydrate
				30.4972 g
A510	PEPPER/ONION BLEND	1	1/2 CUP	516
	Nutrient	Value	Units	Nutrient
	Food Energy	20.8007	kcal	Carbohydrate
				5.2002 g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	Nutrient
	Food Energy	639.8272	kcal	Carbohydrate
				68.3951 g
A359	CORN, COOKED	1	3/4 CUP	644
	Nutrient	Value	Units	Nutrient
	Food Energy	519.2222	kcal	Carbohydrate
				110.4936 g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ	644
	Nutrient	Value	Units	Nutrient
	Food Energy	51.0000	kcal	Carbohydrate
				14.0000 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	Nutrient
	Food Energy	75.1369	kcal	Carbohydrate
				13.7866 g
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516		
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)	129		
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: 6/6/2019 **Feeding Figure:** 400
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)	345		
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
7071	PEACH CUPS FROZEN	1	CUP (1)	261		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	19.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140		
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)	209		
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: 6/6/2019 **Feeding Figure:** 550
Base Menu Plan: 4,727 SMR 2019 MS K-8 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	516		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000	g
A140	COUNTRY GRAVY	1	2 OZ	516		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g

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A005	POTATOES, MASHED	1	1/2 CUP	516
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	516
	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	65
	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	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.5072	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516		
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)	129		
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:** 348
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)	345		
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
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	261		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	51.0000	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140		
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)	209		
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: 6/10/2019 **Feeding Figure:** 644
Base Menu Plan: 4,724 SMR 2019 MS K-8 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	516		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	238.0000	kcal	Carbohydrate	12.6000	g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	516		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	48.6349	kcal	Carbohydrate	3.5943	g

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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	644
	Nutrient	Value	Units	
	Food Energy	156.5470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9482	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	322
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	33
	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)	516
	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)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Scheduled Menu Plans

Serving Period: Breakfast
Date: 6/11/2019
Base Menu Plan: 4,701 SMR 2019 K-8 BFAST W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 348

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	345		
	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
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	261		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140		
	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)	209		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 6/11/2019
Base Menu Plan: 4,725 SMR 2019 MS K-8 LUNCH W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 644

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	516		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	779.7307	kcal	Carbohydrate	59.9793	g
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	516		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	9.0000	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	515.7825	kcal	Carbohydrate	70.0617	g
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	486.0833	kcal	Carbohydrate	69.9291	g

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Independence Central Office

Scheduled Menu Plans

A372	GREEN BEANS-2017	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9984	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	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)	516
	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)	129
	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: 6/12/2019

Feeding Figure: 348

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	345
	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	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	1/2 BANANA	296
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
			Nutrient	Value
			Carbohydrate	13.4756 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.0000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 6/12/2019 **Feeding Figure:** 644
Base Menu Plan: 4,726 SMR 2019 MS K-8 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	516
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
			Nutrient	Value
			Carbohydrate	42.0273 g
A069	BEANS, REFRIED	1	3/4 CUP	516
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
			Nutrient	Value
			Carbohydrate	30.4972 g
A510	PEPPER/ONION BLEND	1	1/2 CUP	516
	Nutrient	Value	Units	
	Food Energy	20.8007	kcal	
			Nutrient	Value
			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
			Carbohydrate	68.3951 g
A359	CORN, COOKED	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	519.2222	kcal	
			Nutrient	Value
			Carbohydrate	110.4936 g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	644
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
			Nutrient	Value
			Carbohydrate	1.1981 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
			Nutrient	Value
			Carbohydrate	2.7139 g

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	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: 348

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)	345
	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)	261
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/13/2019

Feeding Figure: 644

Base Menu Plan: 4,727 SMR 2019 MS K-8 LUNCH W1D4

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	516
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	516
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	516
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	516
	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	65
	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	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.5072	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	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

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	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)	129
	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: 6/17/2019 **Feeding Figure:** 348
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)	345
	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)	261
	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)	140
	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)	209
	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:** 644
Base Menu Plan: 4,724 SMR 2019 MS K-8 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	516
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	516
	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	644
	Nutrient	Value	Units	
	Food Energy	156.5470	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9482	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	322
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	33
	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)	516
	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)	129			
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: 6/18/2019 **Feeding Figure:** 348
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)	345			
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
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	261			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		29.4972	kcal	Carbohydrate		7.5488	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140			
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)	209			
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: 6/18/2019 **Feeding Figure:** 644
Base Menu Plan: 4,725 SMR 2019 MS K-8 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	516			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		779.7307	kcal	Carbohydrate		59.9793	g
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	516			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		50.0000	kcal	Carbohydrate		9.0000	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	65			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		515.7825	kcal	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	
A372	GREEN BEANS-2017	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
1348	PEARS SLICD IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/19/2019

Feeding Figure: 348

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	345
	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	
1333	BANANAS PREM 40LB	1	1/2 BANANA	296
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/19/2019

Feeding Figure: 644

Base Menu Plan: 4,726 SMR 2019 MS K-8 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	516
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
A069	BEANS, REFRIED	1	3/4 CUP	516
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
A510	PEPPER/ONION BLEND	1	1/2 CUP	516
	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	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	519.2222	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	644
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/20/2019

Feeding Figure: 348

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)	345
	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)	261
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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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: 644

Base Menu Plan: 4,727 SMR 2019 MS K-8 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	516
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
			Nutrient	
			Carbohydrate	11.0000 g
A140	COUNTRY GRAVY	1	2 OZ	516
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
			Nutrient	
			Carbohydrate	8.4986 g
A005	POTATOES, MASHED	1	1/2 CUP	516
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
			Nutrient	
			Carbohydrate	18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	516
	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	65
	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	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
			Nutrient	
			Carbohydrate	44.5072 g
A7078	STRAWBERRIES #7112	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
			Nutrient	
			Carbohydrate	15.1521 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
			Nutrient	
			Carbohydrate	1.1981 g
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
			Nutrient	
			Carbohydrate	2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
			Nutrient	
			Carbohydrate	1.7522 g

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	33			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	82.4860	kcal		Carbohydrate	15.5007	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	33			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	33.3278	kcal		Carbohydrate	8.3320	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516			
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)	129			
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: 6/24/2019 **Feeding Figure:** 348
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)	345			
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
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	261			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	51.0000	kcal		Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140			
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)	209			
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: 6/24/2019 **Feeding Figure:** 644
Base Menu Plan: 4,724 SMR 2019 MS K-8 LUNCH W1D1
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	516		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	238.0000	kcal	Carbohydrate	12.6000	g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	516		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	48.6349	kcal	Carbohydrate	3.5943	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
A012	PEAS	1	3/4 CUP	644		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	156.5470	kcal	Carbohydrate	26.9482	g
1347	PEACHES SLICD IN LS	1	3/4 CUP	644		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.5000	kcal	Carbohydrate	29.6999	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
2365	DRESSING RANCH OTT'S	1	Ounce	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	322		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
1086	SAUCE BBQ	1	Ounce	33		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.1618	kcal	Carbohydrate	6.6655	g

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516			
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)	129			
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: 6/25/2019 **Feeding Figure:** 348
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)	345			
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	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	261			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140			
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)	209			
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: 6/25/2019 **Feeding Figure:** 644
Base Menu Plan: 4,725 SMR 2019 MS K-8 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	516			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	779.7307	kcal	Carbohydrate	59.9793	g	
2291	RICE KRISPIE TREAT MINI WG	1	PKG (1)	516			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal	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	65
	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	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9984	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	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)	516
	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)	129
	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: 348

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 6/27/2019

Feeding Figure: 348

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)	345
	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)	261
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	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)	209
	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:** 644
Base Menu Plan: 4,727 SMR 2019 MS K-8 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	516
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	516
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	516
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	516
	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	65
	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	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	242.0892	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.5072	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	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	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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