



Independence Central Office

Scheduled Menu Plans

4090 Cassell Park

**Serving Period:** Breakfast  
**Date:** 3/2/2020  
**Base Menu Plan:** 4,741 EE/EL MAIN BFAST W1D1 19-20  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 29

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Lunch  
**Date:** 3/2/2020  
**Base Menu Plan:** 4,771 EE/EL 19-20 LUNCH W3D1  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 29

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A196	MANDARIN ORANGE CHICKEN	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	148.2952	kcal	Carbohydrate	18.7840	g
A552	RICE, STIR FRIED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	56.7570	kcal	Carbohydrate	8.5058	g
A130	PEAS & CARROTS	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	62.1620	kcal	Carbohydrate	10.6564	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8176	kcal	Carbohydrate	1.3593	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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Independence Central Office

Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0000	kcal	Carbohydrate
				14.0001 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/2/2020      **Feeding Figure:** 29  
**Base Menu Plan:** 4,781 EE/EL MAIN 19-20 SNACK W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	108.0000	kcal	Carbohydrate
				19.8000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/3/2020      **Feeding Figure:** 29  
**Base Menu Plan:** 5,166 EE/EL MAIN BFAST W1D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
a356	Pancake Maple Mini	1	1 PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	210.0000	kcal	Carbohydrate
				35.0000 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	44.7091	kcal	Carbohydrate
				11.1772 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/3/2020

Feeding Figure: 29

Base Menu Plan: 4,762 EE/EL 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	1,240.6781	kcal	Carbohydrate	15.1348	g
A496	POTATO TATER TOTS #1219	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0001	kcal	Carbohydrate	17.0000	g
A359	CORN, COOKED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	270.8748	kcal	Carbohydrate	61.0691	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8176	kcal	Carbohydrate	1.3593	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	35.0308	kcal	Carbohydrate	6.3692	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	38.8278	kcal	Carbohydrate	10.0952	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Snack  
**Date:** 3/3/2020  
**Base Menu Plan:** 4,782 EE/EL MAIN 19-20 SNACK W1D2  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 29

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast  
**Date:** 3/4/2020  
**Base Menu Plan:** 4,743 EE/EL MAIN BFAST W1D3 19-20  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 29

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch  
**Date:** 3/4/2020  
**Base Menu Plan:** 4,763 EE/EL 19-20 LUNCH W1D3  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 29

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	324.6268	kcal	Carbohydrate
				40.8287 g

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	28.2507	kcal	Carbohydrate
				4.5307 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8176	kcal	Carbohydrate
				1.3593 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.9999	kcal	Carbohydrate
				14.0001 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/4/2020

Feeding Figure: 29

Base Menu Plan: 4,783 EE/EL MAIN 19-20 SNACK W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				17.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/5/2020

Feeding Figure: 29

Base Menu Plan: 4,744 EE/EL MAIN BFAST W1D4 19-20

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8176	kcal	Carbohydrate
				1.3593 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	44.7091	kcal	Carbohydrate
				11.1772 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/5/2020 **Feeding Figure:** 29  
**Base Menu Plan:** 4,784 EE/EL MAIN 19-20 SNACK W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1446	CHEX SIMPLY STRAW WG	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0000	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/9/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 4,746 EE/EL MAIN BFAST W2D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A468	PANCAKE STRAWBERRY #2410	1	1 PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	220.0000	kcal	Carbohydrate
				40.0000 g
A586	APPLESAUCE	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	48.9564	kcal	Carbohydrate
				13.4391 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch  
**Date:** 3/9/2020  
**Base Menu Plan:** 4,766 EE/EL 19-20 LUNCH W2D1  
**Menu Comments:**

**Serving Line:** EE Main  
**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	209.6520	kcal	Carbohydrate
				26.7765 g
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	200.0000	kcal	Carbohydrate
				28.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	16.0087	kcal	Carbohydrate
				3.0017 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8176	kcal	Carbohydrate
				1.3593 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
A576	PEACHES, LS	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	61.0147	kcal	Carbohydrate
				14.2368 g

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Independence Central Office

Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	13.7074	kcal	Carbohydrate	2.7415	g
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	13.7074	kcal	Carbohydrate	2.7415	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Snack      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/9/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 4,786 EE/EL MAIN 19-20 SNACK W2D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Breakfast      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/10/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 4,747 EE/EL MAIN BFAST W2D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A599	CEREAL, RICE CHEX #2001	1	1 BOWL	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	24.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
A584	PEARS, LS	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 3/10/2020  
**Base Menu Plan:** 4,767 EE/EL 19-20 LUNCH W2D2  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	306.9601	kcal	Carbohydrate	16.4799	g
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	78.7958	kcal	Carbohydrate	13.4837	g
A070	CARROTS, COOKED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	22.5109	kcal	Carbohydrate	5.2526	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8176	kcal	Carbohydrate	1.3593	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	35.0308	kcal	Carbohydrate	6.3692	g
A050	APPLES, HOT SPICED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	121.4842	kcal	Carbohydrate	26.3734	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Snack  
**Date:** 3/10/2020  
**Base Menu Plan:** 4,787 EE/EL MAIN 19-20 SNACK W2D2  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2311	CRISPY BITES BLUE/LEM 1.0 OZ	1	PKG (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	120.0000	kcal	Carbohydrate	21.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/11/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 4,748 EE/EL MAIN BFAST W2D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	279.4904	kcal	Carbohydrate	38.4986	g	
a534	BANANA	1	1/2 BANANA	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	55.0000	kcal	Carbohydrate	14.5000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/11/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 4,768 EE/EL 19-20 LUNCH W2D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A380	FISH-WG FISH NUGGETS #2399	1	4 NUGGETS	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	250.0001	kcal	Carbohydrate	28.0000	g	
A015	MAC AND CHEESE	1	1/2 CUP	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	427.7914	kcal	Carbohydrate	3.6145	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	28.2507	kcal	Carbohydrate	4.5307	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8176	kcal	Carbohydrate
				1.3593 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	1.3156	kcal	Carbohydrate
				0.2500 g
A047	STRAWBERRIES AND BLUEBERRIES	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	70.1530	kcal	Carbohydrate
				17.9613 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/11/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 4,788 EE/EL MAIN 19-20 SNACK W2D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/12/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 4,749 EE/EL MAIN BFAST W2D4 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A600	MUFFIN, BLUEBERRY IW #2473	1	1 MUFFIN	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	104.1667	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.9722	g	
A474	YOGURT TRIX cherry #2412	1	1 CONTAINER	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
A533	ORANGE	1	1/2 CUP (4-6 WEDGES)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2503	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4219	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/12/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 4,769 EE/EL 19-20 LUNCH W2D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	227.0069	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.9442	g	
A005	POTATOES, MASHED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.2695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0431	g	
A359	CORN, COOKED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	270.8748	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	61.0691	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8176	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.3593	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
7039	PEARS SLICED LS	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0000	kcal	Carbohydrate
				14.9999 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	1
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/12/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 5,104 EE/EL MAIN 19-20 SNACK W2D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/13/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 4,750 EE/EL MAIN BFAST W2D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A601	CEREAL, CHERRIOS #1402	1	1 BOWL	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				20.0000 g

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Independence Central Office

Scheduled Menu Plans

A029	TOAST, WG	1	1 SLICE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
A576	PEACHES, LS	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	61.0147	kcal	Carbohydrate
				14.2368 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch      **Serving Line:** EE Main      **Age Group:** Grades K-5  
**Date:** 3/13/2020      **Feeding Figure:** 10  
**Base Menu Plan:** 3,744 EE/EL 19-20 CHILI  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	204.8990	kcal	Carbohydrate
				19.8847 g
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.9537	kcal	Carbohydrate
				9.0000 g
2350	MUFFIN WG CORNBREAD IW	1	PKG (1.8 OZ)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	150.0000	kcal	Carbohydrate
				23.0000 g
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
A011	VEGETABLES, MIXED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	38.4764	kcal	Carbohydrate
				8.4649 g
7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.9999	kcal	Carbohydrate
				14.0001 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	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	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	8.1076	kcal		Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	70.0463	kcal		Carbohydrate	12.7357	g
2365	DRESSING RANCH OTT'S	1	Ounce	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	11.0000	g

**Serving Period:** Snack **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/13/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 4,790 EE/EL MAIN 19-20 SNACK W2D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1387	GRAHAMS ORIGINAL	1	PKG (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	346.1538	kcal		Carbohydrate	65.3847	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	11.0000	g

**Serving Period:** Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/16/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 4,751 EE/EL MAIN BFAST W3D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A376	PIZZA BREAKFAST TRK/SAU #1196	1	1 PIZZA	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	210.0000	kcal		Carbohydrate	27.0000	g
7039	PEARS SLICED LS	1	1/2 CUP	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	60.0000	kcal		Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/16/2020

Feeding Figure: 10

Base Menu Plan: 1,004,819 EE/EL 19-20 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2465	CHICKEN NUGGETS SHAMROCK	1	SERVING (3/1.1 OZ)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	12.0000	g
A351	WAFFLE WG #2356	1	1 WAFFLE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	12.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A067	BEANS, BAKED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	137.0807	kcal	Carbohydrate	25.9837	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8176	kcal	Carbohydrate	1.3593	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	41.2567	kcal	Carbohydrate	7.7529	g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0000	kcal	Carbohydrate	14.0001	g
1086	SAUCE BBQ	1	Ounce	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.1618	kcal	Carbohydrate	6.6655	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g

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Independence Central Office

Scheduled Menu Plans

A332	WG PANINI HOT HAM/CHZ 2019	1	1 SANDWICH	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	429.7506	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.3274	g	
2390	COOKIE HOLIDAY SHAMROCK	1	COOKIE (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0001	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	28.2507	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.5307	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8176	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.3593	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	4.1189	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.8901	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	35.0308	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.3692	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.0952	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Snack  
**Date:** 3/17/2020  
**Base Menu Plan:** 4,792 EE/EL MAIN 19-20 SNACK W3D2  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast  
**Date:** 3/18/2020  
**Base Menu Plan:** 4,753 EE/EL MAIN BFAST W3D3 19-20  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch  
**Date:** 3/18/2020  
**Base Menu Plan:** 4,773 EE/EL 19-20 LUNCH W3D3  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	319.6179	kcal	Carbohydrate
				30.7537 g

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A359	CORN, COOKED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	270.8748	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	61.0691	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8176	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.3593	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	4.1189	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	41.2567	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.7529	g	
1128	ITALIAN FF MARZETT	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7415	g	
7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/18/2020

Feeding Figure: 10

Base Menu Plan: 4,793 EE/EL MAIN 19-20 SNACK W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	
1446	CHEX SIMPLY STRAW WG	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast

**Serving Line:** EE Main

**Age Group:** Grades K-5

**Date:** 3/19/2020

**Feeding Figure:** 10

**Base Menu Plan:** 4,754 EE/EL MAIN BFAST W3D4 19-20

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	38.8278	kcal	Carbohydrate	10.0952	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Lunch

**Serving Line:** EE Main

**Age Group:** Grades K-5

**Date:** 3/19/2020

**Feeding Figure:** 10

**Base Menu Plan:** 4,774 EE/EL 19-20 LUNCH W3D4

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	200.0000	kcal	Carbohydrate	13.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	16.0087	kcal	Carbohydrate	3.0017	g

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8176	kcal	Carbohydrate
				1.3593 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	44.7091	kcal	Carbohydrate
				11.1772 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
1086	SAUCE BBQ	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/19/2020

Feeding Figure: 10

Base Menu Plan: 4,794 EE/EL MAIN 19-20 SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2474	MUFFINS APPLE CINNAMON IW	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	140.0000	kcal	Carbohydrate
				24.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 3/30/2020  
**Base Menu Plan:** 4,741 EE/EL MAIN BFAST W1D1 19-20  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Lunch  
**Date:** 3/30/2020  
**Base Menu Plan:** 4,771 EE/EL 19-20 LUNCH W3D1  
**Menu Comments:**

**Serving Line:** EE Main

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A196	MANDARIN ORANGE CHICKEN	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	148.2952	kcal	Carbohydrate	18.7840	g
A552	RICE, STIR FRIED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	56.7570	kcal	Carbohydrate	8.5058	g
A130	PEAS & CARROTS	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	62.1620	kcal	Carbohydrate	10.6564	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8176	kcal	Carbohydrate	1.3593	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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Independence Central Office

Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0000	kcal	Carbohydrate
				14.0001 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/30/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 4,781 EE/EL MAIN 19-20 SNACK W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	108.0000	kcal	Carbohydrate
				19.8000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5  
**Date:** 3/31/2020 **Feeding Figure:** 10  
**Base Menu Plan:** 5,166 EE/EL MAIN BFAST W1D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
a356	Pancake Maple Mini	1	1 PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	210.0000	kcal	Carbohydrate
				35.0000 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	44.7091	kcal	Carbohydrate
				11.1772 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: EE Main

Age Group: Grades K-5

Date: 3/31/2020

Feeding Figure: 10

Base Menu Plan: 4,762 EE/EL 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	1,240.6781	kcal	Carbohydrate	15.1348	g
A496	POTATO TATER TOTS #1219	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0001	kcal	Carbohydrate	17.0000	g
A359	CORN, COOKED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	270.8748	kcal	Carbohydrate	61.0691	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8176	kcal	Carbohydrate	1.3593	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	35.0308	kcal	Carbohydrate	6.3692	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	38.8278	kcal	Carbohydrate	10.0952	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Snack

**Serving Line:** EE Main

**Age Group:** Grades K-5

**Date:** 3/31/2020

**Feeding Figure:** 10

**Base Menu Plan:** 4,795 EE/EL MAIN 19-20 SNACK W3D5

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1912	CHEEZ-IT WHOLE GRAIN	1	PKG (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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