



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/2/2020

Feeding Figure: 350

Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A463 | PANCAKE CONFETTI #2378 | 1 | 1 PKG | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 220.0000 | kcal | Carbohydrate | 36.0000 | g |
| A589 | SYRUP PKT SAUER 1.5 OZ #1122 | 1 | 1 PKT | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 120.0000 | kcal | Carbohydrate | 31.0000 | g |
| A394 | CINNAMON MINIS #1381 | 1 | 1 PKG | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 39.0000 | g |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 23.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 88.0040 | kcal | Carbohydrate | 0.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 486.1077 | kcal | Carbohydrate | 0.0000 | g |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 139.0768 | kcal | Carbohydrate | 33.9999 | g |

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/2/2020

Feeding Figure: 1025

Base Menu Plan: 5,219 HS 19-20 LUNCH W1D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-----------------------------------|--------------|--------------|--------------------|
| A560 | CHICKEN BBQ TERIYAKI W/ NOODLE | 1 | 1 SERVING | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 201.6737 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.5532 | g | |
| 2416 | FORTUNE COOKIE 40002 | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.0000 | g | |
| A101 | RIB-Q ON BUN | 1 | 1 SANDWICH | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.5808 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.3327 | g | |
| 1911 | CHEETO PUFF | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.0000 | g | |

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|------|--------------------------------|--------------|------------------|-----|
| A455 | POTATO SWT TRAX #2384 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0001 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 696.8986 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 83.8349 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |

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Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A1223 | CARROTS BABY 20LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6667 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.6666 | g | |
| A012 | PEAS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 98.3550 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0100 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| 7039 | PEARS SLICED LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.9999 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/3/2020

Feeding Figure: 350

Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|--------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A324 | PIZZA 3.67oz TRKYSAU BRKFST IW | 1 | 1 PIZZA | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 31.0000 | g |
| A596 | BACKPACKERS OATMEAL #2305 | 1 | 1 PACKAGE | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 150.0000 | kcal | Carbohydrate | 24.0000 | g |
| A395 | YOGURT STRAW/BAN #1167 | 1 | 1 CONTAINER | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 100.0000 | kcal | Carbohydrate | 17.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 23.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 88.0040 | kcal | Carbohydrate | 0.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 486.1077 | kcal | Carbohydrate | 0.0000 | g |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 139.0768 | kcal | Carbohydrate | 33.9999 | g |
| a534 | BANANA | 1 | 1 BANANA | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 29.0000 | g |

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Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/3/2020

Feeding Figure: 1025

Base Menu Plan: 5,118 HS 19-20 LUNCH W1D2

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A512 | FIESTA NACHO-CHICKEN chipotle | 1 | 1 NACHO | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 426.4321 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0322 | g | |
| A016 | RICE, MEXICAN-STYLE | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 78.7958 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.4837 | g | |
| A510 | PEPPER/ONION BLEND | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 10.4004 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6001 | g | |
| A069 | BEANS, REFRIED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 38.1667 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 3.2487 | g | |
| A575 | SALSA, CONDIMENT | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 22.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.4153 | g | |

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|------|--------------------------------|--------------|------------------|-----|
| A467 | CRUNCHERS, BUFFALO #2396 | 1 | 4 PIECES | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 779.7307 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 59.9793 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0000 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.6087 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0200 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |

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| | | | | |
|-------|--------------------------|--------------|--------------|-----|
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 149.2892 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.6575 | g | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.1049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.3543 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 70.0463 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.7357 | g | |
| A7078 | STRAWBERRIES #7112 | 1 | 1 CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.7012 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.2023 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/4/2020

Feeding Figure: 350

Base Menu Plan: 5,175 HS 19-20 JAN BFAST W1D3

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A551 | EGG, TAC-GO, IW #2444 | 1 | 1 PKG | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 14.0000 | g |
| A575 | SALSA, CONDIMENT | 1 | 1/4 CUP | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 22.0768 | kcal | Carbohydrate | 4.4153 | g |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 176.5800 | kcal | Carbohydrate | 21.0400 | g |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 23.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 88.0040 | kcal | Carbohydrate | 0.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 486.1077 | kcal | Carbohydrate | 0.0000 | g |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 139.0768 | kcal | Carbohydrate | 33.9999 | g |
| a534 | BANANA | 1 | 1 BANANA | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 29.0000 | g |

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Independence Central Office

Scheduled Menu Plans

| Item ID | Description | Serving Size | Measure | Projected Quantity |
|---------|------------------------------|--------------|-----------------|--------------------|
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 11.8837 g |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 14.0000 g |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 14.0000 g |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 23.0000 g |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 22.0001 g |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 11.0000 g |

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/4/2020 **Feeding Figure:** 1025
Base Menu Plan: 1,004,811 HS 19-20 LUNCH W1D3
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------|--------------|-----------------|--------------------|
| A453 | LASAGNA ROLLUP WG | 1 | 1 PIECE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 159.8090 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 15.3769 g |
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 21.0000 g |
| A149 | CHILI DOG | 1 | 1 CHILI DOG | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 442.1441 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 32.6458 g |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 39.0001 g |
| A541 | POTATO FRIES WEDGE #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.4217 | kcal | |
| | | | Nutrient | Value |
| | | | Carbohydrate | 19.3215 g |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|----|
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A549 | GRAB N GO WG CKN SALAD SAND | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 527.4787 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 82.7924 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 684.9366 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.2919 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A011 | VEGETABLES, MIXED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 76.7782 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 16.8913 | g | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 56.4227 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0487 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0002 | g | |
| 7035 | PEACHES SLICED LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0001 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 1103 | PICKLE RELISH | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 25.0000 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/5/2020

Feeding Figure: 350

Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A567 | TOAST APPLE CINN IW#2472 | 1 | 1 PACK | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 260.0000 | kcal | Carbohydrate | 45.0000 | g |
| A597 | GRANOLA CINN, GAVINS #2471 | 1 | 1 PACKAGE | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 130.0000 | kcal | Carbohydrate | 20.0000 | g |
| A420 | YOGURT RASP/PEACH #1159 | 1 | 1 CONTAINER | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 100.0000 | kcal | Carbohydrate | 17.0000 | g |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 23.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 88.0040 | kcal | Carbohydrate | 0.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 486.1077 | kcal | Carbohydrate | 0.0000 | g |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 139.0768 | kcal | Carbohydrate | 33.9999 | g |
| a534 | BANANA | 1 | 1 BANANA | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 29.0000 | g |

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Independence Central Office

Scheduled Menu Plans

| | | | | | | | |
|-----------------|------------------------------|--------------------|------------|-----------------|--------------|--------------------|---|
| A533 | ORANGE | 1 | 1 ORANGE | 74 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 50.0368 | kcal | | Carbohydrate | 11.8837 | g |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 60.0001 | kcal | | Carbohydrate | 14.0000 | g |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 60.0001 | kcal | | Carbohydrate | 14.0000 | g |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 129.9999 | kcal | | Carbohydrate | 23.0000 | g |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 120.0001 | kcal | | Carbohydrate | 22.0001 | g |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 100.0000 | kcal | | Carbohydrate | 11.0000 | g |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/5/2020

Feeding Figure: 1025

Base Menu Plan: 5,188 HS 19-20 LUNCH W1D4

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | | |
|-----------------|----------------------------------|--------------------|---------------|--------------------|--------------|--------------------|---|
| A383 | CHICKEN PATTY WG BREADED#2344 | 1 | 1 PATTY | 84 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 200.0000 | kcal | | Carbohydrate | 13.0000 | g |
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 168 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 85.3963 | kcal | | Carbohydrate | 18.1467 | g |
| A140 | COUNTRY GRAVY | 1 | 2 OZ | 84 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 59.4904 | kcal | | Carbohydrate | 8.4986 | g |
| A327 | ROLL, DINNER WG #1974 | 1 | 1 DINNER ROLL | 168 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 130.0000 | kcal | | Carbohydrate | 20.0000 | g |
| A342 | CHEESESTICKS MOZZ BRD #1145 | 1 | 1 SERVING (6) | 84 | | | |
| Nutrient | | Value Units | | Nutrient | | Value Units | |
| | Food Energy | 319.9999 | kcal | | Carbohydrate | 33.0001 | g |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| 1310 | SAUCE MARINARA | 1 | (2 OZ) SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 45.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.5000 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0000 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.6087 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0200 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A372 | GREEN BEANS-2017 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 32.4354 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0817 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 44.9850 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.4965 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7074 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 89.3566 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.3391 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/9/2020

Feeding Figure: 296

Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A463 | PANCAKE CONFETTI #2378 | 1 | 1 PKG | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 220.0000 | kcal | Carbohydrate | 36.0000 | g |
| A589 | SYRUP PKT SAUER 1.5 OZ #1122 | 1 | 1 PKT | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 120.0000 | kcal | Carbohydrate | 31.0000 | g |
| A394 | CINNAMON MINIS #1381 | 1 | 1 PKG | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 39.0000 | g |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 23.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 88.0040 | kcal | Carbohydrate | 0.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 486.1077 | kcal | Carbohydrate | 0.0000 | g |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 139.0768 | kcal | Carbohydrate | 33.9999 | g |
| a534 | BANANA | 1 | 1 BANANA | 74 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 29.0000 | g |

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



Independence Central Office

Scheduled Menu Plans

| Item ID | Description | Serving Size | Measure | Quantity |
|---------|------------------------------|--------------|--------------|----------|
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/9/2020

Feeding Figure: 839

Base Menu Plan: 5,220 HS 19-20 LUNCH W2D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-----------------------|--------------|-----------------|--------------------|
| A559 | SRIRACHI CHICKEN | 1 | 1 SERVING HS-MS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 289.2888 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.3161 | g | |
| A552 | RICE, STIR FRIED | 1 | 3/4 CUP | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.1356 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.7588 | g | |
| A101 | RIB-Q ON BUN | 1 | 1 SANDWICH | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.5808 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.3327 | g | |
| 1911 | CHEETO PUFF | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.0000 | g | |
| A455 | POTATO SWT TRAX #2384 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0001 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|----|
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK | 1 | 1 SANDWICH/CHIPS | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 696.8986 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 83.8349 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A012 | PEAS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 98.3550 | kcal | |
| | | | | |
| A1223 | CARROTS BABY 20LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6667 | kcal | |
| | | | | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | | | | |
| A584 | PEARS, LS | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| A590 | APPLE WHOLE GOLDEN | 1 | 1 APPLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | | | | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | | | | |
| a534 | BANANA | 1 | 1 BANANA | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| A533 | ORANGE | 1 | 1 ORANGE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A578 | KETCHUP, CONDIMENT #2286 | 1 | 1 OUNCE | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| A591 | KETCHUP, SRIRACHI #2225 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| A577 | MUSTARD, CONDIMENT #1097 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| A580 | SAUCE, BBQ #1086 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| A582 | DRESSING, ITALIAN FF #1128 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| A581 | DRESSING, RANCH OTT #2365 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| A592 | DRESSING, CESEAR #1832 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/10/2020

Feeding Figure: 296

Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------|--------------|---------|--------------------|
|--------------|-------------|--------------|---------|--------------------|

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A324 | PIZZA 3.67oz TRKYSAU BRKFST IW | 1 | 1 PIZZA | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| A596 | BACKPACKERS OATMEAL #2305 | 1 | 1 PACKAGE | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 150.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| A395 | YOGURT STRAW/BAN #1167 | 1 | 1 CONTAINER | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/10/2020 **Feeding Figure:** 839
Base Menu Plan: 5,123 HS 19-20 LUNCH W2D2
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|------------------------|--------------|--------------|--------------------|
| A416 | FIESTA NACHO-TACO MEAT | 1 | 1 NACHO | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 479.2583 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 42.2677 | g | |
| A016 | RICE, MEXICAN-STYLE | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 78.7958 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.4837 | g | |
| A575 | SALSA, CONDIMENT | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 22.0768 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.4153 | g | |
| A069 | BEANS, REFRIED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 38.1667 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 3.2487 | g | |
| A510 | PEPPER/ONION BLEND | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 10.4004 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6001 | g | |
| A371 | FISH&CHEESE SANDWICH | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 460.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 48.0000 | g | |
| A033 | SAUCE, TARTER | 1 | 1 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 26.9446 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.9494 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | | | | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | | | | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | | | | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | | | | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | | | | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | | | | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | | | | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | | | | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | | | | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | | | | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------|--------------|--------------|-----|
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 149.2892 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.6575 | g | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.1049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.3543 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 70.0463 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.7357 | g | |
| A7078 | STRAWBERRIES #7112 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.7012 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.2023 | g | |
| A590 | APPLE WHOLE GOLDEN | 1 | 1 APPLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A582 | DRESSING, ITALIAN FF #1128 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7415 | g | |
| A581 | DRESSING, RANCH OTT #2365 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| A592 | DRESSING, CESEAR #1832 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6549 | g | |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| A591 | KETCHUP, SRIRACHI #2225 | 1 | 1 OUNCE | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |
| A580 | SAUCE, BBQ #1086 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6655 | g | |
| A578 | KETCHUP, CONDIMENT #2286 | 1 | 1 OUNCE | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| A577 | MUSTARD, CONDIMENT #1097 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/11/2020

Feeding Figure: 296

Base Menu Plan: 5,175 HS 19-20 JAN BFAST W1D3

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------|--------------|---------|--------------------|
|--------------|-------------|--------------|---------|--------------------|

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| A551 | EGG, TAC-GO, IW #2444 | 1 | 1 PKG | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A575 | SALSA, CONDIMENT | 1 | 1/4 CUP | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 22.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.4153 | g | |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 176.5800 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0400 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A572 | POPART, IW STRAWBERRY WG | 1 | 1 PKG | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/11/2020 **Feeding Figure:** 839
Base Menu Plan: 5,124 HS 19-20 LUNCH W2D3
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|------------------------------|--------------|-----------------|--------------------|
| A555 | SPAGHETTI & MEATSAUCE 19- 20 | 1 | 1 SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 324.6268 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.8287 | g | |
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0000 | g | |
| A451 | CORN DOG-MINI TRK WG #2382 | 1 | 6 MINI CORNDOGS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 267.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A541 | POTATO FRIES WEDGE #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.4217 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.3215 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|----|
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A549 | GRAB N GO WG CKN SALAD SAND | 1 | 1 SANDWICH/CHIPS | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 527.4787 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 82.7924 | g | |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 684.9366 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.2919 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 56.4227 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0487 | g | |
| A469 | VEGETABLE BLEND, ITALIAN #1204 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6589 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.9987 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0002 | g | |
| A576 | PEACHES, LS | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 122.0851 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.4866 | g | |
| A590 | APPLE WHOLE GOLDEN | 1 | 1 APPLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A582 | DRESSING, ITALIAN FF #1128 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7415 | g | |
| A581 | DRESSING, RANCH OTT #2365 | 1 | 1 OUNCE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| A592 | DRESSING, CESEAR #1832 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6549 | g | |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| A578 | KETCHUP, CONDIMENT #2286 | 1 | 1 OUNCE | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| A591 | KETCHUP, SRIRACHI #2225 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |
| A577 | MUSTARD, CONDIMENT #1097 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A580 | SAUCE, BBQ #1086 | 1 | 1 OUNCE | 17 |
| | 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) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/12/2020

Feeding Figure: 296

Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------|--------------|---------|--------------------|
|--------------|-------------|--------------|---------|--------------------|

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| A567 | TOAST APPLE CINN IW#2472 | 1 | 1 PACK | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 260.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 45.0000 | g | |
| A597 | GRANOLA CINN, GAVINS #2471 | 1 | 1 PACKAGE | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.0000 | g | |
| A420 | YOGURT RASP/PEACH #1159 | 1 | 1 CONTAINER | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/12/2020 **Feeding Figure:** 839
Base Menu Plan: 5,125 HS 19-20 LUNCH W2D4
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|----------------------------|--------------|-------------------|--------------------|
| A554 | CHICKEN DRUMSTICK SPICY WG | 1 | 1 DRUMSTICK | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0000 | g | |
| A055 | POTATOES, AUGRATIN | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| A327 | ROLL, DINNER WG #1974 | 1 | 1 DINNER ROLL | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.0000 | g | |
| A400 | QUESO NACHO 4OZ HS | 1 | 1 NACHO 4 OZ QUES | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 506.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.0000 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0000 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.6087 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0200 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A372 | GREEN BEANS-2017 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 32.4354 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0817 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 44.9850 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.4965 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7074 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 89.3566 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.3391 | g | |
| A590 | APPLE WHOLE GOLDEN | 1 | 1 APPLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A577 | MUSTARD, CONDIMENT #1097 | 1 | 1 OUNCE | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A578 | KETCHUP, CONDIMENT #2286 | 1 | 1 OUNCE | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| A591 | KETCHUP, SRIRACHI #2225 | 1 | 1 OUNCE | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----------------|
| A580 | SAUCE, BBQ #1086 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 29.1618 | kcal | Carbohydrate |
| | | | | 6.6655 g |
| A582 | DRESSING, ITALIAN FF #1128 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 13.7074 | kcal | Carbohydrate |
| | | | | 2.7415 g |
| A581 | DRESSING, RANCH OTT #2365 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 85.8443 | kcal | Carbohydrate |
| | | | | 4.2922 g |
| A592 | DRESSING, CESEAR #1832 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 61.9469 | kcal | Carbohydrate |
| | | | | 2.6549 g |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1 | 1 OUNCE | 42 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 141.6433 | kcal | Carbohydrate |
| | | | | 1.8886 g |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 129.9999 | kcal | Carbohydrate |
| | | | | 23.0000 g |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 120.0001 | kcal | Carbohydrate |
| | | | | 22.0001 g |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 100.0000 | kcal | Carbohydrate |
| | | | | 11.0000 g |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/13/2020

Feeding Figure: 296

Base Menu Plan: 5,177 HS 19-20 JAN BFAST W1D5

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|---------------------------|--------------|--------------|--------------------|
| A471 | BISCUIT WG,EGG & CHEESE | 1 | 1 SANDWICH | 119 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 335.0091 | kcal | Carbohydrate |
| | | | | 6.2105 g |
| 2438 | BAR CINN TOAST CRUNCH FRZ | 1 | PKG (1) | 60 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 250.0000 | kcal | Carbohydrate |
| | | | | 40.0000 g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 110.0000 | kcal | Carbohydrate |
| | | | | 25.0000 g |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| A572 | POPART, IW STRAWBERRY WG | 1 | 1 PKG | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 3/13/2020
Base Menu Plan: 5,127 HS 19-20 CHILI
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|--------------------------------|--------------|--------------------|--------------------|--------------|--------------|
| A080 | CHILI | 1 | 3/4 CUP | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 204.8990 | kcal | Carbohydrate | 19.8847 | g |
| A585 | CRACKERS WG IW 2PACK | 1 | 2 PKG (4 CRACKERS) | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 4.9500 | kcal | Carbohydrate | 8.9932 | g |
| A302 | CINNAMON ROLLS PREMADE | 1 | 1 ROLL | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 345.2202 | kcal | Carbohydrate | 50.1330 | g |
| 4118 | BOWL DISPOSABLE 12 OZ | 1 | BOWL (1) | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 0.0000 | kcal | Carbohydrate | 0.0000 | g |
| A345 | PIZZA FIESTADA WG #2170 | 1 | 1 PIECE | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 340.0001 | kcal | Carbohydrate | 39.0000 | g |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 126 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 369.9999 | kcal | Carbohydrate | 39.0001 | g |
| A425 | POTATO CRINKLE FRIES | 1 | 1/2 CUP | 336 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 126.2664 | kcal | Carbohydrate | 21.4319 | g |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 440.1598 | kcal | Carbohydrate | 51.6833 | g |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 430.9694 | kcal | Carbohydrate | 51.4971 | g |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 390.0626 | kcal | Carbohydrate | 39.2625 | g |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 84 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 415.0626 | kcal | Carbohydrate | 39.0126 | g |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|------------------|-----|
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | | | | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | | | | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | | | | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | | | | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | | | | |
| A066 | CUCUMBER SALAD | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.9338 | kcal | |
| | | | | |
| A011 | VEGETABLES, MIXED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 76.7782 | kcal | |
| | | | | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 70.0463 | kcal | |
| | | | | |
| A586 | APPLESAUCE | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 107.7737 | kcal | |
| | | | | |
| A590 | APPLE WHOLE GOLDEN | 1 | 1 APPLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A578 | KETCHUP, CONDIMENT #2286 | 1 | 1 OUNCE | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| A591 | KETCHUP, SRIRACHI #2225 | 1 | 1 OUNCE | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |
| A577 | MUSTARD, CONDIMENT #1097 | 1 | 1 OUNCE | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A580 | SAUCE, BBQ #1086 | 1 | 1 OUNCE | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6655 | g | |
| A581 | DRESSING, RANCH OTT #2365 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| A598 | DRESSING, RANCH CHIPOTLE #2364 | 1 | 1 OUNCE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| A582 | DRESSING, ITALIAN FF #1128 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7415 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A592 | DRESSING, CESEAR #1832 | 1 | 1 OUNCE | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6549 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/16/2020 **Feeding Figure:** 296
Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A463 | PANCAKE CONFETTI #2378 | 1 | 1 PKG | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 220.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 36.0000 | g | |
| A589 | SYRUP PKT SAUER 1.5 OZ #1122 | 1 | 1 PKT | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| A394 | CINNAMON MINIS #1381 | 1 | 1 PKG | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0000 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/16/2020

Feeding Figure: 839

Base Menu Plan: 5,219 HS 19-20 LUNCH W1D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-----------------------------------|--------------|--------------|--------------------|
| A560 | CHICKEN BBQ TERIYAKI W/ NOODLE | 1 | 1 SERVING | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 201.6737 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.5532 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| 2416 | FORTUNE COOKIE 40002 | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.0000 | g | |
| A101 | RIB-Q ON BUN | 1 | 1 SANDWICH | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.5808 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.3327 | g | |
| 1911 | CHEETO PUFF | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.0000 | g | |
| A455 | POTATO SWT TRAX #2384 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0001 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|------------------|-----|
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 696.8986 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 83.8349 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A1223 | CARROTS BABY 20LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6667 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.6666 | g | |
| A012 | PEAS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 98.3550 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0100 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| 7039 | PEARS SLICED LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.9999 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/17/2020 **Feeding Figure:** 296
Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A324 | PIZZA 3.67oz TRKYSAU BRKFST IW | 1 | 1 PIZZA | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| A596 | BACKPACKERS OATMEAL #2305 | 1 | 1 PACKAGE | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 150.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| A395 | YOGURT STRAW/BAN #1167 | 1 | 1 CONTAINER | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | | | | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/17/2020

Feeding Figure: 839

Base Menu Plan: 1,004,812 HS 19-20 LUNCH W1D2

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A512 | FIESTA NACHO-CHICKEN chipotle | 1 | 1 NACHO | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 426.4321 | kcal | |
| | | | | |
| 2390 | COOKIE HOLIDAY SHAMROCK | 1 | COOKIE (1) | 629 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| A016 | RICE, MEXICAN-STYLE | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 78.7958 | kcal | |
| | | | | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A510 | PEPPER/ONION BLEND | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 10.4004 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6001 | g | |
| A069 | BEANS, REFRIED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 38.1667 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 3.2487 | g | |
| | SALSA | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.0000 | g | |
| A467 | CRUNCHERS, BUFFALO #2396 | 1 | 4 PIECES | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 779.7307 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 59.9793 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0000 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------------|--------------|------------------|-----|
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.6087 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0200 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 149.2892 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.6575 | g | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.1049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.3543 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 70.0463 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.7357 | g | |
| A7078 | STRAWBERRIES #7112 | 1 | 1 CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.7012 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.2023 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast
Date: 3/18/2020
Base Menu Plan: 5,175 HS 19-20 JAN BFAST W1D3
Menu Comments:

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

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A551 | EGG, TAC-GO, IW #2444 | 1 | 1 PKG | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A575 | SALSA, CONDIMENT | 1 | 1/4 CUP | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 22.0768 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.4153 | g | |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 176.5800 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0400 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/18/2020 **Feeding Figure:** 839
Base Menu Plan: 5,128 HS 19-20 LUNCH W1D3
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A535 | CHICKEN & NOODLES-NON-WG GAGE | 1 | 3/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 116.3326 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.5002 | g | |
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A149 | CHILI DOG | 1 | 1 CHILI DOG | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 442.1441 | kcal | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| A541 | POTATO FRIES WEDGE #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.4217 | kcal | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| A549 | GRAB N GO WG CKN SALAD SAND | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 527.4787 | kcal | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 684.9366 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.2919 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 15 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A011 | VEGETABLES, MIXED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 76.7782 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 16.8913 | g | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 56.4227 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0487 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0002 | g | |
| 7035 | PEACHES SLICED LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0001 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------|--------------|--------------|-----|
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 1103 | PICKLE RELISH | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 25.0000 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-----------------|-------------------------------|--------------|--------------|-----|
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| Nutrient | | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| Nutrient | | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| Nutrient | | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| Nutrient | | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/19/2020 **Feeding Figure:** 296
Base Menu Plan: 5,176 HS 19-20 JAN BFAST W1D4
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|-----------------|-------------------------------|--------------|--------------|--------------------|
| A567 | TOAST APPLE CINN IW#2472 | 1 | 1 PACK | 119 |
| Nutrient | | Value | Units | |
| | Food Energy | 260.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 45.0000 | g | |
| A597 | GRANOLA CINN, GAVINS #2471 | 1 | 1 PACKAGE | 60 |
| Nutrient | | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 20.0000 | g | |
| A420 | YOGURT RASP/PEACH #1159 | 1 | 1 CONTAINER | 60 |
| Nutrient | | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| Nutrient | | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| Nutrient | | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 |
| Nutrient | | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 27 |
| Nutrient | | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| Nutrient | | Value | Units | |
| | Carbohydrate | 38.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | | | | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | | | | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | | | | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/19/2020

Feeding Figure: 839

Base Menu Plan: 5,188 HS 19-20 LUNCH W1D4

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|----------------------------------|--------------|--------------|--------------------|
| A383 | CHICKEN PATTY WG BREADED#2344 | 1 | 1 PATTY | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 200.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|----------------|-----|
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.3963 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.1467 | g | |
| A140 | COUNTRY GRAVY | 1 | 2 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 59.4904 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.4986 | g | |
| A327 | ROLL, DINNER WG #1974 | 1 | 1 DINNER ROLL | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.0000 | g | |
| A342 | CHEESESTICKS MOZZ BRD #1145 | 1 | 1 SERVING (6) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 319.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.0001 | g | |
| 1310 | SAUCE MARINARA | 1 | (2 OZ) SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 45.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.5000 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 28.0000 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------------|--------------|------------------|-----|
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.6087 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0200 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A372 | GREEN BEANS-2017 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 32.4354 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0817 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 44.9850 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.4965 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7074 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 89.3566 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.3391 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |

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Independence Central Office

Scheduled Menu Plans

| | | | | | | |
|------|------------------------------|--------------|--------------|-----------------|--------------|--------------|
| 1097 | MUSTARD | 1 | Ounce | 17 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 0.0000 | kcal | Carbohydrate | 0.0000 | g |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 129.9999 | kcal | Carbohydrate | 23.0000 | g |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 120.0001 | kcal | Carbohydrate | 22.0001 | g |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 100.0000 | kcal | Carbohydrate | 11.0000 | g |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/30/2020 **Feeding Figure:** 296
Base Menu Plan: 5,173 HS 19-20 JAN BFAST W1D1
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | |
|--------------|-------------------------------|--------------|--------------|--------------------|--------------|--------------|
| A463 | PANCAKE CONFETTI #2378 | 1 | 1 PKG | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 220.0000 | kcal | Carbohydrate | 36.0000 | g |
| A589 | SYRUP PKT SAUER 1.5 OZ #1122 | 1 | 1 PKT | 119 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 120.0000 | kcal | Carbohydrate | 31.0000 | g |
| A394 | CINNAMON MINIS #1381 | 1 | 1 PKG | 60 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 240.0000 | kcal | Carbohydrate | 39.0000 | g |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 23.0000 | g |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 27 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 110.0000 | kcal | Carbohydrate | 25.0000 | g |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 30 | | |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 180.0000 | kcal | Carbohydrate | 38.0000 | g |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/30/2020

Feeding Figure: 839

Base Menu Plan: 5,219 HS 19-20 LUNCH W1D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-----------------------------------|--------------|--------------|--------------------|
| A560 | CHICKEN BBQ TERIYAKI W/ NOODLE | 1 | 1 SERVING | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 201.6737 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.5532 | g | |

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

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| 2416 | FORTUNE COOKIE 40002 | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.0000 | g | |
| A101 | RIB-Q ON BUN | 1 | 1 SANDWICH | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.5808 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.3327 | g | |
| 1911 | CHEETO PUFF | 1 | PKG (1) | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 90.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.0000 | g | |
| A455 | POTATO SWT TRAX #2384 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0001 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.4971 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6833 | g | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2625 | g | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.9376 | g | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0126 | g | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.3405 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,179.1229 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 1,152.6792 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|------------------|-----|
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 939.6313 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 696.8986 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 83.8349 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 437.9153 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2201 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A1223 | CARROTS BABY 20LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6667 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.6666 | g | |
| A012 | PEAS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 98.3550 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0100 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| 7039 | PEARS SLICED LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.9999 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/31/2020 **Feeding Figure:** 296
Base Menu Plan: 5,174 HS 19-20 JAN BFAST W1D2
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A324 | PIZZA 3.67oz TRKYSAU BRKFST IW | 1 | 1 PIZZA | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| A596 | BACKPACKERS OATMEAL #2305 | 1 | 1 PACKAGE | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 150.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| A395 | YOGURT STRAW/BAN #1167 | 1 | 1 CONTAINER | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| 1399 | COCOA PUFFS RS WG | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 25.0000 | g | |
| A594 | CEREAL, LUCKY CHARM #2162 | 1 | 1 BOWL | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2406 | POP TART FRST BLUEBERRY 17196 | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A572 | POPTART, IW STRAWBERRY WG | 1 | 1 PKG | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| A569 | CHEESE, STRING MOZ LT #1015 | 1 | 1 PKG (1) | 148 |
| | Nutrient | Value | Units | |
| | Food Energy | 88.0040 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 486.1077 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |

Trans Fat is displayed for informational purposes only, not for monitoring.
 * Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| A532 | APPLE WHOLE GALA | 1 | 1 APPLE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.9999 | g | |
| a534 | BANANA | 1 | 1 BANANA | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| A533 | ORANGE | 1 | 1 ORANGE | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| A587 | JUICE, BLUE RAZZ | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| A588 | JUICE, ROYAL GRAPE #1467 | 1 | 1 CARTON | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/31/2020

Feeding Figure: 839

Base Menu Plan: 5,118 HS 19-20 LUNCH W1D2

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A512 | FIESTA NACHO-CHICKEN chipotle | 1 | 1 NACHO | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 426.4321 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0322 | g | |
| A016 | RICE, MEXICAN-STYLE | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 78.7958 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.4837 | g | |
| A510 | PEPPER/ONION BLEND | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 10.4004 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6001 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A069 | BEANS, REFRIED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 38.1667 | kcal | |
| | | | | |
| A575 | SALSA, CONDIMENT | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 22.0768 | kcal | |
| | | | | |
| A467 | CRUNCHERS, BUFFALO #2396 | 1 | 4 PIECES | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 779.7307 | kcal | |
| | | | | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | | | | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | | | | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 440.1598 | kcal | |
| | | | | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 430.9694 | kcal | |
| | | | | |
| A610 | CALZONE SAUSAGE SMART MOUTH | 1 | 1 CALZONE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2501 | kcal | |
| | | | | |
| A603 | PIZZA HS CHEESE SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 390.0626 | kcal | |
| | | | | |
| A607 | PIZZA HS PEPPERONI SMART MOUTH | 1 | 1 PIZZA | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 415.0626 | kcal | |
| | | | | |
| A609 | BREAD CHEESY SMART MOUTH | 1 | 1 BREAD | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 387.4740 | kcal | |
| | | | | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 573.7155 | kcal | |
| | | | | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|------------------|-----|
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 500.9470 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0200 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 445.9154 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.2201 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 149.2892 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.6575 | g | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.1049 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.3543 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 70.0463 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.7357 | g | |
| A7078 | STRAWBERRIES #7112 | 1 | 1 CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.7012 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.2023 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |

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



Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1128 | ITALIAN FF MARZETT | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 13.7074 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | 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) | | 252 |
|-----------------|------------------------------|--|--------------|------------|--|--------------|
| Nutrient | | | Value | | | Units |
| Food Energy | | | 100.0000 | kcal | | |
| Nutrient | | | Value | | | Units |
| Carbohydrate | | | 11.0000 | g | | |

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