



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/1/2019

Feeding Figure: 35

Base Menu Plan: 1,003,878 IA HS BFAST W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0000 g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	24.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	22.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Nutrient	Value
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0000 g
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
			Nutrient	Value
			Carbohydrate	7.0000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	15.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/1/2019 **Feeding Figure:** 70
Base Menu Plan: 3,981 IA HS LUNCH W1D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
Nutrient		Value	Units	
Food Energy		238.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.6000	g	
A351	WAFFLE WG	1	1 WAFFLE	92
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	92
Nutrient		Value	Units	
Food Energy		121.4321	kcal	
Nutrient		Value	Units	
Carbohydrate		31.3700	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
Nutrient		Value	Units	
Food Energy		698.6376	kcal	
Nutrient		Value	Units	
Carbohydrate		82.5847	g	
A067	BEANS, BAKED	1	1 CUP	49
Nutrient		Value	Units	
Food Energy		235.3591	kcal	
Nutrient		Value	Units	
Carbohydrate		44.2458	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		75.1369	kcal	
Nutrient		Value	Units	
Carbohydrate		13.7866	g	
7029	FRUIT MIXED	1	CUP	54
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		30.0001	g	

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1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	87.8414	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	161.3599	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/4/2019

Feeding Figure: 35

Base Menu Plan: 4,619 IA HS BFAST W2D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1392	POP TART STRAW WG	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Nutrient	Value
			Carbohydrate	38.0000 g

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2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 3/4/2019
Base Menu Plan: 3,986 IA HS LUNCH W2D5 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 70

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A546	CHICKEN ORANGE W/ VEG	1	1 SERVING	87
	Nutrient	Value	Units	
	Food Energy	234.7718	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9183	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	87
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A012	PEAS	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	143.0865	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.6783	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7039	PEARS SLICED LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/5/2019

Feeding Figure: 35

Base Menu Plan: 4,620 IA HS BFAST W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/5/2019

Feeding Figure: 70

Base Menu Plan: 3,983 IA HS LUNCH W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	87
	Nutrient	Value	Units	
	Food Energy	254.8173	kcal	
A016	RICE, MEXICAN	1	1 CUP	87
	Nutrient	Value	Units	
	Food Energy	157.6401	kcal	
7045	SALSA	1	Ounce	87
	Nutrient	Value	Units	
	Food Energy	8.8527	kcal	

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A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A057	BROCCOLI, STEAMED	1	1 CUP	44
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.1027	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/6/2019 **Feeding Figure:** 35
Base Menu Plan: 4,621 IA HS BFAST W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.9999	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/6/2019 **Feeding Figure:** 70
Base Menu Plan: 3,982 IA HS LUNCH W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	87
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A359	CORN, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	136.8141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.5725	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A050	APPLES, HOT SPICED	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.7682	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/7/2019

Feeding Figure: 35

Base Menu Plan: 4,622 IA HS BFAST W2D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.4904	kcal	Carbohydrate	35.4987	g
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	194.9105	kcal	Carbohydrate	3.9151	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/7/2019 **Feeding Figure:** 70
Base Menu Plan: 1,003,727 IA HS LUNCH W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	87
	Nutrient	Value	Units	
	Food Energy	171.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	87
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	87
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	87
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
A070	CARROTS, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	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	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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Independence Central Office

Scheduled Menu Plans

7035	PEACHES SLICED LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	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: 3/8/2019

Feeding Figure: 35

Base Menu Plan: 1,003,879 IA HS BFAST W2D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A397	FRUDEL APPLE #1979	1	1 PKG	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	210.0000	kcal	Carbohydrate	36.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	24.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/8/2019

Feeding Figure: 70

Base Menu Plan: 1,003,728 IA HS LUNCH W2D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A080	CHILI	1	3/4 CUP	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	194.4703	kcal	Carbohydrate	18.8556	g
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	9.0000	g
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	295.2202	kcal	Carbohydrate	50.1329	g
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	*	kcal	Carbohydrate	*	g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	698.6376	kcal	Carbohydrate	82.5847	g
A011	VEGETABLES, MIXED	1	1 CUP	49		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	76.7782	kcal	Carbohydrate	16.8913	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
7039	PEARS SLICED LS	1	CUP	54		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	29.9999	g

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/11/2019

Feeding Figure: 35

Base Menu Plan: 4,614 IA HS BFAST W1D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2426	PANCAKE MINI BLUEBERRY WG 626	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
			Carbohydrate	38.0000 g

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Independence Central Office

Scheduled Menu Plans

1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55
	Nutrient	Value	Units	
	Food Energy	121.4321	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/11/2019

Feeding Figure: 70

Base Menu Plan: 4,515 IA HS LUNCH W3D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	209.5704	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.7570	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	92
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A372	GREEN BEANS-2017	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	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	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/12/2019 **Feeding Figure:** 35
Base Menu Plan: 4,615 IA HS BFAST W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9151	g	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/12/2019

Feeding Figure: 70

Base Menu Plan: 1,003,591 IA HS LUNCH W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	103
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.0273	g	
7045	SALSA	1	1/4 CUP	103
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A069	BEANS, REFRIED	1	1/2 CUP	103
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	1 CUP	17
	Nutrient	Value	Units	
	Food Energy	79.0296	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/13/2019 **Feeding Figure:** 35
Base Menu Plan: 4,616 IA HS BFAST W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/13/2019 **Feeding Figure:** 70
Base Menu Plan: 3,989 IA HS LUNCH W3D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.1840	g	
1361	BREADSTICK WG	1	STICK (1)	92
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A359	CORN, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	136.8141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.5725	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A7078	STRAWBERRIES #7112	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 3/14/2019
Base Menu Plan: 4,617 IA HS BFAST W1D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 35

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/14/2019

Feeding Figure: 70

Base Menu Plan: 3,990 IA HS LUNCH W3D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	92
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
A140	COUNTRY GRAVY	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
A012	PEAS	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	143.0865	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7035	PEACHES SLICED LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/15/2019

Feeding Figure: 35

Base Menu Plan: 1,003,882 IA HS BFAST W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/15/2019

Feeding Figure: 70

Base Menu Plan: 1,003,592 IA HS LUNCH W3D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	92
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	92
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
2390	COOKIE HOLIDAY SHAMROCK	1	COOKIE (1)	81
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A011	VEGETABLES, MIXED	1	1 CUP	92
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7029	FRUIT MIXED	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	2
Nutrient		Value	Units	
	Food Energy	29.3055	kcal	
Nutrient		Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
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)	33
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/18/2019 **Feeding Figure:** 68
Base Menu Plan: 4,619 IA HS BFAST W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1392	POP TART STRAW WG	1	PKG (1)	28
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	28
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
Nutrient		Value	Units	
	Food Energy	80.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
	Food Energy	240.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
Nutrient		Value	Units	
	Food Energy	29.4972	kcal	
Nutrient		Value	Units	
	Carbohydrate	7.5488	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/18/2019

Feeding Figure: 108

Base Menu Plan: 3,992 IA HS LUNCH W4D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	92
	Nutrient	Value	Units	
	Food Energy	346.9285	kcal	
	Nutrient	Value	Units	
	Carbohydrate	43.2430	g	
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	92
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A372	GREEN BEANS-2017	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	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	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	CUP	44
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/19/2019 **Feeding Figure:** 68
Base Menu Plan: 4,620 IA HS BFAST W2D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/19/2019

Feeding Figure: 108

Base Menu Plan: 3,993 IA HS LUNCH W4D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	92
	Nutrient	Value	Units	
	Food Energy	480.0173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.0775	g	
7045	SALSA	1	Tbsp	92
	Nutrient	Value	Units	
	Food Energy	5.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A069	BEANS, REFRIED	1	1/2 CUP	17
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A056	CORN, MEXICALI	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	203.5603	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.4735	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7074	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	79.0296	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.5720	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 3/20/2019
Base Menu Plan: 4,621 IA HS BFAST W2D3 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 68

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Trans Fat is displayed for informational purposes only, not for monitoring.

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Independence Central Office

Scheduled Menu Plans

2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/20/2019

Feeding Figure: 108

Base Menu Plan: 1,003,643 IA HS LUNCH W4D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	249.9517	kcal	Carbohydrate	38.9384	g
2416	FORTUNE COOKIE 40002	1	PKG (1)	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	522.7830	kcal	Carbohydrate	70.6275	g
A012	PEAS	1	1 CUP	49		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	143.0865	kcal	Carbohydrate	24.6783	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	95.3707	kcal	Carbohydrate	17.5171	g
A252	CHERRY CRISP w/o stabilizer	1	1 piece	81		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	184.8850	kcal	Carbohydrate	32.2982	g
7039	PEARS SLICED LS	1	CUP	49		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	29.9999	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	88.8102	kcal	Carbohydrate	21.1897	g

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/21/2019

Feeding Figure: 68

Base Menu Plan: 4,622 IA HS BFAST W2D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	

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Independence Central Office

Scheduled Menu Plans

2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/21/2019

Feeding Figure: 108

Base Menu Plan: 3,995 IA HS LUNCH W4D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6000	g	

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	92
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A070	CARROTS, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	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	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/22/2019

Feeding Figure: 68

Base Menu Plan: 4,623 IA HS BFAST W2D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 3/22/2019

Feeding Figure: 108

Base Menu Plan: 3,996 IA HS LUNCH W4D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A057	BROCCOLI, STEAMED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	52.5025	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.1027	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A050	APPLES, HOT SPICED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.7682	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/25/2019
Base Menu Plan: 4,614 IA HS BFAST W1D1 18-19 **Feeding Figure:** 68
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2426	PANCAKE MINI BLUEBERRY WG 626	1	PKG (1)	55
Nutrient		Value	Units	
Food Energy		230.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55
Nutrient		Value	Units	
Food Energy		121.4321	kcal	
Nutrient		Value	Units	
Carbohydrate		31.3700	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
Nutrient		Value	Units	
Food Energy		74.8864	kcal	
Nutrient		Value	Units	
Carbohydrate		17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
Nutrient		Value	Units	
Food Energy		50.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		60.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/25/2019 **Feeding Figure:** 108
Base Menu Plan: 3,977 IA HS LUNCH W1D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	92
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	92
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A011	VEGETABLES, MIXED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	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	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7112	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	138.9150	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.9924	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	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: 3/26/2019

Feeding Figure: 68

Base Menu Plan: 4,615 IA HS BFAST W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	Nutrient
	Food Energy	194.9105	kcal	Carbohydrate
				3.9151 g
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	Nutrient
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
2158	CEREAL FROOT LOOPS RS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				24.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				22.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 3/26/2019 **Feeding Figure:** 108
Base Menu Plan: 4,603 IA HS LUNCH W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	103
Nutrient		Value	Units	
Food Energy		461.4527	kcal	
Nutrient		Value	Units	
Carbohydrate		42.0273	g	
7045	SALSA	1	1/4 CUP	103
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
Nutrient		Value	Units	
Food Energy		515.7825	kcal	
Nutrient		Value	Units	
Carbohydrate		70.0617	g	
A069	BEANS, REFRIED	1	1/2 CUP	103
Nutrient		Value	Units	
Food Energy		131.7402	kcal	
Nutrient		Value	Units	
Carbohydrate		20.3267	g	
A359	CORN, COOKED	1	1 CUP	49
Nutrient		Value	Units	
Food Energy		136.8141	kcal	
Nutrient		Value	Units	
Carbohydrate		31.5725	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		75.1369	kcal	
Nutrient		Value	Units	
Carbohydrate		13.7866	g	
a7074	BLUEBERRIES #7074	1	1 CUP	17
Nutrient		Value	Units	
Food Energy		79.0296	kcal	
Nutrient		Value	Units	
Carbohydrate		18.5720	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient		Nutrient	
	Food Energy	88.8102	Carbohydrate	21.1897 g
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient		Nutrient	
	Food Energy	91.9264	Carbohydrate	21.9065 g
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient		Nutrient	
	Food Energy	105.0201	Carbohydrate	26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient		Nutrient	
	Food Energy	50.0000	Carbohydrate	12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient		Nutrient	
	Food Energy	60.0001	Carbohydrate	15.0000 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient		Nutrient	
	Food Energy	29.3055	Carbohydrate	7.8148 g
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient		Nutrient	
	Food Energy	85.8443	Carbohydrate	4.2922 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient		Nutrient	
	Food Energy	129.9999	Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient		Nutrient	
	Food Energy	129.9999	Carbohydrate	23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient		Nutrient	
	Food Energy	100.0000	Carbohydrate	12.0000 g

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