



Independence Central Office

Scheduled Menu Plans

3000 G. C. Bingham Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/1/2019

Feeding Figure: 325

Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	123		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	101		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	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
2079	APPLE GALA 138 CT	1	APPLE (1)	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
1333	BANANAS PREM 40LB	1	BANANA (1)	63		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	88		
	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)	83		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/1/2019 **Feeding Figure:** 700
Base Menu Plan: 4,113 MS 18-19 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	215
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6000	g	
A351	WAFFLE WG	1	1 WAFFLE	215
	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)	215
	Nutrient	Value	Units	
	Food Energy	121.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3700	g	
A112	WG FAJITA TACO	1	1 TACO	108
	Nutrient	Value	Units	
	Food Energy	283.5238	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5274	g	
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	108
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
7045	SALSA	1	1/4 CUP	108
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	108
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	108
	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	0
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	

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A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	107.1853	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	59.2886	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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2225	KETCHUP SRIRACHA	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	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	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/4/2019

Feeding Figure: 251

Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	

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A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	63
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	26
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	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)	86
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/4/2019

Feeding Figure: 700

Base Menu Plan: 4,488 MS 18-19 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A535	CHICKEN & NOODLES-NON-WG GAGE	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	116.2510	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.4807	g	

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A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	215
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A498	SANDWICH, STEAK WG	1	1 SANDWICH	269
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	269
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	269
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A495	BREADSTICK CHEESE FILLED #2375	1	2 BREADSTICKS	108
	Nutrient	Value	Units	
	Food Energy	300.0000	kcal	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	108
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
A067	BEANS, BAKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	39.4102	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	

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A7078	STRAWBERRIES #7112	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	81
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	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	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/5/2019 **Feeding Figure:** 325
Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE	1	FRUDEL (1)	123
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	

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1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/5/2019 **Feeding Figure:** 700
Base Menu Plan: 4,115 MS 18-19LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	215
	Nutrient	Value	Units	
	Food Energy	480.0173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.0775	g	
7045	SALSA	1	1/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	188
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	108
	Nutrient	Value	Units	
	Food Energy	202.7802	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0174	g	
1871	CHIP DOR NACHO RF WG	1	BAG (1 OZ)	108
	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	17
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	9
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	

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2407	RICE KRISPIES COCOA WG	1	PKG (1)	403
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
A069	BEANS, REFRIED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	6			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	29.3055	kcal		Carbohydrate	7.8148	g
2365	DRESSING RANCH OTT'S	1	Ounce	54			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
1832	DRESSING CAESAR FF	1	Ounce	6			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	18.8858	kcal		Carbohydrate	2.8329	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108			
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)	108			
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)	54			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/6/2019 **Feeding Figure:** 300
Base Menu Plan: 4,634 MS BIC JAN 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	101			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	280.0000	kcal		Carbohydrate	59.0001	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	269.9999	kcal		Carbohydrate	56.0000	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

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	38
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/6/2019

Feeding Figure: 700

Base Menu Plan: 1,003,838 MS 18-19 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A546	CHICKEN ORANGE W/ VEG	1	1 SERVING	269
	Nutrient	Value	Units	
	Food Energy	234.7718	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	269
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	135
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	108
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	25
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	402
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	107.1853	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.4864	g	
A066	CUCUMBER SALAD	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.6447	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
7029	FRUIT MIXED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	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

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	81
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	OZ (1)	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast
Date: 3/7/2019
Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 300

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	61
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/7/2019

Feeding Figure: 700

Base Menu Plan: 4,117 MS 18-19 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	242
	Nutrient	Value	Units	Nutrient
	Food Energy	237.5723	kcal	Carbohydrate
				13.8453 g
A005	POTATOES, MASHED	1	1/2 CUP	242
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A524	GRAVY BROWN LS #2421	1	2 OZ	242
	Nutrient	Value	Units	Nutrient
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	242
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	162
	Nutrient	Value	Units	Nutrient
	Food Energy	385.9999	kcal	Carbohydrate
				39.0001 g
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	162
	Nutrient	Value	Units	Nutrient
	Food Energy	10.2443	kcal	Carbohydrate
				2.0638 g
A338	NACHO BITES #2265	1	8 SERVING	108
	Nutrient	Value	Units	Nutrient
	Food Energy	270.0000	kcal	Carbohydrate
				32.0000 g
7045	SALSA	1	1/4 CUP	108
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	Nutrient
	Food Energy	515.7825	kcal	Carbohydrate
				70.0617 g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	Nutrient
	Food Energy	585.0200	kcal	Carbohydrate
				92.9511 g
A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	Nutrient
	Food Energy	26.3017	kcal	Carbohydrate
				4.9984 g

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Independence Central Office

Scheduled Menu Plans

A059	ZUCCHINI SAUTE	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	35.7754	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7035	PEACHES SLICED LS	1	CUP	215
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	

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Independence Central Office

Scheduled Menu Plans

1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/8/2019

Feeding Figure: 300

Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/8/2019 **Feeding Figure:** 700
Base Menu Plan: 4,368 MS 18-19 LUNCH W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	269
	Nutrient	Value	Units	
	Food Energy	194.4703	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.8556	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	269
	Nutrient	Value	Units	
	Food Energy	*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	*	g	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	269
	Nutrient	Value	Units	
	Food Energy	295.2202	kcal	
	Nutrient	Value	Units	
	Carbohydrate	50.1329	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	269
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	135
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1874	CHIP SUN MG SALSA (V	1	BAG (1 OZ)	135
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	

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Independence Central Office

Scheduled Menu Plans

A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	108
	Nutrient	Value	Units	
	Food Energy	311.8781	kcal	
1221	POTATO FRIES SPICY	1	1/2 CUP	108
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	28
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
A1223	CARROTS BABY 30LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
A011	VEGETABLES, MIXED	1	1 CUP	81
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7039	PEARS SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	81
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/11/2019

Feeding Figure: 325

Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	63
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	26
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	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)	86
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/11/2019

Feeding Figure: 700

Base Menu Plan: 1,003,839 MS 18-19 LUNCH W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A413	ROASTED CHICKEN BBQ	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	324.1071	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.1656	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	215
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A149	CHILI DOG	1	1 CHILI DOG	108
	Nutrient	Value	Units	
	Food Energy	442.1441	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.6458	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	162
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	162
	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	52
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
1223	CARROT BABY 30 LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	37.2094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.7602	g	
A067	BEANS, BAKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	176.5507	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.1903	g	
A003	SALAD, DARK GREENS	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/12/2019 **Feeding Figure:** 325
Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE	1	FRUDEL (1)	123
Nutrient		Value	Units	
Food Energy		210.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
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)	63
Nutrient		Value	Units	
Food Energy		74.8864	kcal	
Nutrient		Value	Units	
Carbohydrate		17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
Nutrient		Value	Units	
Food Energy		105.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
Nutrient		Value	Units	
Food Energy		29.4972	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
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)	83
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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/12/2019 **Feeding Figure:** 700
Base Menu Plan: 1,003,856 MS 18-19 LUNCH W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	269
	Nutrient	Value	Units	
	Food Energy	461.4527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	42.0273	g	
7045	SALSA	1	1/4 CUP	269
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	162
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A498	SANDWICH, STEAK WG	1	1 SANDWICH	81
	Nutrient	Value	Units	
	Food Energy	490.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.9999	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	81
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	39.4102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5834	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.3602	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.4464	g	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1329	ORANGE 138 CT	1	3/4 CUP (5-7 WEDGES)	215
	Nutrient	Value	Units	
	Food Energy	35.3966	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0586	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	TBSP	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/13/2019

Feeding Figure: 325

Base Menu Plan: 1,003,913 MS BIC JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2438	BAR CINN TOAST CRUNCH FRZ	1	PKG (1)	123
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	38
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/13/2019

Feeding Figure: 700

Base Menu Plan: 1,003,845 MS 18-19 LUNCH W3D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	269
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	269
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	162
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	81
	Nutrient	Value	Units	
	Food Energy	465.0049*	kcal	

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Independence Central Office

Scheduled Menu Plans

A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	25
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7029	FRUIT MIXED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	108
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	81
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/14/2019

Feeding Figure: 325

Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	61
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0000 g

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/14/2019

Feeding Figure: 700

Base Menu Plan: 4,122 MS 18-19 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	269
	Nutrient	Value	Units	
	Food Energy	171.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	269
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	269
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	269
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	135
	Nutrient	Value	Units	
	Food Energy	354.5809	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.3327	g	
1911	CHEETO PUFF	1	PKG (1)	135
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A112	WG FAJITA TACO	1	1 TACO	108
	Nutrient	Value	Units	
	Food Energy	283.5238	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5274	g	
2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	108
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
7045	SALSA	1	1/4 CUP	108
	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	17
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	

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Independence Central Office

Scheduled Menu Plans

A252	CHERRY CRISP w/o stabilizer	1	1 piece	403
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
A012	PEAS	1	3/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	107.1853	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.4864	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/15/2019 **Feeding Figure:** 325
Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/15/2019

Feeding Figure: 700

Base Menu Plan: 1,003,846 MS 18-19 LUNCH W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2390	COOKIE HOLIDAY SHAMROCK	1	COOKIE (1)	402
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A465	FISH NACHO STICKS #2401	1	4 STICKS	215
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
A033	SAUCE, TARTER	1	1 OZ	215
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	145.8523	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	135
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	

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Independence Central Office

Scheduled Menu Plans

A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	87.8622	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	81
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	81
	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	106
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6733	g	
A066	CUCUMBER SALAD	1	3/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.6447	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A050	APPLES, HOT SPICED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	182.5194	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.6237	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	MEDIUM BANANA	27
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Carbohydrate	26.9512	g	
	Carbohydrate	14.0000	g	
	Carbohydrate	14.0000	g	
	Carbohydrate	8.3320	g	
	Carbohydrate	0.0000	g	
	Carbohydrate	6.6656	g	
	Carbohydrate	7.8148	g	
	Carbohydrate	4.2922	g	
	Carbohydrate	2.8329	g	
	Carbohydrate	24.9999	g	
	Carbohydrate	12.0000	g	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/18/2019

Feeding Figure: 251

Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	123
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				59.0001 g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	Nutrient
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	Nutrient
	Food Energy	74.8864	kcal	Carbohydrate
				17.9728 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	63
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	26
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	83
	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)	86
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/18/2019 **Feeding Figure:** 537
Base Menu Plan: 1,003,841 MS 18-19 LUNCH W4D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	215
Nutrient		Value	Units	
Food Energy		385.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0001	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	215
Nutrient		Value	Units	
Food Energy		10.2443	kcal	
Nutrient		Value	Units	
Carbohydrate		2.0638	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	215
Nutrient		Value	Units	
Food Energy		132.0316	kcal	
Nutrient		Value	Units	
Carbohydrate		22.7641	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	135
Nutrient		Value	Units	
Food Energy		267.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		33.0001	g	
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	162
Nutrient		Value	Units	
Food Energy		232.6962	kcal	
Nutrient		Value	Units	
Carbohydrate		25.6039	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	162
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	25
Nutrient		Value	Units	
Food Energy		698.6376	kcal	
Nutrient		Value	Units	
Carbohydrate		82.5847	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
Nutrient		Value	Units	
Food Energy		39.4102	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5834	g	
A067	BEANS, BAKED	1	3/4 CUP	81
Nutrient		Value	Units	
Food Energy		176.5507	kcal	
Nutrient		Value	Units	
Carbohydrate		33.1903	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
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	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	OZ	17
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/19/2019 **Feeding Figure:** 251
Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE	1	FRUDEL (1)	123
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	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

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/19/2019 **Feeding Figure:** 537
Base Menu Plan: 1,003,842 MS 18-19 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	215
	Nutrient	Value	Units	
	Food Energy	254.8173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.6665	g	
7045	SALSA	1	1/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A016	RICE, MEXICAN	1	1/2 CUP	215
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A466	PIZZA BUFFALO CKN #2386	1	1 SLICE	188
	Nutrient	Value	Units	
	Food Energy	541.6668	kcal	
	Nutrient	Value	Units	
	Carbohydrate	48.6111	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	108
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	

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Independence Central Office

Scheduled Menu Plans

a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	9
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	92.9511	g	
A069	BEANS, REFRIED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4972	g	
A359	CORN, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
	Nutrient	Value	Units	
	Carbohydrate	46.1542	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7035	PEACHES SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0001	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	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

2366	DRESSING ITALIAN OTT'S	1	Ounce	6												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>29.3055</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	29.3055	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>7.8148</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	7.8148	g	
Nutrient	Value	Units														
Food Energy	29.3055	kcal														
Nutrient	Value	Units														
Carbohydrate	7.8148	g														
2365	DRESSING RANCH OTT'S	1	Ounce	135												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>85.8443</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	85.8443	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>4.2922</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	4.2922	g	
Nutrient	Value	Units														
Food Energy	85.8443	kcal														
Nutrient	Value	Units														
Carbohydrate	4.2922	g														
1832	DRESSING CAESAR FF	1	Ounce	6												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>18.8858</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	18.8858	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.8329</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	2.8329	g	
Nutrient	Value	Units														
Food Energy	18.8858	kcal														
Nutrient	Value	Units														
Carbohydrate	2.8329	g														
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>129.9999</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	129.9999	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>24.9999</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	24.9999	g	
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)	108												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	100.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	12.0000	g	
Nutrient	Value	Units														
Food Energy	100.0000	kcal														
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Carbohydrate	12.0000	g														
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>129.9999</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	129.9999	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>23.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	23.0000	g	
Nutrient	Value	Units														
Food Energy	129.9999	kcal														
Nutrient	Value	Units														
Carbohydrate	23.0000	g														

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/20/2019 **Feeding Figure:** 251
Base Menu Plan: 4,634 MS BIC JAN 18-19 W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	123												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>176.5800</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	176.5800	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0400</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.0400	g	
Nutrient	Value	Units														
Food Energy	176.5800	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0400	g														
1015	CHEESE STRING MOZ LT	1	PKG (1)	101												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>80.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	80.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.0000	g	
Nutrient	Value	Units														
Food Energy	80.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	0.0000	g														
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>280.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	280.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>59.0001</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	59.0001	g	
Nutrient	Value	Units														
Food Energy	280.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	59.0001	g														
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>269.9999</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	269.9999	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>56.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	56.0000	g	
Nutrient	Value	Units														
Food Energy	269.9999	kcal														
Nutrient	Value	Units														
Carbohydrate	56.0000	g														
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>240.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	240.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>39.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	39.0000	g	
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Carbohydrate	39.0000	g														

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	38
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/20/2019

Feeding Figure: 537

Base Menu Plan: 1,003,843 MS 18-19 LUNCH W4D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	215
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	162
	Nutrient	Value	Units	
	Food Energy	194.9105	kcal	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	162
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	162
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	135
	Nutrient	Value	Units	
	Food Energy	498.6447*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	53.1496*	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	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	402
	Nutrient	Value	Units	
	Food Energy	184.8850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.2982	g	
A372	GREEN BEANS-2017	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9984	g	
A012	PEAS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	107.1853	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.4864	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
7029	FRUIT MIXED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	27
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	27
	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

1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast
Date: 3/21/2019
Base Menu Plan: 4,635 MS BIC JAN 18-19 W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-8
Feeding Figure: 251

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	61
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	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)	83
	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)	86
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/21/2019

Feeding Figure: 537

Base Menu Plan: 1,003,844 MS 18-19 LUNCH W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A110	ROASTED CHICKEN	1	1 SERVING	269
	Nutrient	Value	Units	Nutrient
	Food Energy	265.7835	kcal	Carbohydrate
				0.8346 g
A005	POTATOES, MASHED	1	1/2 CUP	269
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A525	GRAVY POULTRY LS #2422	1	2 OZ	269
	Nutrient	Value	Units	Nutrient
	Food Energy	2.3897	kcal	Carbohydrate
				0.2868 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	269
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	162
	Nutrient	Value	Units	Nutrient
	Food Energy	311.8781	kcal	Carbohydrate
				28.0469 g
1221	POTATO FRIES SPICY	1	1/2 CUP	162
	Nutrient	Value	Units	Nutrient
	Food Energy	140.0000	kcal	Carbohydrate
				20.0000 g
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	81
	Nutrient	Value	Units	Nutrient
	Food Energy	202.7802	kcal	Carbohydrate
				26.0174 g
1873	CHIP DOR CL RAN RF WG	1	BAG (1 OZ)	81
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				19.0000 g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	Nutrient
	Food Energy	515.7825	kcal	Carbohydrate
				70.0617 g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	8
	Nutrient	Value	Units	Nutrient
	Food Energy	585.0200	kcal	Carbohydrate
				92.9511 g
A011	VEGETABLES, MIXED	1	3/4 CUP	81
	Nutrient	Value	Units	Nutrient
	Food Energy	57.6055	kcal	Carbohydrate
				12.6733 g

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Independence Central Office

Scheduled Menu Plans

A1223	CARROTS BABY 30LBS	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7074	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	59.2886	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	81
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/22/2019

Feeding Figure: 251

Base Menu Plan: 4,636 MS BIC JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	123
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Carbohydrate	0.0000 g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
			Carbohydrate	56.0000 g

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Independence Central Office

Scheduled Menu Plans

A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	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)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
	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)	83
	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)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/22/2019 **Feeding Figure:** 537
Base Menu Plan: 4,128 MS 18-19 LUNCH W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	215
	Nutrient	Value	Units	
	Food Energy	346.9285	kcal	
	Nutrient	Value	Units	
	Carbohydrate	43.2430	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	215
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	

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Independence Central Office

Scheduled Menu Plans

A338	NACHO BITES #2265	1	8 SERVING	135
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	108
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	108
	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	54
	Nutrient	Value	Units	
	Food Energy	698.6376	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.5847	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	34.9928	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.9988	g	
A070	CARROTS, COOKED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
7039	PEARS SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.4999	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	SERVING 30 GRAM	6
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	269
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	54
Nutrient		Value	Units	
Food Energy		129.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 3/25/2019 **Feeding Figure:** 251
Base Menu Plan: 4,632 MS BIC JAN 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	123
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		40.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	63
Nutrient		Value	Units	
Food Energy		280.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	63
Nutrient		Value	Units	
Food Energy		269.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		56.0000	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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	63
Nutrient		Value	Units	
Food Energy		74.8864	kcal	
Nutrient		Value	Units	
Carbohydrate		17.9728	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	63
Nutrient		Value	Units	
Food Energy		29.4972	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5488	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	26
Nutrient		Value	Units	
Food Energy		105.0201	kcal	
Nutrient		Value	Units	
Carbohydrate		26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	88
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)	83
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

a360	CARROT, FRESH SHREDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	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	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	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	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.8329	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	269
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1103	PICKLE RELISH	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	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)	108
	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)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/26/2019

Feeding Figure: 251

Base Menu Plan: 4,633 MS BIC JAN 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1979	FRUDEL APPLE	1	FRUDEL (1)	123
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	63
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	101
	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	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	63
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	63
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	26
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	189
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	86
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 3/26/2019

Feeding Figure: 537

Base Menu Plan: 4,110 MS 18-19 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	215
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
7045	SALSA	1	1/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	162
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	108
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

1310	SAUCE MARINARA	1	SERVING (2 OZ)	108
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	27
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	25
	Nutrient	Value	Units	
	Food Energy	585.0200	kcal	
A014	VEGGIE FRESH MIX	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	21.3602	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	81
	Nutrient	Value	Units	
	Food Energy	39.4102	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	27
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
7035	PEACHES SLICED LS	1	3/4 CUP	215
	Nutrient	Value	Units	
	Food Energy	90.0001	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	54
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	108
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	54
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1832	DRESSING CAESAR FF	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	108
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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