



Independence Central Office

Scheduled Menu Plans

6060 William Southern Elementary School

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/1/2019

Feeding Figure: 10

Base Menu Plan: 4,051 EE/EL MAIN BFAST W2D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	279.4904	kcal	Carbohydrate	38.4986	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/1/2019

Feeding Figure: 10

Base Menu Plan: 4,069 EE/EL 18-19 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A526	FISH NACHO STICKS #2401 EE	1	2 STICKS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	11.0000	g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	145.8523	kcal	Carbohydrate	10.7791	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	17.5420	kcal	Carbohydrate	3.3337	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.0001 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/1/2019 **Feeding Figure:** 10
Base Menu Plan: 4,091 EE/EL MAIN 18-19 SNACK W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/2/2019 **Feeding Figure:** 10
Base Menu Plan: 4,052 EE/EL MAIN BFAST W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				36.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/2/2019
Base Menu Plan: 4,473 EE/EL 18-19 LUNCH W2D4 **Feeding Figure:** 10
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	10
Nutrient		Value	Units	
Food Energy		237.5723	kcal	
Nutrient		Value	Units	
Carbohydrate		13.8453	g	
A005	POTATOES, MASHED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
Nutrient		Value	Units	
Food Energy		178.5303	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	10
Nutrient		Value	Units	
Food Energy		25.2695	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0431	g	
A359	CORN, COOKED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		133.2287	kcal	
Nutrient		Value	Units	
Carbohydrate		30.7451	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.5905	kcal	
Nutrient		Value	Units	
Carbohydrate		0.6010	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		4.1189	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		41.2567	kcal	
Nutrient		Value	Units	
Carbohydrate		7.7529	g	
7039	PEARS SLICED LS	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		60.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.9999	g	

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2366	DRESSING ITALIAN OTT'S	1	Ounce	10
Nutrient		Value	Units	
	Food Energy	29.3055	kcal	
Nutrient		Value	Units	
	Carbohydrate	7.8148	g	

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack
Date: 5/2/2019
Base Menu Plan: 4,094 EE/EL MAIN 18-19 SNACK W3D1
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 5/3/2019
Base Menu Plan: 4,053 EE/EL MAIN BFAST W2D5 18-19
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	20.0000	g	
A029	TOAST, WG	1	1 SLICE	10
Nutrient		Value	Units	
	Food Energy	112.5000	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.0000	g	
7039	PEARS SLICED LS	1	1/2 CUP	10
Nutrient		Value	Units	
	Food Energy	60.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 5/3/2019
Base Menu Plan: 4,073 EE/EL 18-19 LUNCH W2D5
Menu Comments:

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

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Stock Number	Description	Serving Size	Measure	Projected Quantity		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	22.5109	kcal	Carbohydrate	5.2526	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	37.5766	kcal	Carbohydrate	6.8948	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	69.4375	kcal	Carbohydrate	16.4915	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/3/2019

Feeding Figure: 10

Base Menu Plan: 4,093 EE/EL MAIN 18-19 SNACK W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1387	GRAHAMS ORIGINAL	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	16.0000	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/6/2019 **Feeding Figure:** 10
Base Menu Plan: 4,054 EE/EL MAIN BFAST W3D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		194.9105	kcal	
Nutrient		Value	Units	
Carbohydrate		3.9151	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
Nutrient		Value	Units	
Food Energy		60.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/6/2019 **Feeding Figure:** 10
Base Menu Plan: 4,076 EE/EL 18-19 LUNCH W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	10
Nutrient		Value	Units	
Food Energy		419.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		41.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	10
Nutrient		Value	Units	
Food Energy		45.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		17.5420	kcal	
Nutrient		Value	Units	
Carbohydrate		3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.5905	kcal	
Nutrient		Value	Units	
Carbohydrate		0.6010	g	

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a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	69.4375	kcal	Carbohydrate
				16.4915 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/6/2019 **Feeding Figure:** 10
Base Menu Plan: 4,094 EE/EL MAIN 18-19 SNACK W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/7/2019 **Feeding Figure:** 10
Base Menu Plan: 4,055 EE/EL MAIN BFAST W3D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				37.0000 g

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A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	69.4375	kcal	Carbohydrate
				16.4915 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/7/2019 **Feeding Figure:** 10
Base Menu Plan: 4,075 EE/EL 18-19 LUNCH W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A081	WG SOFT TACO W/MEAT	1	1 TACO	10
	Nutrient	Value	Units	Nutrient
	Food Energy	275.4966	kcal	Carbohydrate
				24.5578 g
7045	SALSA	1	1/4 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	133.2287	kcal	Carbohydrate
				30.7451 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.0001 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/7/2019 **Feeding Figure:** 10
Base Menu Plan: 4,095 EE/EL MAIN 18-19 SNACK W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1425	CRACKER ANIMAL	1	PKG (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		130.0000	kcal	Carbohydrate		21.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/8/2019 **Feeding Figure:** 10
Base Menu Plan: 4,056 EE/EL MAIN BFAST W3D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		240.0000	kcal	Carbohydrate		31.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		52.5100	kcal	Carbohydrate		13.4756	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/8/2019 **Feeding Figure:** 10
Base Menu Plan: 4,074 EE/EL 18-19 LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		332.8338	kcal	Carbohydrate		32.1840	g

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A379	BREADSTICK WG #1361	1	1 BREADSTICK	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	26.2924	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.0593	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7529	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/8/2019

Feeding Figure: 10

Base Menu Plan: 4,096 EE/EL MAIN 18-19 SNACK W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	10
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/9/2019

Feeding Figure: 10

Base Menu Plan: 4,057 EE/EL MAIN BFAST W3D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/9/2019

Feeding Figure: 10

Base Menu Plan: 4,077 EE/EL 18-19 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	170.0000	kcal	Carbohydrate	9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A525	GRAVY POULTRY LS #2422	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	22.5109	kcal	Carbohydrate	5.2526	g

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a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	39.5599	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1086	SAUCE BBQ	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/9/2019

Feeding Figure: 10

Base Menu Plan: 4,451 EE/EL MAIN 18-19 SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Carbohydrate	17.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Carbohydrate	12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 5/10/2019
Base Menu Plan: 4,058 EE/EL MAIN BFAST W3D5 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A464	PANCAKE BLUEBERRY BASH #2383	1	1 PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	36.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 5/10/2019
Base Menu Plan: 4,078 EE/EL 18-19 LUNCH W3D5
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	249.9517	kcal	Carbohydrate	38.9384	g
A012	PEAS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	71.6249	kcal	Carbohydrate	12.3532	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	37.5766	kcal	Carbohydrate	6.8948	g

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Scheduled Menu Plans

1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/10/2019 **Feeding Figure:** 10
Base Menu Plan: 4,098 EE/EL MAIN 18-19 SNACK W3D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1015	CHEESE STRING MOZ LT	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0003	kcal	Carbohydrate
				4.5000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/13/2019 **Feeding Figure:** 10
Base Menu Plan: 4,059 EE/EL MAIN BFAST W4D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				40.0000 g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/13/2019

Feeding Figure: 10

Base Menu Plan: 1,004,165 EE/EL 18-19 LUNCH W4D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	327.4475	kcal	Carbohydrate	36.4966	g
A425	POTATO CRINKLE FRIES	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	132.0316	kcal	Carbohydrate	22.7641	g
A067	BEANS, BAKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	117.7311	kcal	Carbohydrate	22.1326	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	41.2567	kcal	Carbohydrate	7.7529	g
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.0001	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 5/13/2019
Base Menu Plan: 4,099 EE/EL MAIN 18-19 SNACK W4D1
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2409	COOKIE MINI RASPBERRY WG	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 5/14/2019
Base Menu Plan: 4,060 EE/EL MAIN BFAST W4D2 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2001	CEREAL RICE CHEX	1	BOWL (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	24.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.5599	kcal	Carbohydrate	9.2966	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 5/14/2019
Base Menu Plan: 4,080 EE/EL 18-19 LUNCH W4D2
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	320.0001	kcal	Carbohydrate	35.0001	g

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Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	10
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	26.2924	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	37.5766	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	69.4375	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/14/2019

Feeding Figure: 10

Base Menu Plan: 4,100 EE/EL MAIN 18-19 SNACK W4D2

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 5/15/2019
Base Menu Plan: 4,061 EE/EL MAIN BFAST W4D3 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	279.4904	kcal	Carbohydrate	38.4986	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 5/15/2019
Base Menu Plan: 4,081 EE/EL 18-19 LUNCH W4D3
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A089	CHICKEN PARMESAN ROTINI 2018	1	1 SERVING	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	354.3592	kcal	Carbohydrate	36.8029	g
A359	CORN, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	133.2287	kcal	Carbohydrate	30.7451	g
A050	APPLES, HOT SPICED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4842	kcal	Carbohydrate	26.3734	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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Independence Central Office

Scheduled Menu Plans

a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	47.6842	kcal	Carbohydrate
				8.7583 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/15/2019 **Feeding Figure:** 10
Base Menu Plan: 4,101 EE/EL MAIN 18-19 SNACK W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	140.0000	kcal	Carbohydrate
				22.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,062 EE/EL MAIN BFAST W4D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				36.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,082 EE/EL 18-19 LUNCH W4D4
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A011	VEGETABLES, MIXED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.4764	kcal	Carbohydrate	8.4649	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	41.2567	kcal	Carbohydrate	7.7529	g
7039	PEARS SLICED LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	14.9999	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 5/16/2019
Base Menu Plan: 4,102 EE/EL MAIN 18-19 SNACK W4D4
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2106	APPLE SLICES 100/2 OZ	1	PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 5/17/2019
Base Menu Plan: 4,063 EE/EL MAIN BFAST W4D5 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	69.4375	kcal	Carbohydrate	16.4915	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 5/17/2019
Base Menu Plan: 4,083 EE/EL 18-19 LUNCH W4D5
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g

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Independence Central Office

Scheduled Menu Plans

A070	CARROTS, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	22.5109	kcal	Carbohydrate
				5.2526 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	39.5599	kcal	Carbohydrate
				9.2966 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1097	MUSTARD	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	0.0000	kcal	Carbohydrate
				0.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/17/2019

Feeding Figure: 10

Base Menu Plan: 4,103 EE/EL MAIN 18-19 SNACK W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				16.0000 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/20/2019 **Feeding Figure:** 10
Base Menu Plan: 4,044 EE/EL MAIN BFAST W1D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		194.9105	kcal	
Nutrient		Value	Units	
Carbohydrate		3.9151	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
Nutrient		Value	Units	
Food Energy		60.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/20/2019 **Feeding Figure:** 10
Base Menu Plan: 4,064 EE/EL 18-19 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10
Nutrient		Value	Units	
Food Energy		170.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0000	g	
A351	WAFFLE WG	1	1 WAFFLE	10
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)	10
Nutrient		Value	Units	
Food Energy		121.4321	kcal	
Nutrient		Value	Units	
Carbohydrate		31.3700	g	
A067	BEANS, BAKED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		117.7311	kcal	
Nutrient		Value	Units	
Carbohydrate		22.1326	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.9999 g
1086	SAUCE BBQ	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	1
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/20/2019

Feeding Figure: 10

Base Menu Plan: 4,084 EE/EL MAIN 18-19 SNACK W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.0000	kcal	Carbohydrate
				18.9000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 5/21/2019
Base Menu Plan: 4,045 EE/EL MAIN BFAST W1D2 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A388	PANCAKE BANANA MINI	1	1 PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	37.0000	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	69.4375	kcal	Carbohydrate	16.4915	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 5/21/2019
Base Menu Plan: 4,065 EE/EL 18-19 LUNCH W1D2
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	349.9999	kcal	Carbohydrate	38.0000	g
A359	CORN, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	133.2287	kcal	Carbohydrate	30.7451	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	37.5766	kcal	Carbohydrate	6.8948	g

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Independence Central Office

Scheduled Menu Plans

2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/21/2019 **Feeding Figure:** 10
Base Menu Plan: 4,664 EE/EL MAIN 18-19 SNACK W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7071	PEACH CUPS FROZEN	1	CUP (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				19.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/22/2019 **Feeding Figure:** 10
Base Menu Plan: 4,046 EE/EL MAIN BFAST W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				31.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	52.5100	kcal	Carbohydrate
				13.4756 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/22/2019 **Feeding Figure:** 10
Base Menu Plan: 3,442 OPEN SITE/BRWNBAG LUNCH 2017EE
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	167.3048	kcal	Carbohydrate	2.3057	g
1912	CHEEZ-IT WHOLE GRAIN	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	51.0000	kcal	Carbohydrate	14.0000	g
A401	CARROTS, BLANCHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	19.8450	kcal	Carbohydrate	4.6721	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack
Date: 5/22/2019
Base Menu Plan: 4,451 EE/EL MAIN 18-19 SNACK W3D4
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	17.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 5/23/2019
Base Menu Plan: 4,047 EE/EL MAIN BFAST W1D4 18-19
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g

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Independence Central Office

Scheduled Menu Plans

A029	TOAST, WG	1	1/2 SLICE	10
	Nutrient	Value	Units	
	Food Energy	56.2312	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9970	g	
7039	PEARS SLICED LS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/23/2019 **Feeding Figure:** 10
Base Menu Plan: 4,067 EE/EL 18-19 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	10
	Nutrient	Value	Units	
	Food Energy	171.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	10
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	41.2567	kcal	Carbohydrate	7.7529	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	39.5599	kcal	Carbohydrate	9.2966	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/23/2019 **Feeding Figure:** 10
Base Menu Plan: 4,087 EE/EL MAIN 18-19 SNACK W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1015	CHEESE STRING MOZ LT	1	PKG (1)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	30.0003	kcal	Carbohydrate	4.5000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 5/24/2019 **Feeding Figure:** 10
Base Menu Plan: 4,048 EE/EL MAIN BFAST W1D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A464	PANCAKE BLUEBERRY BASH #2383	1	1 PKG	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	36.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g

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



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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/24/2019

Feeding Figure: 10

Base Menu Plan: 4,068 EE/EL 18-19 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	10
Nutrient		Value	Units	
Food Energy		346.9285	kcal	
Nutrient		Value	Units	
Carbohydrate		43.2430	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	10
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		21.0000	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.5905	kcal	
Nutrient		Value	Units	
Carbohydrate		0.6010	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		4.1189	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8901	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		37.5766	kcal	
Nutrient		Value	Units	
Carbohydrate		6.8948	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		26.2924	kcal	
Nutrient		Value	Units	
Carbohydrate		5.0593	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	10
Nutrient		Value	Units	
Food Energy		60.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0001	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
Nutrient		Value	Units	
Food Energy		29.3055	kcal	
Nutrient		Value	Units	
Carbohydrate		7.8148	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
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: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 5/24/2019

Feeding Figure: 10

Base Menu Plan: 4,088 EE/EL MAIN 18-19 SNACK W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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