



Independence Central Office

Scheduled Menu Plans

6060 William Southern Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 5/29/2019

Feeding Figure: 271

Base Menu Plan: 4,702 SMR 2019 K-8 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	269		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	320.0000	kcal	Carbohydrate	65.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	231		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	163		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 5/29/2019

Feeding Figure: 366

Base Menu Plan: 4,716 SMR 2019 K-8 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	461.4527	kcal	Carbohydrate	42.0273	g
A069	BEANS, REFRIED	1	1/2 CUP	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	131.7402	kcal	Carbohydrate	20.3267	g
A359	CORN, COOKED	1	1/2 CUP	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	133.2287	kcal	Carbohydrate	30.7451	g

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7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	366
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	147
	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)	74
	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: 5/30/2019

Feeding Figure: 271

Base Menu Plan: 4,703 SMR 2019 K-8 BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2082	NOTABLE CINN TOAST BOWL	1	PACKAGE (1)	269
	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	
7071	PEACH CUPS FROZEN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	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)	163
	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: 5/30/2019

Feeding Figure: 366

Base Menu Plan: 4,717 SMR 2019 K-8 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	366
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	366
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	366
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	366
	Nutrient	Value	Units	
	Food Energy	39.4102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5834	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	366
	Nutrient	Value	Units	
	Food Energy	69.4375	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.4915	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	19
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	

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A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	4
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2365	DRESSING RANCH OTT'S	1	Ounce	19
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293
	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)	74
	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: 5/31/2019

Feeding Figure: 271

Base Menu Plan: 4,704 SMR 2019 K-8 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	269
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	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	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	204
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	109
	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)	163
	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: 5/31/2019

Feeding Figure: 366

Base Menu Plan: 4,718 SMR 2019 K-8 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	167.3048	kcal	Carbohydrate	2.3057	g
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	19.0000	g
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	6.0000	g
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	366		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	207.0536	kcal	Carbohydrate	13.1969	g
2365	DRESSING RANCH OTT'S	1	Ounce	19		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	293		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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