



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 5/29/2019

Feeding Figure: 296

Base Menu Plan: 4,731 SMR 2019 HS BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	Nutrient
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				39.0000 g
1319	APPLE RED 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	Nutrient
	Food Energy	91.9264	kcal	Carbohydrate
				21.9065 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	74
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	Nutrient
	Food Energy	47.1954	kcal	Carbohydrate
				12.0781 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 5/29/2019

Feeding Figure: 839

Base Menu Plan: 4,736 SMR 2019 HS LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	630
	Nutrient	Value	Units	Nutrient
	Food Energy	399.9049	kcal	Carbohydrate
				41.5728 g

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A069	BEANS, REFRIED	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
A510	PEPPER/ONION BLEND	1	1/2 CUP	630
	Nutrient	Value	Units	
	Food Energy	20.8007	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	209
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
A359	CORN, COOKED	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	266.3235	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	420
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	168
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	

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2365	DRESSING RANCH OTT'S	1	Ounce	42
	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)	336
	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)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 5/30/2019 **Feeding Figure:** 296
Base Menu Plan: 4,732 SMR 2019 HS BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	98
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A2090	NOTABLES COCOA PUFFS BAR #2090	1	1 PKG	98
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	65.0000	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	148
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 5/30/2019 **Feeding Figure:** 839
Base Menu Plan: 4,737 SMR 2019 HS LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	630
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	630
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	630
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	630
Nutrient		Value	Units	
Food Energy		130.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	101
Nutrient		Value	Units	
Food Energy		515.7825	kcal	
Nutrient		Value	Units	
Carbohydrate		70.0617	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	108
Nutrient		Value	Units	
Food Energy		486.0833	kcal	
Nutrient		Value	Units	
Carbohydrate		69.9291	g	
A057	BROCCOLI, STEAMED	1	1 CUP	839
Nutrient		Value	Units	
Food Energy		52.5025	kcal	
Nutrient		Value	Units	
Carbohydrate		10.1027	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
Nutrient		Value	Units	
Food Energy		138.9150	kcal	
Nutrient		Value	Units	
Carbohydrate		32.9924	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
Nutrient		Value	Units	
Food Energy		91.9264	kcal	
Nutrient		Value	Units	
Carbohydrate		21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
Nutrient		Value	Units	
Food Energy		47.1954	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0781	g	

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1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	504
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 5/31/2019

Feeding Figure: 296

Base Menu Plan: 4,733 SMR 2019 HS BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A415	NOTABLES CINN TOAST #2082	1	1 PACK	148
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
A2064	NOTEABLES LUCKY CHARM #2064	1	1 PKG	146
	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	
1319	APPLE RED 138 CT	1	APPLE (1)	119
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	119
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	60
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	148
	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)	148
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 5/31/2019

Feeding Figure: 839

Base Menu Plan: 4,738 SMR 2019 HS LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A365	HOTDOG	1	1 HOTDOG	630
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	630
	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	209
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	68.3951	g	

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A1223	CARROTS BABY 30LBS	1	1 CUP	839
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A175	APPLES & SUNBUTTER CUP	1	1 SERVING	839
	Nutrient	Value	Units	
	Food Energy	207.0536	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.1969	g	
1319	APPLE RED 138 CT	1	APPLE (1)	210
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	47.1954	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0781	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	42
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	336
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	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	17
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
2365	DRESSING RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Item ID	Item Name	Nutrient	Value	Units	Quantity	Unit	Nutrient	Value	Units	Total Value
1103	PICKLE RELISH	Nutrient			1	Ounce				84
		Food Energy	25.0000	kcal			Carbohydrate	6.0000	g	
1097	MUSTARD	Nutrient			1	Ounce				210
		Food Energy	0.0000	kcal			Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	Nutrient			1	CARTON (1)				336
		Food Energy	129.9999	kcal			Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	Nutrient			1	CARTON (1)				504
		Food Energy	100.0000	kcal			Carbohydrate	12.0000	g	

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