



Independence Central Office

Scheduled Menu Plans

3050 James Bridger Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 5/29/2019

Feeding Figure: 348

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	345												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>320.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	320.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>65.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	65.0000	g	
Nutrient	Value	Units														
Food Energy	320.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	65.0000	g														
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	3												
<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	
Nutrient	Value	Units														
Food Energy	240.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	39.0000	g														
1333	BANANAS PREM 40LB	1	1/2 BANANA	296												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>52.5100</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	52.5100	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.4756</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	13.4756	g	
Nutrient	Value	Units														
Food Energy	52.5100	kcal														
Nutrient	Value	Units														
Carbohydrate	13.4756	g														
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140												
<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														
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Carbohydrate	24.9999	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	209												
<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														
Nutrient	Value	Units														
Carbohydrate	12.0000	g														

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 5/29/2019

Feeding Figure: 644

Base Menu Plan: 4,726 SMR 2019 MS K-8 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	516												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>461.4527</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	461.4527	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>42.0273</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	42.0273	g	
Nutrient	Value	Units														
Food Energy	461.4527	kcal														
Nutrient	Value	Units														
Carbohydrate	42.0273	g														
A069	BEANS, REFRIED	1	3/4 CUP	516												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>197.6571</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	197.6571	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>30.4972</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	30.4972	g	
Nutrient	Value	Units														
Food Energy	197.6571	kcal														
Nutrient	Value	Units														
Carbohydrate	30.4972	g														
A510	PEPPER/ONION BLEND	1	1/2 CUP	516												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>20.8007</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	20.8007	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>5.2002</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	5.2002	g	
Nutrient	Value	Units														
Food Energy	20.8007	kcal														
Nutrient	Value	Units														
Carbohydrate	5.2002	g														

Trans Fat is displayed for informational purposes only, not for monitoring.

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



Independence Central Office

Scheduled Menu Plans

A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	128
	Nutrient	Value	Units	
	Food Energy	639.8272	kcal	
A359	CORN, COOKED	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	200.0015	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	644
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 5/30/2019

Feeding Figure: 348

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)	345
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
			Nutrient	Value
			Carbohydrate	56.0000 g

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Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	3
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
7071	PEACH CUPS FROZEN	1	CUP (1)	261
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	140
	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)	209
	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: 644

Base Menu Plan: 4,727 SMR 2019 MS K-8 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	516
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	516
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	516
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	516
	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	65
	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	63
	Nutrient	Value	Units	
	Food Energy	486.0833	kcal	
	Nutrient	Value	Units	
	Carbohydrate	69.9291	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	39.4102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5834	g	

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A7078	STRAWBERRIES #7112	1	3/4 CUP	644
	Nutrient	Value	Units	
	Food Energy	104.1875	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.7446	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	33
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
2365	DRESSING RANCH OTT'S	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	7
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	516
	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)	129
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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