



Independence Central Office

Scheduled Menu Plans

4090 Cassell Park

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/1/2019

Feeding Figure: 250

Base Menu Plan: 4,803 EL BFAST 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	260.0000	kcal	Carbohydrate	45.0000	g
A572	POPART, IW STRAWBERRY WG	1	1 PKG	48		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
A573	POPART, IW BRWN SUGAR WG	1	1 PKG	50		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	31.2503	kcal	Carbohydrate	7.4219	g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/1/2019 **Feeding Figure:** 350  
**Base Menu Plan:** 4,808 EL 19-20 LUNCH W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.9017	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.9150	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	200.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0000	g	
A499	SAUSAGE #2405	1	1 PATTY	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	550.9630	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	54.0199	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
1223	CARROT BABY 20 LBS	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1667	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6666	g	

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1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	186.0849	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.8630	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
1128	ITALIAN FF MARZETT	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7415	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast

**Serving Line:** MAIN

**Age Group:** Grades K-5

**Date:** 11/4/2019

**Feeding Figure:** 250

**Base Menu Plan:** 4,799 EL BFAST 19-20 W1D1

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	

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A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/4/2019

Feeding Figure: 350

Base Menu Plan: 4,809 EL 19-20 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	209.6520	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.7765	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	200.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0000	g	
A365	HOTDOG	1	1 HOTDOG	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	350.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.0000	g	

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A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	279.9999	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	14.3733	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
A576	PEACHES, LS	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
A579	RELISH, CONDIMENT	1	1 OUNCE	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/5/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 2,331 OPEN SITE EL 16-17 BFAST  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	123
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	57.0000	g	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	250
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/5/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,352 OPEN SITE EL 16-17 LUNCH2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	369.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0001	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A1223	CARROTS BABY 20LBS	1	1/2 CUP	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	23.3334	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.3333	g	
7029	FRUIT MIXED	1	1/2 CUP	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	
A580	SAUCE, BBQ #1086	1	1 OUNCE	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/6/2019

Feeding Figure: 250

Base Menu Plan: 4,801 EL BFAST 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	14.0000	g
A575	SALSA, CONDIMENT	1	1/4 CUP	150		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0071	kcal	Carbohydrate	4.0014	g
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
a534	BANANA	1	1 BANANA	188		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/6/2019      **Feeding Figure:** 350  
**Base Menu Plan:** 4,811 EL 19-20 LUNCH W2D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A380	FISH-WG FISH NUGGETS #2399	1	4 NUGGETS	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		250.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		28.0000	g	
A033	SAUCE, TARTER	1	1 OZ	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		26.9446	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.9494	g	
A015	MAC AND CHEESE	1	1/2 CUP	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		235.7995	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		22.0593	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		344.3325	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		26.7154	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	26
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		250.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		29.9999	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		28.2507	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.5307	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		95.3707	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		17.5171	g	

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A047	STRAWBERRIES AND BLUEBERRIES	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.9935	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.2113	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7415	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
A577	MUSTARD, CONDIMENT #1097	1	1 OUNCE	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/7/2019

Feeding Figure: 250

Base Menu Plan: 4,802 EL BFAST 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A566	COCOA PUFF PASTRY BAR #2475	1	1 PACK	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	250.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	43.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	

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Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/7/2019      **Feeding Figure:** 350  
**Base Menu Plan:** 4,812 EL 19-20 LUNCH W2D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	227.0069	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.9442	g	
A005	POTATOES, MASHED	1	1/2 CUP	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	

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Independence Central Office

Scheduled Menu Plans

A524	GRAVY BROWN LS #2421	1	2 OZ	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.2695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0431	g	
A338	NACHO BITES #2265	1	8 SERVING	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	270.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0071	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0014	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	279.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A359	CORN, COOKED	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	99.2998	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
A584	PEARS, LS	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7415	g	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/8/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,803 EL BFAST 19-20 W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	45.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2503	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/8/2019      **Feeding Figure:** 350  
**Base Menu Plan:** 2,761 EL 19-20 CHILI  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	204.8990	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8847	g	
A585	CRACKERS WG IW 2PACK	1	2 PKG (4 CRACKERS)	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	4.9500	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.8800	g	
A302	CINNAMON ROLLS PREMADE	1	1 ROLL	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	345.2202	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	50.1330	g	
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.0000	g	
A521	MARINARA, CONDIMENT	1	1/4 CUP	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	49.9500	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3250	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	26
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	550.9630	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	54.0199	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	38.4764	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4649	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A586	APPLESAUCE	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
A578	KETCHUP, CONDIMENT #2286	1	1 OUNCE	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/11/2019

Feeding Figure: 250

Base Menu Plan: 4,799 EL BFAST 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

Item ID	Description	Quantity	Item Name	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
A572	POPART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
A573	POPART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Lunch  
**Date:** 11/11/2019  
**Base Menu Plan:** 4,814 EL 19-20 LUNCH W3D1  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 273

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A196	MANDARIN ORANGE CHICKEN	1	1/2 CUP	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	148.2952	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.7840	g	
A552	RICE, STIR FRIED	1	1/2 CUP	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	56.7570	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.5058	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	354.5808	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.3327	g	
1911	CHEETO PUFF	1	PKG (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.0000	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	279.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
A130	PEAS & CARROTS	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	64.0905	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.1809	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0002	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	28			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	29.1618	kcal		Carbohydrate	6.6655	g
2365	DRESSING RANCH OTT'S	1	Ounce	28			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	120.0001	kcal		Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	11.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/12/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,800 EL BFAST 19-20 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	150			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	50			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	269.9999	kcal		Carbohydrate	56.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	280.0000	kcal		Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	299.9999	kcal		Carbohydrate	37.0000	g

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Scheduled Menu Plans

A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2503	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/12/2019 **Feeding Figure:** 273  
**Base Menu Plan:** 1,004,594 EL 19-20 LUNCH W3D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A583	RICE KRISPY COCOA #2407	1	1 PKG	245
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.0000	g	
A332	WG PANINI HOT HAM/CHZ 2019	1	1 SANDWICH	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	293.9229	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.6536	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0001	g	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	479.2583	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	42.2677	g	
7045	SALSA	1	1/4 CUP	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	

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Item ID	Item Name	Quantity	Unit	0	Nutrient	Value	Units	Nutrient	Value	Units
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	0	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	550.9630	kcal	Carbohydrate	54.0199	g
A069	BEANS, REFRIED	1	1/2 CUP	69	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	131.7402	kcal	Carbohydrate	20.3267	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	137	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	28.2507	kcal	Carbohydrate	4.5307	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	28	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	7.2882	kcal	Carbohydrate	1.1662	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	205	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	38.8278	kcal	Carbohydrate	10.0952	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	14	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2365	DRESSING RANCH OTT'S	1	Ounce	28	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
					Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/13/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,801 EL BFAST 19-20 W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		14.0000	g	
A575	SALSA, CONDIMENT	1	1/4 CUP	150
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0071	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0014	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		299.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
a534	BANANA	1	1 BANANA	188
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		29.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		22.0001	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/13/2019      **Feeding Figure:** 273  
**Base Menu Plan:** 4,816 EL 19-20 LUNCH W3D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	319.6179	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.7537	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	267.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.0001	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	12
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	250.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.9999	g	
A359	CORN, COOKED	1	1/2 CUP	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	99.2998	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	

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1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
1097	MUSTARD	1	Ounce	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/14/2019

Feeding Figure: 250

Base Menu Plan: 4,802 EL BFAST 19-20 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A566	COCOA PUFF PASTRY BAR #2475	1	1 PACK	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	250.0000	kcal	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	

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a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0000	kcal	Carbohydrate
				12.9999 g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/14/2019

Feeding Figure: 273

Base Menu Plan: 4,817 EL 19-20 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	219.9999	kcal	Carbohydrate
				6.0000 g
A005	POTATOES, MASHED	1	1/2 CUP	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A140	COUNTRY GRAVY	1	2 OZ	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g

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A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
A114	BURRITO	1	1 BURRITO	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	308.6858	kcal	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	279.9999	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	14.3733	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.1500	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/15/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,803 EL BFAST 19-20 W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		260.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		45.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		299.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		31.2503	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		22.0001	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/15/2019 **Feeding Figure:** 273  
**Base Menu Plan:** 5,112 EL 19-20 LUNCH W3D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2392	COOKIE HOLIDAY LEAF	1	COOKIE (1)	205
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		19.0000	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		349.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
A232	SLOPPY JOE ON WW BUN 2019	1	1 SANDWICH	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		387.4476	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.2465	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		550.9630	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		54.0199	g	
A1223	CARROTS BABY 20LBS	1	1/2 CUP	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		23.3334	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		5.3333	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		75.1369	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.7866	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/18/2019

Feeding Figure: 250

Base Menu Plan: 4,799 EL BFAST 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/18/2019 **Feeding Figure:** 273  
**Base Menu Plan:** 4,819 EL 19-20 LUNCH W4D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	369.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	10.4961	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.0652	g	
A531	MAC AND CHEESE TWISTED	1	1 CUP	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	346.7246	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.1286	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	279.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.4764	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4649	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/19/2019

Feeding Figure: 250

Base Menu Plan: 4,800 EL BFAST 19-20 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	150												
<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														
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100												
<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														
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	50												
<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														
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48												
<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>57.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	57.0000	g	
Nutrient	Value	Units														
Food Energy	280.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	57.0000	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>299.9999</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	299.9999	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>37.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	37.0000	g	
Nutrient	Value	Units														
Food Energy	299.9999	kcal														
Nutrient	Value	Units														
Carbohydrate	37.0000	g														
A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>31.2503</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	31.2503	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>7.4219</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	7.4219	g	
Nutrient	Value	Units														
Food Energy	31.2503	kcal														
Nutrient	Value	Units														
Carbohydrate	7.4219	g														
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63												
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Carbohydrate	22.0001	g														

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch  
**Date:** 11/19/2019  
**Base Menu Plan:** 4,820 EL 19-20 LUNCH W4D2  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-5  
**Feeding Figure:** 273

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		254.4123	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		18.7681	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		78.7958	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.4837	g	
7045	SALSA	1	1/4 CUP	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0000	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		30.0000	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		45.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.5000	g	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		550.9630	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		54.0199	g	
A359	CORN, COOKED	1	1/2 CUP	137
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		99.2998	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/20/2019

Feeding Figure: 250

Base Menu Plan: 4,801 EL BFAST 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
A575	SALSA, CONDIMENT	1	1/4 CUP	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0071	kcal	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
a534	BANANA	1	1 BANANA	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/20/2019

Feeding Figure: 273

Base Menu Plan: 4,821 EL 19-20 LUNCH W4D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	249.9894	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.9410	g	
A365	HOTDOG	1	1 HOTDOG	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	350.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.0000	g	
A562	MUNCHABLE PIZZA MEAL	1	1 MEAL	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	250.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.9999	g	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	28.2507	kcal	
1350	PINEAPPLE BITS IN LS	1	SERVING 1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.9472	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/21/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,802 EL BFAST 19-20 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A566	COCOA PUFF PASTRY BAR #2475	1	1 PACK	150
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		250.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		43.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	48
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		269.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		56.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	50
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		299.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		30.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		22.0001	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/21/2019      **Feeding Figure:** 273  
**Base Menu Plan:** 548 EL TURKEY DAY  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A407	ROAST TURKEY-2017	1	3 OUNCES	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.7050	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0382	g	
1343	SAUCE CRANBERRY	1	1/4 CUP	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.0000	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A005	POTATOES, MASHED	1	1/2 CUP	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	2.3897	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.2868	g	
A061	MOUSSE, PUMPKIN	1	1/2 CUP	273
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.3543*	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.5731*	g	
A372	GREEN BEANS-2017	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	14.3733	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.9001	g	
A584	PEARS, LS	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
A582	DRESSING, ITALIAN FF #1128	1	1 OUNCE	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
A581	DRESSING, RANCH OTT #2365	1	1 OUNCE	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	93
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/22/2019

Feeding Figure: 250

Base Menu Plan: 4,803 EL BFAST 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A567	TOAST APPLE CINN IW#2472	1	1 PACK	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	

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A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2503	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4219	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/22/2019

Feeding Figure: 273

Base Menu Plan: 5,111 EL 19-20 LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	344.3325	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.7154	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2449	PIZZA PEPP 4 X 6 WG 68525	1	SLICE (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0000	g	

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A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	550.9630	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	54.0199	g	
A070	CARROTS, COOKED	1	1/2 CUP	137
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	22.5109	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.2526	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4842	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.3734	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/25/2019      **Feeding Figure:** 250  
**Base Menu Plan:** 4,799 EL BFAST 19-20 W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
A572	POPTART, IW STRAWBERRY WG	1	1 PKG	48
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A573	POPTART, IW BRWN SUGAR WG	1	1 PKG	50
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
A574	APPLE SLICES IW 100/2OZ	1	1 PKG	188
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	125
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch  
**Date:** 11/25/2019  
**Base Menu Plan:** 4,804 EL 19-20 LUNCH W1D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-5  
**Feeding Figure:** 273

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		200.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.0000	g	
A351	WAFFLE WG #2356	1	1 WAFFLE	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	192
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		31.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		354.5808	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		35.3327	g	
1911	CHEETO PUFF	1	PKG (1)	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		90.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.0000	g	
A561	MUNCHABLE YOGURT MEAL	1	1 MEAL	12
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		279.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
A067	BEANS, BAKED	1	1/2 CUP	69
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		137.0807	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		25.9837	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	

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A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
1086	SAUCE BBQ	1	Ounce	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	41
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1128	ITALIAN FF MARZETT	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.7074	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7415	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

**Serving Period:** Breakfast  
**Date:** 11/26/2019  
**Base Menu Plan:** 4,800 EL BFAST 19-20 W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 250

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	150
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
A569	CHEESE, STRING MOZ LT #1015	1	1 PKG (1)	100
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	

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A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	50		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	48		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
A533	ORANGE WEDGES	1	1/2 CUP (4-6 WEDGES)	188		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	31.2503	kcal	Carbohydrate	7.4219	g
A570	JUICE, APPLE 100% 4OZ	1	1 CARTON	63		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
A571	JUICE, ORANGE 100% 4OZ	1	1 CARTON	63		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	83		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	85		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	83		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Lunch  
**Date:** 11/26/2019  
**Base Menu Plan:** 4,805 EL 19-20 LUNCH W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 273

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	69		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	364.4885	kcal	Carbohydrate	24.0000	g
A496	POTATO TATER TOTS #1219	1	1/2 CUP	69		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0001	kcal	Carbohydrate	17.0000	g

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a539	FIESTA NACHO-CHICKEN	1	1 NACHO	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	460.6936	kcal	
7045	SALSA	1	1/4 CUP	192
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A563	MUNCHABLE SUNBUTTER & JELLY	1	1 MEAL	12
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	550.9630	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
A359	CORN, COOKED	1	1/2 CUP	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	99.2998	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	69
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	

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Scheduled Menu Plans

Item ID	Item Name	Quantity	Unit	Total Count
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	82
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	110
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	Carbohydrate	11.0000	g	

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