



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/1/2018

Feeding Figure: 467

Base Menu Plan: 4,355 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	230.0000	kcal	Carbohydrate
				39.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
1319	APPLE RED 138 CT	1	APPLE (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	91.9264	kcal	Carbohydrate
				21.9065 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/1/2018      **Feeding Figure:** 511  
**Base Menu Plan:** 4,006 EL 18-19 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		171.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		59.4904	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
<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	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		130.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
A114	BURRITO	1	1 BURRITO	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		309.0021	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		33.9128	g	
7045	SALSA	1	1/4 CUP	205
<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	
A372	GREEN BEANS-2017	1	1/2 CUP	256
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		24.8488	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0517	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
<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	21
<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	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.6000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<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: 11/2/2018

Feeding Figure: 467

Base Menu Plan: 4,002 EL BFAST 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	

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1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	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	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	<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

**Serving Period:** Lunch  
**Date:** 11/2/2018  
**Base Menu Plan:** 4,007 EL 18-19 LUNCH W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	235.2619	kcal	Carbohydrate	21.9456	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	311.8781	kcal	Carbohydrate	28.0469	g

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A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<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	21
	<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	6
	<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	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.2031	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.1230	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	<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)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<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)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/5/2018

Feeding Figure: 467

Base Menu Plan: 3,998 EL BFAST 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	90.0000	kcal	Carbohydrate
				22.0001 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 11/5/2018  
**Base Menu Plan:** 4,008 EL 18-19 LUNCH W2D1  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A465	FISH NACHO STICKS #2401	1	4 STICKS	358		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	22.0001	g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	358		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	145.8523	kcal	Carbohydrate	10.7791	g
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	153		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	340.0000	kcal	Carbohydrate	41.0001	g
7045	SALSA	1	1/4 CUP	154		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A372	GREEN BEANS-2017	1	1/2 CUP	256		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	24.8488	kcal	Carbohydrate	4.0517	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	<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	21		
	<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
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g
A050	APPLES, HOT SPICED	1	1/2 CUP	384		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	121.4842	kcal	Carbohydrate	26.3734	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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2286	KETCHUP JUG WITH PUMP	1	Ounce	256			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	33.3278	kcal		Carbohydrate	8.3320	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	52			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	29.3055	kcal		Carbohydrate	7.8148	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

**Serving Period:** Breakfast  
**Date:** 11/6/2018  
**Base Menu Plan:** 3,999 EL BFAST 18-19 W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 467

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	80.0000	kcal		Carbohydrate	1.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	280.0000	kcal		Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	269.9999	kcal		Carbohydrate	56.0000	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	240.0000	kcal		Carbohydrate	40.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	351			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	30.0000	kcal		Carbohydrate	7.0000	g

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/6/2018 **Feeding Figure:** 511  
**Base Menu Plan:** 4,009 EL 18-19 LUNCH W2D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	297.3600	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	307
	<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	
A338	NACHO BITES #2265	1	8 SERVING	204
	<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	
7045	SALSA	1	1/4 CUP	205
	<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	
A070	CARROTS, COOKED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	27.9508	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<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	21
	<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	6
	<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	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	<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	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/7/2018

Feeding Figure: 467

Base Menu Plan: 4,000 EL BFAST 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<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	

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2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/7/2018

Feeding Figure: 511

Base Menu Plan: 1,003,167 EL 18-19 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2407	RICE KRISPIES COCOA WG	1	PKG (1)	384
	<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	
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	359
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	232.6962	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.6039	g	

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A379	BREADSTICK WG #1361	1	1 BREADSTICK	359
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	152
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.2031	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	58.5775	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	129
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
1086	SAUCE BBQ	1	Ounce	77
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	129
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	206
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/8/2018      **Feeding Figure:** 467  
**Base Menu Plan:** 4,355 EL BFAST 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<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	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	<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	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/8/2018      **Feeding Figure:** 511  
**Base Menu Plan:** 4,474 EL 18-19 LUNCH W2D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	238.1163	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.8725	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	<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	307
	<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	
A524	GRAVY BROWN LS #2421	1	2 OZ	307
	<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	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	204
	<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	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	67.0982*	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.6160*	g	
A359	CORN, COOKED	1	1/2 CUP	256
	<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	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<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	21
	<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	6
	<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	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	<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% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/9/2018

Feeding Figure: 467

Base Menu Plan: 4,002 EL BFAST 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<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	

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2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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	

**Serving Period:** Lunch  
**Date:** 11/9/2018  
**Base Menu Plan:** 2,761 EL 17-18 CHILI  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.4703	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.8556	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	

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A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2202	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	50.1329	g	
4019	BOWL 12 OZ CAMP	1	BOWL	256
	<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	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	255
	<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	
A011	VEGETABLES, MIXED	1	1/2 CUP	128
	<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	
A7078	STRAWBERRIES #7078	1	1/2 CUP	358
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.6486	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.3086	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<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	21
	<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	21
	<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	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<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	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	179
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	149
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	184
<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	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/12/2018  
**Base Menu Plan:** 3,998 EL BFAST 18-19 W1D1      **Feeding Figure:** 467  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
<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	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		90.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		22.0001	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		50.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/12/2018 **Feeding Figure:** 511  
**Base Menu Plan:** 4,013 EL 18-19 LUNCH W3D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	307
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		332.8338	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		32.1840	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307
<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	
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	204
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		204.2101	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.6249	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	205
<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	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		13.2031	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.1230	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
<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	21
<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	6
<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	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
<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	

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Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	16
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
1125	SALAD DRESG LF	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	35.7850	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<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: 11/13/2018

Feeding Figure: 467

Base Menu Plan: 3,999 EL BFAST 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	

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a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<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	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	<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	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	<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	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/13/2018

Feeding Figure: 511

Base Menu Plan: 1,003,012 EL 18-19 LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	359
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	256.4172	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.6866	g	
7045	SALSA	1	1/4 CUP	359
	<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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Scheduled Menu Plans

A016	RICE, MEXICAN	1	1/2 CUP	359
	<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	
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	153
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	190.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.0000	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
A359	CORN, COOKED	1	1/2 CUP	257
	<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	53
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<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	21
	<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	6
	<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	
a7074	BLUEBERRIES #7074	1	1/2 CUP	385
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.6000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.3743	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	129
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	53
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	155
	<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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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	206
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/14/2018      **Feeding Figure:** 467  
**Base Menu Plan:** 4,000 EL BFAST 18-19 W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		210.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
<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	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		105.0201	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		50.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-5  
**Date:** 11/14/2018 **Feeding Figure:** 511  
**Base Menu Plan:** 1,003,108 EL 18-19 LUNCH W3D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	309
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		419.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		41.0001	g	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	309
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		67.0982*	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		3.6160*	g	
A365	HOTDOG	1	1 HOTDOG	202
<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	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	206
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		19.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	258
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		27.9508	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	54
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	23
<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	23
<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	7
<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	
A7078	STRAWBERRIES #7078	1	1/2 CUP	386
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		39.6486	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		10.3086	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	129
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	78
	<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	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	155
	<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)	206
	<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: 11/15/2018

Feeding Figure: 467

Base Menu Plan: 4,355 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89		
	<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
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	240.0000	kcal	Carbohydrate	40.0000	g
1319	APPLE RED 138 CT	1	APPLE (1)	234		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	91.9264	kcal	Carbohydrate	21.9065	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	<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)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/15/2018

Feeding Figure: 511

Base Menu Plan: 548 EL TURKEY DAY

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A407	ROAST TURKEY-2017	1	3 OUNCES	511		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.7050	kcal	Carbohydrate	0.0382	g
1343	SAUCE CRANBERRY	1	1/4 CUP	511		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	26.0000	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	511		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g

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A005	POTATOES, MASHED	1	1/2 CUP	511
	<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	511
	<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	511
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.3543*	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.5985*	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	24.8488	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0517	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	<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	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	6
	<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	6
	<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	6
	<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	
2366	DRESSING ITALIAN OTT'S	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	16
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	169
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	174
	<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)	169
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/16/2018      **Feeding Figure:** 467  
**Base Menu Plan:** 4,002 EL BFAST 18-19 W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<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	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/16/2018      **Feeding Figure:** 511  
**Base Menu Plan:** 4,342 EL 18-19 LUNCH W3D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	232.8014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.4269	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	307
	<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	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	204
	<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	
A012	PEAS	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	40.9653	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.6883	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<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	21
	<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	6
	<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	
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9999	g	

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**Scheduled Menu Plans**

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast  
**Date:** 11/19/2018  
**Base Menu Plan:** 3,998 EL BFAST 18-19 W1D1  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 467

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<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	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/19/2018      **Feeding Figure:** 511  
**Base Menu Plan:** 4,018 EL 18-19 LUNCH W4D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	327.4475	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.4966	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
A461	CHICKEN POPCORN 10PC WG#2379	1	1 SERVING (10)	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	137.8572	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2857	g	
A015	MAC AND CHEESE	1	1/2 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	215.5708	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.0821	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	24.8488	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0517	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Breakfast  
**Date:** 11/20/2018  
**Base Menu Plan:** 3,999 EL BFAST 18-19 W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 467

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<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	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	<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	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	<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	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 11/20/2018  
**Base Menu Plan:** 4,370 EL 18-19 LUNCH W4D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2392	COOKIE HOLIDAY LEAF	1	COOKIE (1)	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	209.5704	kcal	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	204
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	13.2031	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			Carbohydrate	24.9999 g

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/26/2018      **Feeding Figure:** 467  
**Base Menu Plan:** 3,998 EL BFAST 18-19 W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	<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	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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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## Independence Central Office

### Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	129.9999	Carbohydrate	24.9999 g
		kcal		

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	100.0000	Carbohydrate	12.0000 g
		kcal		

<b>Serving Period:</b> Lunch	<b>Serving Line:</b> MAIN	<b>Age Group:</b> Grades K-5
<b>Date:</b> 11/26/2018		<b>Feeding Figure:</b> 511
<b>Base Menu Plan:</b> 4,003 EL 18-19 LUNCH W1D1		
<b>Menu Comments:</b>		

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	358
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	170.0000	Carbohydrate	9.0000 g
		kcal		
A351	WAFFLE WG	1	1 WAFFLE	358
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	90.0000	Carbohydrate	14.0000 g
		kcal		
1122	SYRUP PKT	1	PKT (1)	358
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	120.0000	Carbohydrate	31.0000 g
		kcal		
A101	RIB-Q ON BUN	1	1 SANDWICH	153
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	343.7030	Carbohydrate	36.8464 g
		kcal		
1911	CHEETO PUFF	1	PKG (1)	154
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	90.0000	Carbohydrate	13.0000 g
		kcal		
A067	BEANS, BAKED	1	1/2 CUP	128
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	117.7311	Carbohydrate	22.1326 g
		kcal		
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	7.1576	Carbohydrate	1.1981 g
		kcal		
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	11.6147	Carbohydrate	2.7139 g
		kcal		
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>		<b>Nutrient</b>	
	Food Energy	8.1076	Carbohydrate	1.7522 g
		kcal		

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
A053	APPLESAUCE, ROSY	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	62.0849	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1086	SAUCE BBQ	1	Ounce	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/27/2018

Feeding Figure: 467

Base Menu Plan: 3,999 EL BFAST 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	<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	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	

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Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

**Serving Period:** Lunch  
**Date:** 11/27/2018  
**Base Menu Plan:** 4,004 EL 18-19 LUNCH W1D2  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	480.0173	kcal	Carbohydrate
				44.0775 g

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
A359	CORN, COOKED	1	1/2 CUP	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	99.2998	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A221	PEARS AND BLUEBERRIES, EL	1	1/2 CUP	384
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.3992	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/28/2018

Feeding Figure: 467

Base Menu Plan: 4,000 EL BFAST 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 11/28/2018  
**Base Menu Plan:** 4,005 EL 18-19 LUNCH W1D3  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	126.0141	kcal	Carbohydrate	12.5645	g
2416	FORTUNE COOKIE 40002	1	PKG (1)	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A019	RICE, STEAMED	1	1/2 CUP	307		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	46.8472	kcal	Carbohydrate	7.4235	g
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	204		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	267.0000	kcal	Carbohydrate	33.0001	g
A130	PEAS & CARROTS	1	1/2 CUP	256		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	51.2616	kcal	Carbohydrate	10.0415	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	<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	21		
	<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
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	384		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	26
	<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	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	<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	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 11/29/2018      **Feeding Figure:** 467  
**Base Menu Plan:** 4,355 EL BFAST 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	<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	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	<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	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	234
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	<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)	155
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/29/2018

Feeding Figure: 511

Base Menu Plan: 4,006 EL 18-19 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	<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	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A114	BURRITO	1	1 BURRITO	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	309.0021	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9128	g	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	24.8488	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
a7074	BLUEBERRIES #7074	1	1/2 CUP	256
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.6000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	52
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Breakfast  
**Date:** 11/30/2018  
**Base Menu Plan:** 4,002 EL BFAST 18-19 W1D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 467

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	323		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	71		
	<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
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71		
	<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
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	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	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	<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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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/30/2018

Feeding Figure: 511

Base Menu Plan: 4,007 EL 18-19 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	307												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>235.2619</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	235.2619	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.9456</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.9456	g	
Nutrient	Value	Units														
Food Energy	235.2619	kcal														
Nutrient	Value	Units														
Carbohydrate	21.9456	g														
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>110.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	110.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0000	g														
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	0												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>311.8781</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	311.8781	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>28.0469</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	28.0469	g	
Nutrient	Value	Units														
Food Energy	311.8781	kcal														
Nutrient	Value	Units														
Carbohydrate	28.0469	g														
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>120.0001</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	120.0001	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>19.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	19.0000	g	
Nutrient	Value	Units														
Food Energy	120.0001	kcal														
Nutrient	Value	Units														
Carbohydrate	19.0000	g														
a131	SALAD, DARK GREENS- EL	1	1 CUP	52												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>7.1576</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	7.1576	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.1981</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	1.1981	g	
Nutrient	Value	Units														
Food Energy	7.1576	kcal														
Nutrient	Value	Units														
Carbohydrate	1.1981	g														
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>11.6147</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	11.6147	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.7139</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	2.7139	g	
Nutrient	Value	Units														
Food Energy	11.6147	kcal														
Nutrient	Value	Units														
Carbohydrate	2.7139	g														
A361	TOMATO, FRESH DICED	1	1/4 CUP	21												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>8.1076</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	8.1076	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.7522</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	1.7522	g	
Nutrient	Value	Units														
Food Energy	8.1076	kcal														
Nutrient	Value	Units														
Carbohydrate	1.7522	g														
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>75.1369</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	75.1369	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.7866</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	13.7866	g	
Nutrient	Value	Units														
Food Energy	75.1369	kcal														
Nutrient	Value	Units														
Carbohydrate	13.7866	g														
A057	BROCCOLI, STEAMED	1	1/2 CUP	256												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>13.2031</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	13.2031	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.1230</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	2.1230	g	
Nutrient	Value	Units														
Food Energy	13.2031	kcal														
Nutrient	Value	Units														
Carbohydrate	2.1230	g														
1347	PEACHES SLICD IN LS	1	1/2 CUP	384												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>81.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	81.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>19.8000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	19.8000	g	
Nutrient	Value	Units														
Food Energy	81.0000	kcal														
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Carbohydrate	19.8000	g														
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>60.0001</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	60.0001	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>15.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	15.0000	g	
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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	<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)	205
	<b>Nutrient</b>		<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	

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