



Independence Central Office

Scheduled Menu Plans

7500 Hanthorn Early Education

Serving Period: Breakfast
Date: 11/1/2018
Base Menu Plan: 3,007 EE 1-5Y BFAST W1D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 170

Stock Number	Description	Serving Size	Measure	Projected Quantity
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	206.0239	kcal	Carbohydrate
				4.6987 g
A029	TOAST, WG	1	1 SLICE	133
	Nutrient	Value	Units	Nutrient
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				16.0000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch
Date: 11/1/2018
Base Menu Plan: 3,919 EE 1-5Y LUNCH W1D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 160

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	170.0000	kcal	Carbohydrate
				9.0000 g
A005	POTATOES, MASHED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A140	COUNTRY GRAVY	1	2 OZ	135
	Nutrient	Value	Units	Nutrient
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g

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A011	VEGETABLES, MIXED	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	38.4764	kcal		Carbohydrate	8.4649	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	39.6486	kcal		Carbohydrate	10.3086	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/1/2018 **Feeding Figure:** 250
Base Menu Plan: 3,047 EE 1-5Y SNACK W1D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1333	BANANAS PREM 40LB	1	1/2 BANANA	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	52.5100	kcal		Carbohydrate	13.4756	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	5.5000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/2/2018 **Feeding Figure:** 170
Base Menu Plan: 3,008 EE 1-5Y BFAST W1D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	133
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A392	YOGURT TRIX #2212	1	1 CONTAINER	133
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	133
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.0000	g	
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6
	Nutrient	Value	Units	
	Food Energy	37.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7500	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/2/2018

Feeding Figure: 160

Base Menu Plan: 3,920 EE 1-5Y LUNCH W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	135
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	135
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	

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Stock Number	Description	Serving Size	Measure	Projected Quantity		
A039	OATMEAL, APPLE CINNAMON	1	1 CUP	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.7747	kcal	Carbohydrate	19.5767	g
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	16.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/6/2018

Feeding Figure: 135

Base Menu Plan: 3,922 EE 1-5Y LUNCH W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	297.3600	kcal	Carbohydrate	16.3599	g
A016	RICE, MEXICAN	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	78.7958	kcal	Carbohydrate	13.4837	g
A359	CORN, COOKED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
7045	SALSA	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.8527	kcal	Carbohydrate	1.7705	g

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2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/6/2018

Feeding Figure: 135

Base Menu Plan: 3,049 EE 1-5Y SNACK W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2304	GOLDFISH COLORS CHED WG	1	PKG (1)	135
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/7/2018

Feeding Figure: 133

Base Menu Plan: 3,011 EE 1-5Y BFAST W2D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	206.0239	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6987	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	133
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/7/2018 **Feeding Figure:** 135
Base Menu Plan: 3,050 EE 1-5Y SNACK W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/8/2018 **Feeding Figure:** 133
Base Menu Plan: 3,012 EE1-5Y BFAST W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	133
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
7108	PEACHES DICED	1	SERVING 1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/8/2018 **Feeding Figure:** 135
Base Menu Plan: 3,924 EE 1-5Y LUNCH W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a364	SALISBURY STEAK	1	1 SERVING	135
	Nutrient	Value	Units	Nutrient
	Food Energy	158.3467	kcal	Carbohydrate
				5.4765 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	135
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A005	POTATOES, MASHED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A524	GRAVY BROWN LS #2421	1	2 OZ	135
	Nutrient	Value	Units	Nutrient
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A070	CARROTS, COOKED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	27.9508	kcal	Carbohydrate
				6.2113 g
A053	APPLESAUCE, ROSY	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	62.0849	kcal	Carbohydrate
				16.0220 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g

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2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value	Units	
Food Energy		75.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/8/2018 **Feeding Figure:** 135
Base Menu Plan: 3,052 EE 1-5Y SNACK W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2212	YOGURT TRIX STRAW/BAN 4 OZ	1	CONTAINER (1)	135
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		15.0000	g	
1353	JUICE APPLE 100%	1	1/2 CUP	135
Nutrient		Value	Units	
Food Energy		55.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/9/2018 **Feeding Figure:** 133
Base Menu Plan: 3,013 EE 1-5Y BFAST W2D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2001	CEREAL RICE CHEX	1	BOWL (1)	133
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		24.0000	g	
A029	TOAST, WG	1	1 SLICE	133
Nutrient		Value	Units	
Food Energy		112.5000	kcal	
Nutrient		Value	Units	
Carbohydrate		18.0000	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	133
Nutrient		Value	Units	
Food Energy		38.6000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.3743	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value	Units	
Food Energy		50.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value	Units	
Food Energy		75.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value	Units	
Food Energy		75.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		5.5000	g	

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Scheduled Menu Plans

Serving Period: Snack
Date: 11/9/2018
Base Menu Plan: 3,063 EE 1-5Y SNACK W2D5,W4D5 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135
Nutrient		Value Units		
	Food Energy	29.4972	kcal	
Nutrient		Value Units		
	Carbohydrate	7.5488	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		
	Food Energy	50.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	5.5000	g	

Serving Period: Breakfast
Date: 11/13/2018
Base Menu Plan: 3,015 EE 1-5Y BFAST W3D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

Stock Number	Description	Serving Size	Measure	Projected Quantity
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	133
Nutrient		Value Units		
	Food Energy	279.4904	kcal	
Nutrient		Value Units		
	Carbohydrate	38.4986	g	
7108	PEACHES DICED	1	SERVING 1/2 CUP	133
Nutrient		Value Units		
	Food Energy	60.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	14.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value Units		
	Food Energy	50.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	5.5000	g	

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Scheduled Menu Plans

Serving Period: Lunch
Date: 11/13/2018
Base Menu Plan: 3,932 EE 1-5Y LUNCH W4D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A081	WG SOFT TACO W/MEAT	1	1 TACO	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	275.4966	kcal	Carbohydrate	24.5578	g
7045	SALSA	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.8527	kcal	Carbohydrate	1.7705	g
A069	BEANS, REFRIED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	131.7402	kcal	Carbohydrate	20.3267	g
A359	CORN, COOKED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

Serving Period: Snack
Date: 11/13/2018
Base Menu Plan: 3,936 EE 1-5Y SNACK W1D2,W3D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g

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2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast
Date: 11/14/2018
Base Menu Plan: 3,016 EE 1-5Y BFAST W3D3 18-19
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 133

Stock Number	Description	Serving Size	Measure	Projected Quantity
A474	YOGURT TRIX cherry #2412	1	1 CONTAINER	133
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	133
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	133
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4756	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.0000	g	
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6
	Nutrient	Value	Units	
	Food Energy	37.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7500	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 11/14/2018
Base Menu Plan: 1,002,999 EE 1-5Y LUNCH W4D3 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A116	WG BEEFY MAC & CHEESE	1	6 OUNCES	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	308.7066	kcal	Carbohydrate	31.5483	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	13.0000	g
2365	DRESSING RANCH OTT'S	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

Serving Period: Snack
Date: 11/14/2018
Base Menu Plan: 3,055 EE 1-5Y SNACK W3D3 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A410	WG SQUARES CHERRY BERRY #2349	1	1 MUFFIN SQUARE	135
Nutrient		Value Units		Nutrient
Food Energy		74.9008	kcal	Carbohydrate
				14.3135 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		Nutrient
Food Energy		50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
Nutrient		Value Units		Nutrient
Food Energy		75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		Nutrient
Food Energy		75.0000	kcal	Carbohydrate
				5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/15/2018 **Feeding Figure:** 133
Base Menu Plan: 3,017 EE 1-5Y BFAST W3D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133
Nutrient		Value Units		Nutrient
Food Energy		206.0239	kcal	Carbohydrate
				4.6987 g
A029	TOAST, WG	1	1 SLICE	133
Nutrient		Value Units		Nutrient
Food Energy		112.5000	kcal	Carbohydrate
				18.0000 g
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	133
Nutrient		Value Units		Nutrient
Food Energy		60.0000	kcal	Carbohydrate
				16.0000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value Units		Nutrient
Food Energy		50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value Units		Nutrient
Food Energy		75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value Units		Nutrient
Food Energy		75.0000	kcal	Carbohydrate
				5.5000 g

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Scheduled Menu Plans

Serving Period: Lunch
Date: 11/15/2018
Base Menu Plan: 2,357 EE TURKEY DAY
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A407	ROAST TURKEY-2017	1	3 OUNCES	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.7050	kcal	Carbohydrate	0.0382	g
1343	SAUCE CRANBERRY	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	26.0000	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A005	POTATOES, MASHED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A525	GRAVY POULTRY LS #2422	1	2 OZ	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g
A061	MOUSSE, PUMPKIN	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.3543*	kcal	Carbohydrate	20.5985*	g
A372	GREEN BEANS-2017	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	24.8488	kcal	Carbohydrate	4.0517	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 11/15/2018
Base Menu Plan: 3,057 EE 1-5Y SNACK W3D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity
1333	BANANAS PREM 40LB	1	1/2 BANANA	135
Nutrient		Value Units		
	Food Energy	52.5100	kcal	
Nutrient		Value Units		
	Carbohydrate	13.4756	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		
	Food Energy	50.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	5.5000	g	

Serving Period: Breakfast
Date: 11/16/2018
Base Menu Plan: 3,018 EE 1-5Y BFAST W3D5 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

Stock Number	Description	Serving Size	Measure	Projected Quantity
A376	PIZZA BREAKFAST TRK/SAU #1196	1	1 PIZZA	133
Nutrient		Value Units		
	Food Energy	210.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	26.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	133
Nutrient		Value Units		
	Food Energy	29.4972	kcal	
Nutrient		Value Units		
	Carbohydrate	7.5488	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value Units		
	Food Energy	50.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	6.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value Units		
	Food Energy	75.0000	kcal	
Nutrient		Value Units		
	Carbohydrate	9.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 11/16/2018
Base Menu Plan: 4,391 EE 1-5Y LUNCH W3D5 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	209.5704	kcal	Carbohydrate	26.7570	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	15.0000	g
A012	PEAS	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	40.9653	kcal	Carbohydrate	7.6883	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

Serving Period: Snack
Date: 11/16/2018
Base Menu Plan: 4,392 EE 1-5Y SNACK W1D1 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g

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Scheduled Menu Plans

2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		75.0000	kcal	Carbohydrate		5.5000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/20/2018 **Feeding Figure:** 133
Base Menu Plan: 3,020 EE 1-5Y BFAST W4D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		206.0239	kcal	Carbohydrate		4.6987	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		110.0000	kcal	Carbohydrate		15.0000	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		39.6486	kcal	Carbohydrate		10.3086	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		50.0000	kcal	Carbohydrate		6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	127			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		75.0000	kcal	Carbohydrate		9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		75.0000	kcal	Carbohydrate		5.5000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/20/2018 **Feeding Figure:** 135
Base Menu Plan: 1,002,994 EE 1-5Y LUNCH W3D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	135			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		340.0001	kcal	Carbohydrate		39.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		27.9508	kcal	Carbohydrate		6.2113	g

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Scheduled Menu Plans

1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2392	COOKIE HOLIDAY LEAF	1	COOKIE (1)	135
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/20/2018 **Feeding Figure:** 135
Base Menu Plan: 3,060 EE 1-5Y SNACK W4D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7158	APPLESAUCE CUP CINNAMON	1	CUP (1)	135
	Nutrient	Value	Units	
	Food Energy	59.7557	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.9389	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/27/2018 **Feeding Figure:** 133
Base Menu Plan: 3,005 EE 1-5Y BFAST W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	133
	Nutrient	Value	Units	
	Food Energy	279.4904	kcal	
7108	PEACHES DICED	1	SERVING 1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/27/2018

Feeding Figure: 135

Base Menu Plan: 3,917 EE 1-5Y LUNCH W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2387	PIZZA CHEESE TONY'S 68521	1	PIZZA (1)	135
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	24.8488	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 11/27/2018
Base Menu Plan: 3,936 EE 1-5Y SNACK W1D2,W3D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

Serving Period: Breakfast
Date: 11/28/2018
Base Menu Plan: 3,006 EE 1-5Y BFAST W1D3 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2383	WAFFLE MINI BLUEBERRY BASH	1	PKG (1)	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	36.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/28/2018

Feeding Figure: 135

Base Menu Plan: 3,918 EE 1-5Y LUNCH W1D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.2619	kcal	Carbohydrate	21.9456	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	95.3707	kcal	Carbohydrate	17.5171	g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	13.0000	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 11/28/2018
Base Menu Plan: 3,045 EE 1-5Y SNACK W1D3 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A410	WG SQUARES CHERRY BERRY #2349	1	1 MUFFIN SQUARE	135												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>74.9008</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	74.9008	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>14.3135</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	14.3135	g	
Nutrient	Value	Units														
Food Energy	74.9008	kcal														
Nutrient	Value	Units														
Carbohydrate	14.3135	g														
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>50.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	50.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>6.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	6.0000	g	
Nutrient	Value	Units														
Food Energy	50.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	6.0000	g														
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34												
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Nutrient	Value	Units														
Food Energy	75.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	5.5000	g														
2144	MILK 1% HALF GAL	1	6 OZ	68												
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Nutrient	Value	Units														
Food Energy	75.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	9.0000	g														

Serving Period: Breakfast
Date: 11/29/2018
Base Menu Plan: 3,007 EE 1-5Y BFAST W1D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>206.0239</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	206.0239	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>4.6987</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	4.6987	g	
Nutrient	Value	Units														
Food Energy	206.0239	kcal														
Nutrient	Value	Units														
Carbohydrate	4.6987	g														
A029	TOAST, WG	1	1 SLICE	133												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>112.5000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	112.5000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>18.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	18.0000	g	
Nutrient	Value	Units														
Food Energy	112.5000	kcal														
Nutrient	Value	Units														
Carbohydrate	18.0000	g														
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	133												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>60.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	60.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>16.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	16.0000	g	
Nutrient	Value	Units														
Food Energy	60.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	16.0000	g														
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>50.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	50.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>6.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	6.0000	g	
Nutrient	Value	Units														
Food Energy	50.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	6.0000	g														
2144	MILK 1% HALF GAL	1	6 OZ	127												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>75.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	75.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>9.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	9.0000	g	
Nutrient	Value	Units														
Food Energy	75.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	9.0000	g														

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Independence Central Office

Scheduled Menu Plans

2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		75.0000	kcal	Carbohydrate		5.5000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/29/2018 **Feeding Figure:** 135
Base Menu Plan: 3,919 EE 1-5Y LUNCH W1D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		170.0000	kcal	Carbohydrate		9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		85.3963	kcal	Carbohydrate		18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		59.4904	kcal	Carbohydrate		8.4986	g
A011	VEGETABLES, MIXED	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		38.4764	kcal	Carbohydrate		8.4649	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		39.6486	kcal	Carbohydrate		10.3086	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		50.0000	kcal	Carbohydrate		6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		75.0000	kcal	Carbohydrate		9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		75.0000	kcal	Carbohydrate		5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/29/2018 **Feeding Figure:** 135
Base Menu Plan: 3,047 EE 1-5Y SNACK W1D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	1/2 BANANA	135
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4756	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/30/2018 **Feeding Figure:** 133
Base Menu Plan: 3,008 EE 1-5Y BFAST W1D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPACK (1)	133
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A392	YOGURT TRIX #2212	1	1 CONTAINER	133
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	133
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.0000	g	

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Independence Central Office

Scheduled Menu Plans

2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		37.5000	kcal	Carbohydrate		2.7500	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 11/30/2018 **Feeding Figure:** 135
Base Menu Plan: 3,920 EE 1-5Y LUNCH W1D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		340.4695	kcal	Carbohydrate		28.0117	g
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		120.0001	kcal	Carbohydrate		19.0000	g
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		10.2443	kcal	Carbohydrate		2.0638	g
A070	CARROTS, COOKED	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		27.9508	kcal	Carbohydrate		6.2113	g
7108	PEACHES DICED	1	SERVING 1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		60.0000	kcal	Carbohydrate		14.0000	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	68			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		33.3278	kcal	Carbohydrate		8.3320	g
1097	MUSTARD	1	Ounce	14			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		0.0000	kcal	Carbohydrate		0.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		50.0000	kcal	Carbohydrate		6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		75.0000	kcal	Carbohydrate		9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		75.0000	kcal	Carbohydrate		5.5000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 11/30/2018

Feeding Figure: 135

Base Menu Plan: 3,046 EE 1-5Y SNACK W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1015	CHEESE STRING MOZ LT	1	PKG (1)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0003	kcal	Carbohydrate	4.5000	g
1353	JUICE APPLE 100%	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	55.0000	kcal	Carbohydrate	14.0000	g

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