



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/1/2018

Feeding Figure: 35

Base Menu Plan: 3,971 IA HS BFAST W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	31.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	22.0000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Nutrient	Value
			Carbohydrate	1.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	40.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
			Nutrient	Value
			Carbohydrate	7.5488 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	15.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/1/2018 **Feeding Figure:** 70
Base Menu Plan: 3,980 IA HS LUNCH W1D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	92
Nutrient		Value	Units	
Food Energy		238.1163	kcal	
Nutrient		Value	Units	
Carbohydrate		13.8725	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	92
Nutrient		Value	Units	
Food Energy		25.2695	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0431	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
Nutrient		Value	Units	
Food Energy		178.5303	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	0
Nutrient		Value	Units	
Food Energy		522.7830	kcal	
Nutrient		Value	Units	
Carbohydrate		70.6275	g	
A012	PEAS	1	1 CUP	49
Nutrient		Value	Units	
Food Energy		81.8352	kcal	
Nutrient		Value	Units	
Carbohydrate		15.3587	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	

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1340	APPLESAUCE UNSWEETENED	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/2/2018

Feeding Figure: 35

Base Menu Plan: 3,970 IA HS BFAST W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.5700	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/2/2018

Feeding Figure: 70

Base Menu Plan: 3,981 IA HS LUNCH W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.6000	g	
A351	WAFFLE WG	1	1 WAFFLE	92
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1122	SYRUP PKT	1	PKT (1)	92
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	74.1896	g	
A067	BEANS, BAKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2458	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1344	FRUIT MIX IN LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	160.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	87.8414	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.9586	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	

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1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	161.3599	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/5/2018

Feeding Figure: 68

Base Menu Plan: 3,973 IA HS BFAST W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1392	POP TART STRAW WG	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/5/2018

Feeding Figure: 108

Base Menu Plan: 3,982 IA HS LUNCH W2D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	87
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
			Nutrient	Value
			Carbohydrate	38.0000 g

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A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A359	CORN, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A050	APPLES, HOT SPICED	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.7682	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/6/2018 **Feeding Figure:** 68
Base Menu Plan: 3,972 IA HS BFAST W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	

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Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/6/2018 **Feeding Figure:** 108
Base Menu Plan: 3,983 IA HS LUNCH W2D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	87
	Nutrient	Value	Units	
	Food Energy	256.4172	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.6866	g	
A016	RICE, MEXICAN	1	1 CUP	87
	Nutrient	Value	Units	
	Food Energy	157.6401	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9757	g	
7045	SALSA	1	Ounce	87
	Nutrient	Value	Units	
	Food Energy	8.8527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7705	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	11
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	10
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	74.1896	g	

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A057	BROCCOLI, STEAMED	1	1 CUP	44
	Nutrient	Value	Units	
	Food Energy	26.3708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2404	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	79.3200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 11/7/2018
Base Menu Plan: 3,974 IA HS BFAST W2D3 18-19
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 68

Stock Number	Description	Serving Size	Measure	Projected Quantity
2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.9999	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/7/2018 **Feeding Figure:** 108
Base Menu Plan: 3,984 IA HS LUNCH W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	92
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.2443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0638	g	
A362	POTATO BAKED FRIES	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	110.5216	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.4993	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.6275	g	
A372	GREEN BEANS-2017	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	50.1990	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.1851	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
a7074	BLUEBERRIES #7074	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	77.9625	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	49
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	4
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/8/2018 **Feeding Figure:** 68
Base Menu Plan: 3,976 IA HS BFAST W2D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	Nutrient	Value	Units	
	Food Energy	269.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.4987	g	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.5000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/8/2018 **Feeding Figure:** 108
Base Menu Plan: 3,985 IA HS LUNCH W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	171.0000	kcal	Carbohydrate	9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	87		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	11		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	628.8102	kcal	Carbohydrate	73.1897	g
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	618.8101	kcal	Carbohydrate	74.1896	g
A070	CARROTS, COOKED	1	1 CUP	49		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	55.8809	kcal	Carbohydrate	12.4180	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a436	APRICOTS #7073	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	219.8478	kcal	
	Nutrient	Value	Units	
	Carbohydrate	49.9655	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 11/9/2018
Base Menu Plan: 3,975 IA HS BFAST W2D4 18-19
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 68

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.5700	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/9/2018 **Feeding Figure:** 108
Base Menu Plan: 4,367 IA HS LUNCH W2D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	87
Nutrient		Value	Units	
	Food Energy	194.4703	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.8556	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	87
Nutrient		Value	Units	
	Food Energy	60.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	9.0000	g	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	87
Nutrient		Value	Units	
	Food Energy	295.2202	kcal	
Nutrient		Value	Units	
	Carbohydrate	50.1329	g	
4019	BOWL 12 OZ CAMP	1	BOWL	87
Nutrient		Value	Units	
	Food Energy	0.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	21
Nutrient		Value	Units	
	Food Energy	515.7825	kcal	
Nutrient		Value	Units	
	Carbohydrate	70.0617	g	
A011	VEGETABLES, MIXED	1	1 CUP	49
Nutrient		Value	Units	
	Food Energy	76.7782	kcal	
Nutrient		Value	Units	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
	Food Energy	7.1576	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	11.6147	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1348	PEARS SLICED IN LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/12/2018

Feeding Figure: 68

Base Menu Plan: 3,967 IA HS BFAST W1D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1122	SYRUP PKT	1	PKT (1)	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	17.9728	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/12/2018 **Feeding Figure:** 108
Base Menu Plan: 1,003,192 IA HS LUNCH W3D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	92			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		209.5704	kcal	Carbohydrate		26.7570	g
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	92			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		210.0000	kcal	Carbohydrate		27.0000	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	15			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		515.7825	kcal	Carbohydrate		70.0617	g
A130	PEAS & CARROTS	1	1 CUP	49			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		102.5195	kcal	Carbohydrate		20.0822	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		7.1576	kcal	Carbohydrate		1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		11.6147	kcal	Carbohydrate		2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		8.1076	kcal	Carbohydrate		1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		82.4860	kcal	Carbohydrate		15.5007	g
1340	APPLESAUCE UNSWEETENED	1	CUP	54			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		26.0000	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		88.8102	kcal	Carbohydrate		21.1897	g

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/13/2018

Feeding Figure: 68

Base Menu Plan: 3,968 IA HS BFAST W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	

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Independence Central Office

Scheduled Menu Plans

2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/13/2018

Feeding Figure: 108

Base Menu Plan: 1,003,194 IA HS LUNCH W3D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	92
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
			Nutrient	Value
			Carbohydrate	35.0001 g

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	8
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A057	BROCCOLI, STEAMED	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	26.3708	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	81
	Nutrient	Value	Units	
	Food Energy	177.7405	kcal	
1348	PEARS SLICD IN LS	1	CUP	49
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/14/2018

Feeding Figure: 68

Base Menu Plan: 3,969 IA HS BFAST W1D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/14/2018

Feeding Figure: 108

Base Menu Plan: 1,003,196 IA HS LUNCH W3D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
1361	BREADSTICK WG	1	STICK (1)	92
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	522.7830	kcal	

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Independence Central Office

Scheduled Menu Plans

A359	CORN, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
A7078	STRAWBERRIES #7078	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	79.3200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/15/2018 **Feeding Figure:** 68
Base Menu Plan: 3,971 IA HS BFAST W1D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/15/2018 **Feeding Figure:** 108
Base Menu Plan: 1,576 IA HS TURKEY DAY MEAL
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A408	ROAST TURKEY	1	4 OUNCES	98
	Nutrient	Value	Units	
	Food Energy	172.9401	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0509	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	98
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A005	POTATOES, MASHED	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	98
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
1343	SAUCE CRANBERRY	1	1/4 CUP	98
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
A061	MOUSSE, PUMPKIN	1	1/2 CUP	98
	Nutrient	Value	Units	
	Food Energy	120.3543*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.5985*	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	6
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	74.1896	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	4
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
A003	SALAD, DARK GREENS	1	1 CUP	6
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
1264	TOMATO FRESH	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
7046	BEAN GRT NORTHERN LSO	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	74.5001	kcal	
A331	GREEN BEANS-SEC DICED HAM	1	1 CUP	17
	Nutrient	Value	Units	
	Food Energy	49.0299	kcal	
1347	PEACHES SLICD IN LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	15
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	15
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR FF	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	18.8858	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	49
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	11
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	49
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 11/16/2018
Base Menu Plan: 3,970 IA HS BFAST W1D4 18-19
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 68

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.5700	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/16/2018 **Feeding Figure:** 108
Base Menu Plan: 1,003,103 IA HS LUNCH W3D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	92		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	30.0000	g
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	92		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	67.0982*	kcal	Carbohydrate	3.6160*	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	515.7825	kcal	Carbohydrate	70.0617	g
A011	VEGETABLES, MIXED	1	1 CUP	92		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	76.7782	kcal	Carbohydrate	16.8913	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g

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Independence Central Office

Scheduled Menu Plans

1344	FRUIT MIX IN LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	160.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/19/2018

Feeding Figure: 68

Base Menu Plan: 3,973 IA HS BFAST W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1392	POP TART STRAW WG	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/19/2018

Feeding Figure: 108

Base Menu Plan: 3,992 IA HS LUNCH W4D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	92		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		235.2619	kcal	Carbohydrate	21.9456	g
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	92		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		150.0000	kcal	Carbohydrate	18.0000	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		515.7825	kcal	Carbohydrate	70.0617	g
A057	BROCCOLI, STEAMED	1	1 CUP	49		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		26.3708	kcal	Carbohydrate	4.2404	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	6		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		82.4860	kcal	Carbohydrate	15.5007	g
a436	APRICOTS #7073	1	1 CUP	44		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		219.8478	kcal	Carbohydrate	49.9655	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6		
Nutrient		Value	Units	Nutrient	Value	Units
Food Energy		88.8102	kcal	Carbohydrate	21.1897	g

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/20/2018

Feeding Figure: 68

Base Menu Plan: 3,972 IA HS BFAST W2D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/20/2018

Feeding Figure: 108

Base Menu Plan: 1,002,983 IA HS LUNCH W4D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	8
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	74.1896	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	7
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	73.1897	g	
2392	COOKIE HOLIDAY LEAF	1	COOKIE (1)	92
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A057	BROCCOLI, STEAMED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	26.3708	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2404	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A050	APPLES, HOT SPICED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.7682	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/26/2018 **Feeding Figure:** 68
Base Menu Plan: 3,967 IA HS BFAST W1D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT	1	PKT (1)	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/26/2018

Feeding Figure: 108

Base Menu Plan: 3,977 IA HS LUNCH W1D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	92
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
A536	SAUCE, MEATSAUCE DIP	1	1/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	67.0982*	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	

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Independence Central Office

Scheduled Menu Plans

A011	VEGETABLES, MIXED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	79.3200	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/27/2018 **Feeding Figure:** 68
Base Menu Plan: 3,968 IA HS BFAST W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.5000	g	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/27/2018

Feeding Figure: 108

Base Menu Plan: 3,978 IA HS LUNCH W1D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	103
	Nutrient	Value	Units	
	Food Energy	297.3600	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	103
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	Nutrient	Value	Units	
	Food Energy	515.7825	kcal	
	Nutrient	Value	Units	
	Carbohydrate	70.0617	g	
A359	CORN, COOKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	1 CUP	17
	Nutrient	Value	Units	
	Food Energy	77.9625	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/28/2018 **Feeding Figure:** 68
Base Menu Plan: 3,969 IA HS BFAST W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1387	GRAHAMS ORIGINAL	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 11/28/2018 **Feeding Figure:** 108
Base Menu Plan: 3,979 IA HS LUNCH W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	92
Nutrient		Value	Units	
	Food Energy	232.6962	kcal	
Nutrient		Value	Units	
	Carbohydrate	25.6039	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	92
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	9
Nutrient		Value	Units	
	Food Energy	618.8101	kcal	
Nutrient		Value	Units	
	Carbohydrate	74.1896	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	7
Nutrient		Value	Units	
	Food Energy	628.8102	kcal	
Nutrient		Value	Units	
	Carbohydrate	73.1897	g	
A057	BROCCOLI, STEAMED	1	1 CUP	49
Nutrient		Value	Units	
	Food Energy	26.3708	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.2404	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
	Food Energy	7.1576	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	11.6147	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
	Food Energy	8.1076	kcal	
Nutrient		Value	Units	
	Carbohydrate	1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
a436	APRICOTS #7073	1	1 CUP	54
	Nutrient	Value	Units	
	Food Energy	219.8478	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/29/2018

Feeding Figure: 68

Base Menu Plan: 3,971 IA HS BFAST W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/29/2018

Feeding Figure: 108

Base Menu Plan: 3,980 IA HS LUNCH W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	92
	Nutrient	Value	Units	Nutrient
	Food Energy	238.1163	kcal	Carbohydrate
				13.8725 g
A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A524	GRAVY BROWN LS #2421	1	2 OZ	92
	Nutrient	Value	Units	Nutrient
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	Nutrient
	Food Energy	522.7830	kcal	Carbohydrate
				70.6275 g
A012	PEAS	1	1 CUP	49
	Nutrient	Value	Units	Nutrient
	Food Energy	81.8352	kcal	Carbohydrate
				15.3587 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	Nutrient
	Food Energy	82.4860	kcal	Carbohydrate
				15.5007 g
1340	APPLESAUCE UNSWEETENED	1	CUP	54
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				26.0000 g

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/30/2018

Feeding Figure: 68

Base Menu Plan: 3,970 IA HS BFAST W1D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
			Nutrient	Value
			Carbohydrate	39.0000 g

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Independence Central Office

Scheduled Menu Plans

2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	Nutrient	Value	Units	
	Food Energy	111.6281	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 11/30/2018

Feeding Figure: 108

Base Menu Plan: 3,981 IA HS LUNCH W1D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
	Nutrient	Value	Units	
	Food Energy	238.0000	kcal	
			Nutrient	Value
			Carbohydrate	12.6000 g

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Independence Central Office

Scheduled Menu Plans

A351	WAFFLE WG	1	1 WAFFLE	92
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1122	SYRUP PKT	1	PKT (1)	92
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	Nutrient	Value	Units	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	618.8101	kcal	
A067	BEANS, BAKED	1	1 CUP	49
	Nutrient	Value	Units	
	Food Energy	235.3591	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1344	FRUIT MIX IN LS	1	CUP	54
	Nutrient	Value	Units	
	Food Energy	160.0001	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	87.8414	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	161.3599	kcal	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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