



Independence Central Office

Scheduled Menu Plans

4090 Cassell Park

Serving Period: Breakfast

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/1/2019

Feeding Figure: 32

Base Menu Plan: 4,742 EE/EL MAIN BFAST W1D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				37.0000 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.6000	kcal	Carbohydrate
				9.3710 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/1/2019

Feeding Figure: 32

Base Menu Plan: 4,762 EE/EL 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	10
	Nutrient	Value	Units	Nutrient
	Food Energy	1,413.9934	kcal	Carbohydrate
				15.8500 g
A496	POTATO TATER TOTS #1219	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0001	kcal	Carbohydrate
				17.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	99.2998	kcal	Carbohydrate
				20.8661 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g

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A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.8278	kcal	Carbohydrate
				10.0952 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/1/2019 **Feeding Figure:** 32
Base Menu Plan: 4,782 EE/EL MAIN 19-20 SNACK W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/2/2019 **Feeding Figure:** 32
Base Menu Plan: 4,743 EE/EL MAIN BFAST W1D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/2/2019 **Feeding Figure:** 32
Base Menu Plan: 4,763 EE/EL 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	10
Nutrient		Value	Units	
Food Energy		324.6268	kcal	
Nutrient		Value	Units	
Carbohydrate		40.8287	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		28.2507	kcal	
Nutrient		Value	Units	
Carbohydrate		4.5307	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.6560	kcal	
Nutrient		Value	Units	
Carbohydrate		0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		4.1189	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8901	g	
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		32.4963	kcal	
Nutrient		Value	Units	
Carbohydrate		2.9997	g	
7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		50.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0001	g	
1128	ITALIAN FF MARZETT	1	Ounce	10
Nutrient		Value	Units	
Food Energy		13.7074	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7415	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/2/2019 **Feeding Figure:** 32
Base Menu Plan: 4,783 EE/EL MAIN 19-20 SNACK W1D3
Menu Comments:

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Stock Number	Description	Serving Size	Measure	Projected Quantity
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				17.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/3/2019 **Feeding Figure:** 32
Base Menu Plan: 4,744 EE/EL MAIN BFAST W1D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				20.0000 g
A029	TOAST, WG	1	1/2 SLICE	10
Nutrient		Value Units		Nutrient
	Food Energy	56.2312	kcal	Carbohydrate
				8.9970 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
Nutrient		Value Units		Nutrient
	Food Energy	38.8278	kcal	Carbohydrate
				10.0952 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value Units		Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/3/2019 **Feeding Figure:** 32
Base Menu Plan: 4,764 EE/EL 19-20 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	10
Nutrient		Value Units		Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				13.0000 g
A525	GRAVY POULTRY LS #2422	1	2 OZ	10
Nutrient		Value Units		Nutrient
	Food Energy	2.3897	kcal	Carbohydrate
				0.2868 g

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A005	POTATOES, MASHED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	17.5420	kcal	Carbohydrate
				3.3337 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.6000	kcal	Carbohydrate
				9.3710 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/3/2019

Feeding Figure: 32

Base Menu Plan: 4,784 EE/EL MAIN 19-20 SNACK W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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1446	CHEX SIMPLY STRAW WG	1	PKG	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/4/2019 **Feeding Figure:** 32
Base Menu Plan: 4,745 EE/EL MAIN BFAST W1D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A464	WAFFLE BLUEBERRY BASH #2383	1	1 PKG	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	36.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/4/2019 **Feeding Figure:** 32
Base Menu Plan: 4,765 EE/EL 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/7/2019 **Feeding Figure:** 10
Base Menu Plan: 4,766 EE/EL 19-20 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	10
Nutrient		Value	Units	
Food Energy		209.6520	kcal	
Nutrient		Value	Units	
Carbohydrate		26.7765	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	10
Nutrient		Value	Units	
Food Energy		200.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		28.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		17.5420	kcal	
Nutrient		Value	Units	
Carbohydrate		3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.6560	kcal	
Nutrient		Value	Units	
Carbohydrate		0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		4.1189	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		41.2567	kcal	
Nutrient		Value	Units	
Carbohydrate		7.7529	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		81.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		19.8000	g	
1128	ITALIAN FF MARZETT	1	Ounce	10
Nutrient		Value	Units	
Food Energy		13.7074	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7415	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

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Scheduled Menu Plans

Serving Period: Snack
Date: 10/7/2019
Base Menu Plan: 4,786 EE/EL MAIN 19-20 SNACK W2D1
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast
Date: 10/8/2019
Base Menu Plan: 4,747 EE/EL MAIN BFAST W2D2 19-20
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2001	CEREAL RICE CHEX	1	BOWL (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	24.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch
Date: 10/8/2019
Base Menu Plan: 4,767 EE/EL 19-20 LUNCH W2D2
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	297.3600	kcal	Carbohydrate	16.3599	g

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A016	RICE, MEXICAN-STYLE	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	78.7958	kcal	Carbohydrate
				13.4837 g
A070	CARROTS, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	22.5109	kcal	Carbohydrate
				5.2526 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A050	APPLES, HOT SPICED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	121.4842	kcal	Carbohydrate
				26.3734 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/8/2019

Feeding Figure: 10

Base Menu Plan: 4,787 EE/EL MAIN 19-20 SNACK W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2311	CRISPY BITES BLUE/LEM 1.0 OZ	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				21.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/9/2019
Base Menu Plan: 4,748 EE/EL MAIN BFAST W2D3 19-20
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	279.4904	kcal	Carbohydrate	38.4986	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	55.0000	kcal	Carbohydrate	14.5000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch
Date: 10/9/2019
Base Menu Plan: 4,768 EE/EL 19-20 LUNCH W2D3
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A465	FISH NACHO STICKS #2436	1	4 STICKS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0001	kcal	Carbohydrate	19.0001	g
A015	MAC AND CHEESE	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.7995	kcal	Carbohydrate	22.0593	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	28.2507	kcal	Carbohydrate	4.5307	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	47.6842	kcal	Carbohydrate
				8.7583 g
A047	STRAWBERRIES AND BLUEBERRIES	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	65.2755	kcal	Carbohydrate
				17.0710 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/9/2019 **Feeding Figure:** 10
Base Menu Plan: 4,788 EE/EL MAIN 19-20 SNACK W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/10/2019 **Feeding Figure:** 10
Base Menu Plan: 4,749 EE/EL MAIN BFAST W2D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2473	MUFFINS BLUEBERRY IW	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	150.0000	kcal	Carbohydrate
				23.0000 g
A474	YOGURT TRIX cherry #2412	1	1 CONTAINER	10
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				15.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/10/2019 **Feeding Figure:** 10
Base Menu Plan: 4,769 EE/EL 19-20 LUNCH W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	10
Nutrient		Value	Units	
Food Energy		227.0069	kcal	
Nutrient		Value	Units	
Carbohydrate		16.9442	g	
A005	POTATOES, MASHED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
Nutrient		Value	Units	
Food Energy		178.5303	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	10
Nutrient		Value	Units	
Food Energy		25.2695	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0431	g	
A359	CORN, COOKED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		99.2998	kcal	
Nutrient		Value	Units	
Carbohydrate		20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.6560	kcal	
Nutrient		Value	Units	
Carbohydrate		0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		4.1189	kcal	
Nutrient		Value	Units	
Carbohydrate		0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		41.2567	kcal	
Nutrient		Value	Units	
Carbohydrate		7.7529	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	

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Scheduled Menu Plans

1128	ITALIAN FF MARZETT	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	13.7074	kcal	Carbohydrate	2.7415	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	1		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/10/2019 **Feeding Figure:** 10
Base Menu Plan: 5,104 EE/EL MAIN 19-20 SNACK W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2106	APPLE SLICES 100/2 OZ	1	PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/11/2019 **Feeding Figure:** 10
Base Menu Plan: 4,750 EE/EL MAIN BFAST W2D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 10/11/2019
Base Menu Plan: 3,744 EE/EL 19-20 CHILI
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A080	CHILI	1	3/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	194.4703	kcal	Carbohydrate	18.8556	g
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	9.0000	g
2350	MUFFIN WG CORNBREAD IW	1	PKG (1.8 OZ)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	23.0000	g
4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	*	kcal	Carbohydrate	*	g
A011	VEGETABLES, MIXED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.4764	kcal	Carbohydrate	8.4649	g
7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.9999	kcal	Carbohydrate	14.0001	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP 1-2 YR)	1		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/11/2019 **Feeding Figure:** 10
Base Menu Plan: 4,790 EE/EL MAIN 19-20 SNACK W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1387	GRAHAMS ORIGINAL	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	346.1538	kcal	Carbohydrate	65.3847	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/14/2019 **Feeding Figure:** 10
Base Menu Plan: 4,751 EE/EL MAIN BFAST W3D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A376	PIZZA BREAKFAST TRK/SAU #1196	1	1 PIZZA	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	210.0000	kcal	Carbohydrate	27.0000	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/14/2019 **Feeding Figure:** 10
Base Menu Plan: 4,771 EE/EL 19-20 LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A196	MANDARIN ORANGE CHICKEN	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	296.6667	kcal	Carbohydrate	37.5778	g
A552	RICE, STIR FRIED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	56.7570	kcal	Carbohydrate	8.5058	g
A130	PEAS & CARROTS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	64.0905	kcal	Carbohydrate	12.1809	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	32.4963	kcal	Carbohydrate	2.9997	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/14/2019

Feeding Figure: 10

Base Menu Plan: 4,791 EE/EL MAIN 19-20 SNACK W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1425	CRACKER ANIMAL	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	22.0000	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Breakfast
Date: 10/15/2019
Base Menu Plan: 4,752 EE/EL MAIN BFAST W3D2 19-20
Menu Comments:

Serving Line: EE Main
Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A388	PANCAKE BANANA MINI	1	1 PKG	10
Nutrient		Value	Units	
Food Energy		200.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		37.0000	g	

a7074	BLUEBERRIES #7074	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		38.6000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.3710	g	

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch
Date: 10/15/2019
Base Menu Plan: 4,772 EE/EL 19-20 LUNCH W3D2
Menu Comments:

Serving Line: EE Main
Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A332	WG PANINI HOT HAM/CHZ 2019	1	1 SANDWICH	10
Nutrient		Value	Units	
Food Energy		293.9229	kcal	
Nutrient		Value	Units	
Carbohydrate		31.6536	g	

A455	POTATO SWT TRAX #2384	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0001	g	

A057	BROCCOLI, STEAMED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		28.2507	kcal	
Nutrient		Value	Units	
Carbohydrate		4.5307	g	

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.6560	kcal	
Nutrient		Value	Units	
Carbohydrate		0.5850	g	

a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
Nutrient		Value	Units	
Food Energy		5.8094	kcal	
Nutrient		Value	Units	
Carbohydrate		1.3574	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.8278	kcal	Carbohydrate
				10.0952 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/15/2019 **Feeding Figure:** 10
Base Menu Plan: 4,792 EE/EL MAIN 19-20 SNACK W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,753 EE/EL MAIN BFAST W3D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g

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Independence Central Office

Scheduled Menu Plans

A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,773 EE/EL 19-20 LUNCH W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	333.4207	kcal	Carbohydrate
				30.7589 g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				21.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	99.2998	kcal	Carbohydrate
				20.8661 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g

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Independence Central Office

Scheduled Menu Plans

7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.9999	kcal	Carbohydrate	14.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g	

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/16/2019 **Feeding Figure:** 10
Base Menu Plan: 4,793 EE/EL MAIN 19-20 SNACK W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g	
1446	CHEX SIMPLY STRAW WG	1	PKG	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	120.0000	kcal	Carbohydrate	23.0000	g	

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/17/2019 **Feeding Figure:** 10
Base Menu Plan: 4,754 EE/EL MAIN BFAST W3D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g	
A029	TOAST, WG	1	1 SLICE	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	38.8278	kcal	Carbohydrate	10.0952	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/17/2019 **Feeding Figure:** 10
Base Menu Plan: 4,774 EE/EL 19-20 LUNCH W3D4
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	10
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.6560	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7529	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	38.6000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3710	g	
1128	ITALIAN FF MARZETT	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7415	g	
1086	SAUCE BBQ	1	Ounce	10
	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

A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	10
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	10
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
A011	VEGETABLES, MIXED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.6560	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	5
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	5
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 10/21/2019
Base Menu Plan: 4,796 EE/EL MAIN 19-20 SNACK W4D1
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2409	BITES MINI RASPBERRY WG	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast
Date: 10/22/2019
Base Menu Plan: 4,757 EE/EL MAIN BFAST W4D2 19-20
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2473	MUFFINS BLUEBERRY IW	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	23.0000	g
A392	YOGURT TRIX STRAW/BAN #2212	1	1 CONTAINER	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	15.0000	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch
Date: 10/22/2019
Base Menu Plan: 4,777 EE/EL 19-20 LUNCH W4D2
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A081	WG SOFT TACO W/MEAT	1	1 TACO	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	275.0917	kcal	Carbohydrate	24.6593	g

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	99.2998	kcal	Carbohydrate
				20.8661 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.8278	kcal	Carbohydrate
				10.0952 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/22/2019

Feeding Figure: 10

Base Menu Plan: 4,797 EE/EL MAIN 19-20 SNACK W4D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/23/2019
Base Menu Plan: 4,758 EE/EL MAIN BFAST W4D3 19-20
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	279.4904	kcal	Carbohydrate	38.4986	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	55.0000	kcal	Carbohydrate	14.5000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch
Date: 10/23/2019
Base Menu Plan: 4,778 EE/EL 19-20 LUNCH W4D3
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	249.9894	kcal	Carbohydrate	38.9410	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	28.2507	kcal	Carbohydrate	4.5307	g
1350	PINEAPPLE BITS IN LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	69.9472	kcal	Carbohydrate	16.9872	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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Independence Central Office

Scheduled Menu Plans

a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	47.6842	kcal	Carbohydrate
				8.7583 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/23/2019 **Feeding Figure:** 10
Base Menu Plan: 4,798 EE/EL MAIN 19-20 SNACK W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	51.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/24/2019 **Feeding Figure:** 10
Base Menu Plan: 4,759 EE/EL MAIN BFAST W4D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				14.0000 g
7045	SALSA	1	1/4 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 10/24/2019
Base Menu Plan: 4,779 EE/EL 19-20 LUNCH W4D4
Menu Comments:

Serving Line: EE Main

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A140	COUNTRY GRAVY	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A012	PEAS	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0832	kcal	Carbohydrate	13.8032	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	41.2567	kcal	Carbohydrate	7.7529	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/24/2019 **Feeding Figure:** 10
Base Menu Plan: 5,036 EE/EL MAIN 19-20 SNACK W4D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1387	GRAHAMS ORIGINAL	1	PKG (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		346.1538	kcal	Carbohydrate		65.3847	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/25/2019 **Feeding Figure:** 10
Base Menu Plan: 4,760 EE/EL MAIN BFAST W4D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		20.0000	g
A029	TOAST, WG	1	1 SLICE	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		112.5000	kcal	Carbohydrate		18.0000	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		38.8278	kcal	Carbohydrate		10.0952	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/25/2019 **Feeding Figure:** 10
Base Menu Plan: 4,780 EE/EL 19-20 LUNCH W4D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	10
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.6560	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	37.5766	kcal	
A050	APPLES, HOT SPICED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	121.4842	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/25/2019

Feeding Figure: 10

Base Menu Plan: 5,037 EE/EL MAIN 19-20 SNACK W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2311	CRISPY BITES BLUE/LEM 1.0 OZ	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	21.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/28/2019

Feeding Figure: 10

Base Menu Plan: 4,741 EE/EL MAIN BFAST W1D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Lunch

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/28/2019

Feeding Figure: 10

Base Menu Plan: 4,761 EE/EL 19-20 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	13.0000	g
A351	WAFFLE WG #2356	1	1 WAFFLE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	10
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A067	BEANS, BAKED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	117.7548	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.6560	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
1086	SAUCE BBQ	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1128	ITALIAN FF MARZETT	1	Ounce	1
	Nutrient	Value	Units	
	Food Energy	13.7074	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/28/2019

Feeding Figure: 10

Base Menu Plan: 4,781 EE/EL MAIN 19-20 SNACK W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	108.0000	kcal	Carbohydrate
				19.8000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/29/2019 **Feeding Figure:** 10
Base Menu Plan: 4,742 EE/EL MAIN BFAST W1D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				37.0000 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.6000	kcal	Carbohydrate
				9.3710 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/29/2019 **Feeding Figure:** 10
Base Menu Plan: 4,762 EE/EL 19-20 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	10
	Nutrient	Value	Units	Nutrient
	Food Energy	1,413.9934	kcal	Carbohydrate
				15.8500 g
A496	POTATO TATER TOTS #1219	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0001	kcal	Carbohydrate
				17.0000 g
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	99.2998	kcal	Carbohydrate
				20.8661 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	38.8278	kcal	Carbohydrate
				10.0952 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/29/2019 **Feeding Figure:** 10
Base Menu Plan: 4,782 EE/EL MAIN 19-20 SNACK W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/30/2019 **Feeding Figure:** 10
Base Menu Plan: 4,743 EE/EL MAIN BFAST W1D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g

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Independence Central Office

Scheduled Menu Plans

A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/30/2019 **Feeding Figure:** 10
Base Menu Plan: 4,763 EE/EL 19-20 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	10
	Nutrient	Value	Units	Nutrient
	Food Energy	324.6268	kcal	Carbohydrate
				40.8287 g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	28.2507	kcal	Carbohydrate
				4.5307 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
7017	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.9999	kcal	Carbohydrate
				14.0001 g
1128	ITALIAN FF MARZETT	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	13.7074	kcal	Carbohydrate
				2.7415 g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Snack **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/30/2019 **Feeding Figure:** 10
Base Menu Plan: 4,783 EE/EL MAIN 19-20 SNACK W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		110.0000	kcal	Carbohydrate		17.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Breakfast **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/31/2019 **Feeding Figure:** 10
Base Menu Plan: 4,744 EE/EL MAIN BFAST W1D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		20.0000	g
A029	TOAST, WG	1	1/2 SLICE	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		56.2312	kcal	Carbohydrate		8.9970	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		38.8278	kcal	Carbohydrate		10.0952	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Lunch **Serving Line:** EE Main **Age Group:** Grades K-5
Date: 10/31/2019 **Feeding Figure:** 10
Base Menu Plan: 5,107 EE/EL 19-20 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2466	CHICKEN NUGGETS HALLOWEEN	1	SERVING (3/1.1 OZ)	10
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	10
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A005	POTATOES, MASHED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.6560	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	5.8094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	4.1189	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	41.2567	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7529	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	38.6000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3710	g	
2482	JUICE HOLIDAY ORANGE&CREAM	1	CUP (1)	10
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Snack

Serving Line: EE Main

Age Group: Grades K-5

Date: 10/31/2019

Feeding Figure: 10

Base Menu Plan: 4,784 EE/EL MAIN 19-20 SNACK W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1446	CHEX SIMPLY STRAW WG	1	PKG	10
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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