



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/1/2018

Feeding Figure: 22

Base Menu Plan: 4,044 EE/EL MAIN BFAST W1D1 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				1.5000 g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/1/2018

Feeding Figure: 23

Base Menu Plan: 4,064 EE/EL 18-19 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
	Food Energy	170.0000	kcal	Carbohydrate
				9.0000 g
A351	WAFFLE WG	1	1 WAFFLE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				14.0000 g
1122	SYRUP PKT	1	PKT (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				31.0000 g
A067	BEANS, BAKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.7311	kcal	Carbohydrate
				22.1326 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g

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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
A053	APPLESAUCE, ROSY	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	62.0849	kcal	Carbohydrate
				16.0220 g
1086	SAUCE BBQ	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	1
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/1/2018

Feeding Figure: 18

Base Menu Plan: 4,084 EE/EL MAIN 18-19 SNACK W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.0000	kcal	Carbohydrate
				18.9000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/2/2018

Feeding Figure: 22

Base Menu Plan: 4,045 EE/EL MAIN BFAST W1D2 18-19

Menu Comments:

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Stock Number	Description	Serving Size	Measure	Projected Quantity		
A388	PANCAKE BANANA MINI	1	1 PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	37.0000	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/2/2018 **Feeding Figure:** 23
Base Menu Plan: 4,065 EE/EL 18-19 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	349.9999	kcal	Carbohydrate	38.0000	g
A359	CORN, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	37.5766	kcal	Carbohydrate	6.8948	g
A043	PEARS AND BLUEBERRIES, EE	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.8816	kcal	Carbohydrate	13.2209	g

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2365	DRESSING RANCH OTT'S	1	Ounce	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack
Date: 10/2/2018
Base Menu Plan: 4,085 EE/EL MAIN 18-19 SNACK W1D2
Menu Comments:

Serving Line: EE MAIN
Age Group: Grades K-5
Feeding Figure: 18

Stock Number	Description	Serving Size	Measure	Projected Quantity	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	90.0000	kcal	Carbohydrate	22.0001	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 10/3/2018
Base Menu Plan: 4,046 EE/EL MAIN BFAST W1D3 18-19
Menu Comments:

Serving Line: EE MAIN
Age Group: Grades K-5
Feeding Figure: 22

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10	
Nutrient	Value	Units	Nutrient	Value	Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 10/3/2018
Base Menu Plan: 4,066 EE/EL 18-19 LUNCH W1D3
Menu Comments:

Serving Line: EE MAIN
Age Group: Grades K-5
Feeding Figure: 23

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	10
	Nutrient	Value	Units	Nutrient
	Food Energy	126.0141	kcal	Carbohydrate
				12.5645 g
A019	RICE, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	46.8472	kcal	Carbohydrate
				7.4235 g
A130	PEAS & CARROTS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	51.2616	kcal	Carbohydrate
				10.0415 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 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
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	32.4963	kcal	Carbohydrate
				2.9997 g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/3/2018

Feeding Figure: 18

Base Menu Plan: 4,086 EE/EL MAIN 18-19 SNACK W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2358	ANNIE'S CHEDDAR BUNNIES	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				13.0000 g

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast
Date: 10/4/2018
Base Menu Plan: 4,047 EE/EL MAIN BFAST W1D4 18-19
Menu Comments:

Serving Line: EE MAIN
Age Group: Grades K-5
Feeding Figure: 22

Stock Number	Description	Serving Size	Measure	Projected Quantity
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPK (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		20.0000	g	
A029	TOAST, WG	1	1/2 SLICE	10
Nutrient		Value	Units	
Food Energy		56.2312	kcal	
Nutrient		Value	Units	
Carbohydrate		8.9970	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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch
Date: 10/4/2018
Base Menu Plan: 4,067 EE/EL 18-19 LUNCH W1D4
Menu Comments:

Serving Line: EE MAIN
Age Group: Grades K-5
Feeding Figure: 23

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	10
Nutrient		Value	Units	
Food Energy		171.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	10
Nutrient		Value	Units	
Food Energy		59.4904	kcal	
Nutrient		Value	Units	
Carbohydrate		8.4986	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	

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A372	GREEN BEANS-2017	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	25.9948	kcal	Carbohydrate
				4.9143 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 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 #7159	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	40.0211	kcal	Carbohydrate
				10.0052 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/4/2018

Feeding Figure: 18

Base Menu Plan: 4,087 EE/EL MAIN 18-19 SNACK W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1015	CHEESE STRING MOZ LT	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0003	kcal	Carbohydrate
				4.5000 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g

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Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/5/2018
Base Menu Plan: 4,048 EE/EL MAIN BFAST W1D5 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 22

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A464	PANCAKE 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	29.4972	kcal	Carbohydrate	7.5488	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 10/5/2018
Base Menu Plan: 4,068 EE/EL 18-19 LUNCH W1D5
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 22

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.2619	kcal	Carbohydrate	21.9456	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	37.5766	kcal	Carbohydrate	6.8948	g

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A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	161.3128	kcal	Carbohydrate
				22.0958 g
a436	APRICOTS #7073	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	109.9170	kcal	Carbohydrate
				24.9812 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/5/2018 **Feeding Figure:** 18
Base Menu Plan: 4,088 EE/EL MAIN 18-19 SNACK W1D5
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
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/8/2018 **Feeding Figure:** 10
Base Menu Plan: 4,049 EE/EL MAIN BFAST W2D1 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				40.0000 g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/8/2018

Feeding Figure: 10

Base Menu Plan: 4,069 EE/EL 18-19 LUNCH W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A526	FISH NACHO STICKS #2401 EE	1	2 STICKS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	11.0000	g
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	145.8418	kcal	Carbohydrate	10.7783	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.9948	kcal	Carbohydrate	4.9143	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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
A050	APPLES, HOT SPICED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4842	kcal	Carbohydrate	26.3734	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	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: Snack
Date: 10/8/2018
Base Menu Plan: 4,089 EE/EL MAIN 18-19 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
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 10/9/2018
Base Menu Plan: 4,050 EE/EL MAIN BFAST W2D2 18-19
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
a7074	BLUEBERRIES #7159	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	40.0211	kcal	Carbohydrate	10.0052	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 10/9/2018
Base Menu Plan: 4,070 EE/EL 18-19 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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Independence Central Office

Scheduled Menu Plans

A016	RICE, MEXICAN	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	27.9508	kcal	Carbohydrate
				6.2113 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 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
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/9/2018

Feeding Figure: 10

Base Menu Plan: 4,090 EE/EL MAIN 18-19 SNACK W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2409	COOKIE MINI RASPBERRY WG	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				20.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/10/2018
Base Menu Plan: 4,051 EE/EL MAIN BFAST W2D3 18-19
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	52.5100	kcal	Carbohydrate	13.4756	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 10/10/2018
Base Menu Plan: 4,071 EE/EL 18-19 LUNCH W2D3
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	232.6962	kcal	Carbohydrate	25.6039	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	161.3128	kcal	Carbohydrate	22.0958	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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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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
a7074	BLUEBERRIES #7159	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	40.0211	kcal	Carbohydrate
				10.0052 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/10/2018 **Feeding Figure:** 10
Base Menu Plan: 4,091 EE/EL MAIN 18-19 SNACK W2D3
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
A1027	MILK 1 % WHITE LF 8OZ #1027	1	1 CARTON	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/11/2018 **Feeding Figure:** 10
Base Menu Plan: 4,052 EE/EL MAIN BFAST W2D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	10
	Nutrient	Value	Units	Nutrient
	Food Energy	220.0000	kcal	Carbohydrate
				36.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 10/11/2018
Base Menu Plan: 4,072 EE/EL 18-19 LUNCH W2D4
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A084	MEATLOAF-SLICES	1	1 SLICE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	227.0069	kcal	Carbohydrate	16.9442	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A524	GRAVY BROWN LS #2421	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.2695	kcal	Carbohydrate	4.0431	g
A359	CORN, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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
2366	DRESSING ITALIAN OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g

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Independence Central Office

Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient	Value	Units	Nutrient	Value Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/11/2018 **Feeding Figure:** 10
Base Menu Plan: 4,092 EE/EL MAIN 18-19 SNACK W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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2358	ANNIE'S CHEDDAR BUNNIES	1	PKG (1)	10
Nutrient	Value	Units	Nutrient	Value Units
Food Energy	90.0000	kcal	Carbohydrate	13.0000 g

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient	Value	Units	Nutrient	Value Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/12/2018 **Feeding Figure:** 10
Base Menu Plan: 4,053 EE/EL MAIN BFAST W2D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	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 #7078	1	1/2 CUP	10
Nutrient	Value	Units	Nutrient	Value Units
Food Energy	39.6486	kcal	Carbohydrate	10.3086 g

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient	Value	Units	Nutrient	Value Units
Food Energy	100.0000	kcal	Carbohydrate	12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/12/2018 **Feeding Figure:** 10
Base Menu Plan: 3,398 EE/EL 17-18R CHILI
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A080	CHILI	1	3/4 CUP	10
	Nutrient	Value	Units	
	Food Energy	194.4703	kcal	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	10
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
2350	MUFFIN WG CORNBREAD IW	1	PKG (1.8 OZ)	10
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
4019	BOWL 12 OZ CAMP	1	BOWL	10
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
A011	VEGETABLES, MIXED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	37.5766	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	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: 10/12/2018
Base Menu Plan: 4,093 EE/EL MAIN 18-19 SNACK W2D5
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1387	GRAHAMS ORIGINAL	1	PKG (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	16.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast
Date: 10/15/2018
Base Menu Plan: 4,054 EE/EL MAIN BFAST W3D1 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	1.5000	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	15.0000	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
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 10/15/2018
Base Menu Plan: 4,074 EE/EL 18-19 LUNCH W3D1
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	332.8338	kcal	Carbohydrate	32.1840	g

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	10
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	161.3128	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0958	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDED	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	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	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	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/15/2018

Feeding Figure: 10

Base Menu Plan: 4,094 EE/EL MAIN 18-19 SNACK W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	1 CARTON	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/16/2018
Base Menu Plan: 4,055 EE/EL MAIN BFAST W3D2 18-19
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A388	PANCAKE BANANA MINI	1	1 PKG	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	37.0000	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch
Date: 10/16/2018
Base Menu Plan: 4,075 EE/EL 18-19 LUNCH W3D2
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	275.4966	kcal	Carbohydrate	24.5578	g
7045	SALSA	1	1/4 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A359	CORN, COOKED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/16/2018 **Feeding Figure:** 10
Base Menu Plan: 4,095 EE/EL MAIN 18-19 SNACK W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				21.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/17/2018 **Feeding Figure:** 10
Base Menu Plan: 4,056 EE/EL MAIN BFAST W3D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				31.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	Nutrient
	Food Energy	52.5100	kcal	Carbohydrate
				13.4756 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 10/17/2018
Base Menu Plan: 4,076 EE/EL 18-19 LUNCH W3D3
Menu Comments:

Serving Line: EE MAIN

Age Group: Grades K-5
Feeding Figure: 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	419.9999	kcal	Carbohydrate	41.0001	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.9948	kcal	Carbohydrate	4.9143	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	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
A7078	STRAWBERRIES #7078	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
2365	DRESSING RANCH OTT'S	1	Ounce	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Snack
Date: 10/17/2018
Base Menu Plan: 4,096 EE/EL MAIN 18-19 SNACK W3D3
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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Independence Central Office

Scheduled Menu Plans

7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/18/2018 **Feeding Figure:** 10
Base Menu Plan: 4,057 EE/EL MAIN BFAST W3D4 18-19
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
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
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/18/2018 **Feeding Figure:** 10
Base Menu Plan: 4,077 EE/EL 18-19 LUNCH W3D4
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	170.0000	kcal	Carbohydrate	9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A525	GRAVY POULTRY LS #2422	1	2 OZ	10		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g

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Independence Central Office

Scheduled Menu Plans

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	
A070	CARROTS, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	27.9508	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	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 #7159	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/18/2018

Feeding Figure: 10

Base Menu Plan: 4,097 EE/EL MAIN 18-19 SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2358	ANNIE'S CHEDDAR BUNNIES	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				13.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/23/2018 **Feeding Figure:** 10
Base Menu Plan: 4,060 EE/EL MAIN BFAST W4D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2001	CEREAL RICE CHEX	1	BOWL (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				24.0000 g
A029	TOAST, WG	1	1 SLICE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
a7074	BLUEBERRIES #7159	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	40.0211	kcal	Carbohydrate
				10.0052 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/23/2018 **Feeding Figure:** 10
Base Menu Plan: 4,080 EE/EL 18-19 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	320.0001	kcal	Carbohydrate
				35.0001 g
7045	SALSA	1	1/4 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	20.0000	kcal	Carbohydrate
				4.0000 g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	161.3128	kcal	Carbohydrate
				22.0958 g

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Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 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 #7078	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	39.6486	kcal	Carbohydrate
				10.3086 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/23/2018 **Feeding Figure:** 10
Base Menu Plan: 4,100 EE/EL MAIN 18-19 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
A1027	MILK 1 % WHITE LF 8OZ #1027	1	1 CARTON	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/24/2018 **Feeding Figure:** 10
Base Menu Plan: 4,061 EE/EL MAIN BFAST W4D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10
	Nutrient	Value	Units	
	Food Energy	279.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.4986	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4756	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/24/2018 **Feeding Figure:** 10
Base Menu Plan: 1,002,950 EE/EL 18-19 LUNCH W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A089	CHICKEN PARMESAN ROTINI 2018	1	1 SERVING	10
	Nutrient	Value	Units	
	Food Energy	354.3592	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.8029	g	
A359	CORN, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	121.4842	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.3734	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	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	
a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	47.6842	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.7583	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/24/2018 **Feeding Figure:** 10
Base Menu Plan: 4,101 EE/EL MAIN 18-19 SNACK W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10
Nutrient		Value	Units	
Food Energy		140.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/25/2018 **Feeding Figure:** 10
Base Menu Plan: 4,062 EE/EL MAIN BFAST W4D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A463	PANCAKE CONFETTI #2378	1	1 PKG	10
Nutrient		Value	Units	
Food Energy		220.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		36.0000	g	

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
Nutrient		Value	Units	
Food Energy		29.4972	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5488	g	

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/25/2018 **Feeding Figure:** 10
Base Menu Plan: 1,002,962 EE/EL 18-19 LUNCH W4D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	10
Nutrient		Value	Units	
Food Energy		260.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A140	COUNTRY GRAVY	1	2 OZ	10
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
	Nutrient	Value	Units	
	Food Energy	178.5303	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	3.5905	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	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	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: 10/25/2018

Feeding Figure: 10

Base Menu Plan: 4,102 EE/EL MAIN 18-19 SNACK W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2106	APPLE SLICES 100/2 OZ	1	PKG	10
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/26/2018

Feeding Figure: 10

Base Menu Plan: 4,063 EE/EL MAIN BFAST W4D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A029	TOAST, WG	1	1 SLICE	10
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/26/2018

Feeding Figure: 10

Base Menu Plan: 4,083 EE/EL 18-19 LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	10
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A070	CARROTS, COOKED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	27.9508	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	

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Independence Central Office

Scheduled Menu Plans

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	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	37.5766	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.8948	g	
a7074	BLUEBERRIES #7159	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	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	
1097	MUSTARD	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/26/2018

Feeding Figure: 10

Base Menu Plan: 4,103 EE/EL MAIN 18-19 SNACK W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	10
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	1 CARTON	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 10/29/2018

Feeding Figure: 10

Base Menu Plan: 4,044 EE/EL MAIN BFAST W1D1 18-19

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				1.5000 g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				15.0000 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch
Date: 10/29/2018
Base Menu Plan: 4,064 EE/EL 18-19 LUNCH W1D1
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	170.0000	kcal	Carbohydrate
				9.0000 g
A351	WAFFLE WG	1	1 WAFFLE	10
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				14.0000 g
1122	SYRUP PKT	1	PKT (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				31.0000 g
A067	BEANS, BAKED	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.7311	kcal	Carbohydrate
				22.1326 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	3.5905	kcal	Carbohydrate
				0.6010 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	5.8094	kcal	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
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
A053	APPLESAUCE, ROSY	1	1/2 CUP	10
	Nutrient	Value	Units	Nutrient
	Food Energy	62.0849	kcal	Carbohydrate
				16.0220 g
1086	SAUCE BBQ	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	1
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/29/2018 **Feeding Figure:** 10
Base Menu Plan: 4,084 EE/EL MAIN 18-19 SNACK W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1425	CRACKER ANIMAL	1	PKG (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	117.0000	kcal	Carbohydrate
				18.9000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/30/2018 **Feeding Figure:** 10
Base Menu Plan: 4,045 EE/EL MAIN BFAST W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A388	PANCAKE BANANA MINI	1	1 PKG	10
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
A7078	STRAWBERRIES #7078	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.3086	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 10/30/2018
Serving Line: EE MAIN
Age Group: Grades K-5
Base Menu Plan: 4,065 EE/EL 18-19 LUNCH W1D2
Feeding Figure: 10
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	10
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	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	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDED	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	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	37.5766	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.8948	g	
A043	PEARS AND BLUEBERRIES, EE	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	50.8816	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.2209	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/30/2018 **Feeding Figure:** 10
Base Menu Plan: 4,085 EE/EL MAIN 18-19 SNACK W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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7075	STRAWBERRY CUPS FRZN	1	CUP (1)	10
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0001	g	

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/31/2018 **Feeding Figure:** 10
Base Menu Plan: 4,046 EE/EL MAIN BFAST W1D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	10
Nutrient		Value	Units	
Food Energy		240.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		31.0000	g	

1333	BANANAS PREM 40LB	1	1/2 BANANA	10
Nutrient		Value	Units	
Food Energy		52.5100	kcal	
Nutrient		Value	Units	
Carbohydrate		13.4756	g	

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5
Date: 10/31/2018 **Feeding Figure:** 10
Base Menu Plan: 1,002,891 EE/EL 18-19 LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	10
Nutrient		Value	Units	
Food Energy		126.0141	kcal	
Nutrient		Value	Units	
Carbohydrate		12.5645	g	

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Independence Central Office

Scheduled Menu Plans

2391	COOKIE HOLIDAY PUMPKIN	1	COOKIE (1)	10
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A019	RICE, STEAMED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	46.8472	kcal	
A130	PEAS & CARROTS	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	51.2616	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	3.5905	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	
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10
	Nutrient	Value	Units	
	Food Energy	32.4963	kcal	
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	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: 10/31/2018

Feeding Figure: 10

Base Menu Plan: 4,086 EE/EL MAIN 18-19 SNACK W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2358	ANNIE'S CHEDDAR BUNNIES	1	PKG (1)	10
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
			Carbohydrate	13.0000 g

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Independence Central Office

Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027		1	CARTON (1)		10
	Nutrient	Value Units		Nutrient	Value Units	
	Food Energy	100.0000 kcals		Carbohydrate	12.0000 g	

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