



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/1/2018

Feeding Figure: 467

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

Menu Comments:

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

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/1/2018 **Feeding Figure:** 511
Base Menu Plan: 4,003 EL 18-19 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	358
Nutrient		Value	Units	
Food Energy		170.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0000	g	
A351	WAFFLE WG	1	1 WAFFLE	358
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
1122	SYRUP PKT	1	PKT (1)	358
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		31.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	0
Nutrient		Value	Units	
Food Energy		343.7030	kcal	
Nutrient		Value	Units	
Carbohydrate		36.8464	g	
1911	CHEETO PUFF	1	PKG (1)	154
Nutrient		Value	Units	
Food Energy		90.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
A067	BEANS, BAKED	1	1/2 CUP	128
Nutrient		Value	Units	
Food Energy		117.7311	kcal	
Nutrient		Value	Units	
Carbohydrate		22.1326	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	

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A053	APPLESAUCE, ROSY	1	1/2 CUP	256
	Nutrient	Value	Units	Nutrient
	Food Energy	62.0849	kcal	Carbohydrate
				16.0220 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
1086	SAUCE BBQ	1	Ounce	103
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/2/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	Nutrient
	Food Energy	176.5800	kcal	Carbohydrate
				21.0400 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/2/2018

Feeding Figure: 511

Base Menu Plan: 4,004 EL 18-19 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	205
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	0
	Nutrient	Value	Units	
	Food Energy	480.0173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.0775	g	
7045	SALSA	1	1/4 CUP	307
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	

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A069	BEANS, REFRIED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A359	CORN, COOKED	1	1/2 CUP	128
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A221	PEARS AND BLUEBERRIES, EL	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	121.6666	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4165	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/3/2018

Feeding Figure: 467

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

Menu Comments:

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

Age Group: Grades K-5

Date: 10/3/2018

Feeding Figure: 511

Base Menu Plan: 4,343 EL 18-19 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	126.0141	kcal	Carbohydrate	12.5645	g
2416	FORTUNE COOKIE 40002	1	PKG (1)	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A019	RICE, STEAMED	1	1/2 CUP	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	46.8472	kcal	Carbohydrate	7.4235	g
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	204		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	267.0000	kcal	Carbohydrate	33.0001	g
A130	PEAS & CARROTS	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	51.2616	kcal	Carbohydrate	10.0415	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	384		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	67.9887	kcal	Carbohydrate	17.1234	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/4/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	

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1319	APPLE RED 138 CT	1	APPLE (1)	234
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/4/2018 **Feeding Figure:** 511
Base Menu Plan: 4,006 EL 18-19 LUNCH W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	307
	Nutrient	Value	Units	
	Food Energy	171.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A114	BURRITO	1	1 BURRITO	204
	Nutrient	Value	Units	
	Food Energy	309.0021	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9128	g	

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7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9143	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7159	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	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

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/5/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	323		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/5/2018

Feeding Figure: 511

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	307
	Nutrient	Value	Units	Nutrient
	Food Energy	235.2619	kcal	Carbohydrate
				21.9456 g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				21.0000 g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	204
	Nutrient	Value	Units	Nutrient
	Food Energy	311.8781	kcal	Carbohydrate
				28.0469 g
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				19.0000 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	Nutrient
	Food Energy	75.1369	kcal	Carbohydrate
				13.7866 g
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	Nutrient
	Food Energy	161.3128	kcal	Carbohydrate
				22.0958 g
a436	APRICOTS #7073	1	1/2 CUP	384
	Nutrient	Value	Units	Nutrient
	Food Energy	109.9170	kcal	Carbohydrate
				24.9812 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/8/2018 **Feeding Figure:** 467
Base Menu Plan: 3,998 EL BFAST 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/8/2018 **Feeding Figure:** 511
Base Menu Plan: 4,008 EL 18-19 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A465	FISH NACHO STICKS #2401	1	4 STICKS	358
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	358
	Nutrient	Value	Units	
	Food Energy	145.8418	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.7783	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	153
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
7045	SALSA	1	1/4 CUP	154
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9143	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	Nutrient
	Food Energy	82.4860	kcal	Carbohydrate
				15.5007 g
A050	APPLES, HOT SPICED	1	1/2 CUP	384
	Nutrient	Value	Units	Nutrient
	Food Energy	121.4842	kcal	Carbohydrate
				26.3734 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/9/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	Nutrient
	Food Energy	176.5800	kcal	Carbohydrate
				21.0400 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 10/9/2018
Base Menu Plan: 4,009 EL 18-19 LUNCH W2D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	307
	Nutrient	Value	Units	Nutrient
	Food Energy	297.3600	kcal	Carbohydrate
				16.3599 g
A016	RICE, MEXICAN	1	1/2 CUP	307
	Nutrient	Value	Units	Nutrient
	Food Energy	78.7958	kcal	Carbohydrate
				13.4837 g

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Independence Central Office

Scheduled Menu Plans

A338	NACHO BITES #2265	1	8 SERVING	204
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.0000	g	
7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	27.9508	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	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

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/10/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	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: 10/10/2018
Base Menu Plan: 4,010 EL 18-19 LUNCH W2D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	232.6962	kcal	Carbohydrate	25.6039	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	153		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	161.3128	kcal	Carbohydrate	22.0958	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	95.3707	kcal	Carbohydrate	17.5171	g
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	384		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	58.5775	kcal	Carbohydrate	15.3819	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	52		
	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

1086	SAUCE BBQ	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/11/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	234
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/11/2018

Feeding Figure: 511

Base Menu Plan: 4,011 EL 18-19 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	307
	Nutrient	Value	Units	
	Food Energy	227.0069	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
A524	GRAVY BROWN LS #2421	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	204
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1310	SAUCE MARINARA	1	SERVING (2 OZ)	205
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A359	CORN, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/12/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	323		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 10/12/2018
Base Menu Plan: 2,761 EL 17-18 CHILI
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A080	CHILI	1	3/4 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	194.4703	kcal	Carbohydrate	18.8556	g
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0000	kcal	Carbohydrate	9.0000	g
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	295.2202	kcal	Carbohydrate	50.1329	g
4019	BOWL 12 OZ CAMP	1	BOWL	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	255		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A011	VEGETABLES, MIXED	1	1/2 CUP	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.4764	kcal	Carbohydrate	8.4649	g
A7078	STRAWBERRIES #7078	1	1/2 CUP	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	39.6486	kcal	Carbohydrate	10.3086	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	256
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	179
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	149
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	184
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/15/2018 **Feeding Figure:** 467
Base Menu Plan: 3,998 EL BFAST 18-19 W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/15/2018 **Feeding Figure:** 511
Base Menu Plan: 4,013 EL 18-19 LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	307
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.1840	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	204
	Nutrient	Value	Units	
	Food Energy	204.2101	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.6249	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	161.3128	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0958	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1097	MUSTARD	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
1125	SALAD DRESG LF	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	35.7850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.1281	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	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

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/16/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	351		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/16/2018

Feeding Figure: 511

Base Menu Plan: 4,014 EL 18-19 LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	256.4172	kcal	Carbohydrate	18.6866	g
7045	SALSA	1	1/4 CUP	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A016	RICE, MEXICAN	1	1/2 CUP	358		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	78.7958	kcal	Carbohydrate	13.4837	g
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	153		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	190.0000	kcal	Carbohydrate	5.0000	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	154		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	15.0000	g
A359	CORN, COOKED	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	384		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast
Date: 10/17/2018
Base Menu Plan: 4,000 EL BFAST 18-19 W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 467

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/17/2018

Feeding Figure: 511

Base Menu Plan: 4,015 EL 18-19 LUNCH W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	307
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A365	HOTDOG	1	1 HOTDOG	204
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9143	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/18/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	234
	Nutrient	Value	Units	
	Food Energy	91.9264	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.9065	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 10/18/2018
Base Menu Plan: 4,016 EL 18-19 LUNCH W3D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	307
	Nutrient	Value	Units	
	Food Energy	170.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	2.3897	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.2868	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	204
	Nutrient	Value	Units	
	Food Energy	343.7030	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.8464	g	
1911	CHEETO PUFF	1	PKG (1)	205
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	27.9508	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.2113	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7159	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/19/2018

Feeding Figure: 467

Base Menu Plan: 1,002,940 OPEN SITE EL 16-17 BFAST

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	234
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	229
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	4
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
7154	APPLESAUCE CUP BLUE RASP	1	CUP (1)	300
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/19/2018 **Feeding Figure:** 511
Base Menu Plan: 2,937 OPENSITE/BRWN BAG#2 LUNCH 2017
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	511
	Nutrient	Value	Units	
	Food Energy	177.7234	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0331	g	
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	511
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1206	CARROT IND. PAK 150/2 OZ	1	PKG (1) SERVING	511
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2404	MIXED FRUIT CUP 608771	1	CUP (1)	511
	Nutrient	Value	Units	
	Food Energy	70.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	333
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	26
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/22/2018
Base Menu Plan: 2,331 OPEN SITE EL 16-17 BFAST
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 467

Stock Number	Description	Serving Size	Measure	Projected Quantity
A415	NOTABLES CINN TOAST #2082	1	1 PACK	234
	Nutrient	Value	Units	Nutrient
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	229
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				57.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	4
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	467
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				22.0001 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Lunch
Date: 10/22/2018
Base Menu Plan: 1,002,945 OPEN SITE EL 16-17 LUNCH2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	511
	Nutrient	Value	Units	Nutrient
	Food Energy	340.4695	kcal	Carbohydrate
				28.0117 g
A372	GREEN BEANS-2017	1	1/2 CUP	511
	Nutrient	Value	Units	Nutrient
	Food Energy	25.9948	kcal	Carbohydrate
				4.9143 g

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Independence Central Office

Scheduled Menu Plans

1347	PEACHES SLICD IN LS	1	1/2 CUP	511
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	103
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/23/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/23/2018

Feeding Figure: 511

Base Menu Plan: 4,370 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)	307
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	204
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0000	g	

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Independence Central Office

Scheduled Menu Plans

2407	RICE KRISPIES COCOA WG	1	PKG (1)	486
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	161.3128	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/24/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	Nutrient
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	Nutrient
	Food Energy	240.0000	kcal	Carbohydrate
				40.0000 g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	Nutrient
	Food Energy	105.0201	kcal	Carbohydrate
				26.9512 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	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: 10/24/2018
Base Menu Plan: 1,002,926 EL 18-19 LUNCH W4D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A089	CHICKEN PARMESAN ROTINI 2018	1	1 SERVING	309		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	354.3592	kcal	Carbohydrate	36.8029	g
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	202		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A359	CORN, COOKED	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
A050	APPLES, HOT SPICED	1	1/2 CUP	385		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4842	kcal	Carbohydrate	26.3734	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	129		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	22		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	22		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	95.3707	kcal	Carbohydrate	17.5171	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/25/2018 **Feeding Figure:** 467
Base Menu Plan: 4,355 EL BFAST 18-19 W1D4
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/25/2018 **Feeding Figure:** 511
Base Menu Plan: 4,388 EL 18-19 LUNCH W4D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	307
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	205
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	205
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4649	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/26/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	351
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/26/2018

Feeding Figure: 511

Base Menu Plan: 4,022 EL 18-19 LUNCH W4D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	307
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	205
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	205
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	204
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.5000	g	
A1223	CARROTS BABY 30LBS	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	19.8450	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6721	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7159	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	205
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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Independence Central Office

Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/29/2018 **Feeding Figure:** 467
Base Menu Plan: 3,998 EL BFAST 18-19 W1D1
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 10/29/2018
Base Menu Plan: 4,003 EL 18-19 LUNCH W1D1
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	358
	Nutrient	Value	Units	
	Food Energy	170.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A351	WAFFLE WG	1	1 WAFFLE	358
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1122	SYRUP PKT	1	PKT (1)	358
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	0
	Nutrient	Value	Units	
	Food Energy	343.7030	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.8464	g	
1911	CHEETO PUFF	1	PKG (1)	154
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A067	BEANS, BAKED	1	1/2 CUP	128
	Nutrient	Value	Units	
	Food Energy	117.7311	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.1326	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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Independence Central Office

Scheduled Menu Plans

A053	APPLESAUCE, ROSY	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	62.0849	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0220	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1086	SAUCE BBQ	1	Ounce	103
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/30/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 10/30/2018
Base Menu Plan: 4,004 EL 18-19 LUNCH W1D2
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	205
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	0
	Nutrient	Value	Units	
	Food Energy	480.0173	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.0775	g	
7045	SALSA	1	1/4 CUP	307
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	

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Independence Central Office

Scheduled Menu Plans

A069	BEANS, REFRIED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A359	CORN, COOKED	1	1/2 CUP	128
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A221	PEARS AND BLUEBERRIES, EL	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	121.6666	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4165	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	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

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/31/2018

Feeding Figure: 467

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

Menu Comments:

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

Age Group: Grades K-5

Date: 10/31/2018

Feeding Figure: 511

Base Menu Plan: 1,002,906 EL 18-19 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	307
	Nutrient	Value	Units	Nutrient
	Food Energy	126.0141	kcal	Carbohydrate
				12.5645 g
A019	RICE, STEAMED	1	1/2 CUP	307
	Nutrient	Value	Units	Nutrient
	Food Energy	46.8472	kcal	Carbohydrate
				7.4235 g
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	204
	Nutrient	Value	Units	Nutrient
	Food Energy	267.0000	kcal	Carbohydrate
				33.0001 g
2391	COOKIE HOLIDAY PUMPKIN	1	COOKIE (1)	383
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				19.0000 g
A130	PEAS & CARROTS	1	1/2 CUP	256
	Nutrient	Value	Units	Nutrient
	Food Energy	51.2616	kcal	Carbohydrate
				10.0415 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	Nutrient
	Food Energy	7.1576	kcal	Carbohydrate
				1.1981 g
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	Nutrient
	Food Energy	65.0014	kcal	Carbohydrate
				6.0002 g
a436	APRICOTS #7073	1	1/2 CUP	384
	Nutrient	Value	Units	Nutrient
	Food Energy	109.9170	kcal	Carbohydrate
				24.9812 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				15.0000 g

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Carbohydrate	12.0000	g	

Trans Fat is displayed for informational purposes only, not for monitoring.

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.