



Independence Central Office

Scheduled Menu Plans

7500 Hanthorn Early Education

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/2/2018

Feeding Figure: 170

Base Menu Plan: 3,005 EE 1-5Y BFAST W1D2 18-19

Menu Comments:

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/2/2018

Feeding Figure: 160

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2387	PIZZA CHEESE TONY'S 68521	1	PIZZA (1)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	25.9948	kcal	Carbohydrate
				4.9143 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	29.4972	kcal	Carbohydrate
				7.5488 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g

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

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/2/2018 **Feeding Figure:** 250
Base Menu Plan: 3,936 EE 1-5Y SNACK W1D2,W3D2 18-19
Menu Comments:

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/3/2018 **Feeding Figure:** 170
Base Menu Plan: 3,006 EE 1-5Y BFAST W1D3 18-19
Menu Comments:

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

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

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/3/2018 **Feeding Figure:** 250
Base Menu Plan: 3,045 EE 1-5Y SNACK W1D3 18-19
Menu Comments:

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/4/2018 **Feeding Figure:** 170
Base Menu Plan: 3,007 EE 1-5Y BFAST W1D4 18-19
Menu Comments:

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

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/5/2018 **Feeding Figure:** 170
Base Menu Plan: 3,008 EE 1-5Y BFAST W1D5 18-19
Menu Comments:

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

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2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	3.0000	g
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	37.5000	kcal	Carbohydrate	2.7500	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/5/2018 **Feeding Figure:** 170
Base Menu Plan: 3,920 EE 1-5Y LUNCH W1D5 18-19
Menu Comments:

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

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

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/5/2018 **Feeding Figure:** 250
Base Menu Plan: 3,046 EE 1-5Y SNACK W1D5 18-19
Menu Comments:

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/9/2018 **Feeding Figure:** 133
Base Menu Plan: 3,010 EE 1-5Y BFAST W2D2 18-19
Menu Comments:

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

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Scheduled Menu Plans

Serving Period: Lunch
Date: 10/9/2018
Base Menu Plan: 3,922 EE 1-5Y LUNCH W2D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	297.3600	kcal	Carbohydrate	16.3599	g
A016	RICE, MEXICAN	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	78.7958	kcal	Carbohydrate	13.4837	g
A359	CORN, COOKED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	99.2998	kcal	Carbohydrate	20.8661	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	52.5100	kcal	Carbohydrate	13.4756	g
7045	SALSA	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.8527	kcal	Carbohydrate	1.7705	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	5.5000	g

Serving Period: Snack
Date: 10/9/2018
Base Menu Plan: 3,049 EE 1-5Y SNACK W2D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2304	GOLDFISH COLORS CHED WG	1	PKG (1)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/10/2018 **Feeding Figure:** 133
Base Menu Plan: 3,011 EE 1-5Y BFAST W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	206.0239	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.6987	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	133
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	133
	Nutrient	Value	Units	
	Food Energy	52.5100	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4756	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/10/2018 **Feeding Figure:** 135
Base Menu Plan: 3,923 EE 1-5Y LUNCH W2D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	135
	Nutrient	Value	Units	
	Food Energy	232.6962	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.6039	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	3.5905	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.6010	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.3086	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/10/2018

Feeding Figure: 135

Base Menu Plan: 3,050 EE 1-5Y SNACK W2D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	135
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	

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

Serving Period: Breakfast
Date: 10/11/2018
Base Menu Plan: 3,012 EE1-5Y BFAST W2D4 18-19
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	133
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
7108	PEACHES DICED	1	SERVING 1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Lunch
Date: 10/11/2018
Base Menu Plan: 3,924 EE 1-5Y LUNCH W2D4 18-19
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity
a364	SALISBURY STEAK	1	1 SERVING	135
	Nutrient	Value	Units	
	Food Energy	159.0624	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.2476	g	

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Scheduled Menu Plans

A026	ROLLS, WHEAT, WG	1	2 OUNCE	135
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A005	POTATOES, MASHED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A524	GRAVY BROWN LS #2421	1	2 OZ	135
	Nutrient	Value	Units	Nutrient
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A070	CARROTS, COOKED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	27.9508	kcal	Carbohydrate
				6.2113 g
A053	APPLESAUCE, ROSY	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	62.0849	kcal	Carbohydrate
				16.0220 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				5.5000 g

Serving Period: Snack
Date: 10/11/2018
Base Menu Plan: 3,052 EE 1-5Y SNACK W2D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

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

Serving Period: Breakfast
Date: 10/12/2018
Base Menu Plan: 3,013 EE 1-5Y BFAST W2D5 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
2001	CEREAL RICE CHEX	1	BOWL (1)	133
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				24.0000 g
A029	TOAST, WG	1	1 SLICE	133
	Nutrient	Value	Units	Nutrient
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
a7074	BLUEBERRIES #7159	1	1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	40.0211	kcal	Carbohydrate
				10.0052 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128
	Nutrient	Value	Units	Nutrient
	Food Energy	25.0000	kcal	Carbohydrate
				3.0000 g
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6
	Nutrient	Value	Units	Nutrient
	Food Energy	37.5000	kcal	Carbohydrate
				2.7500 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/12/2018 **Feeding Figure:** 135
Base Menu Plan: 1,572 EE 2017-18 CHILI
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	194.4703	kcal	Carbohydrate
				18.8556 g
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	30.0003	kcal	Carbohydrate
				4.5000 g

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Scheduled Menu Plans

2350	MUFFIN WG CORNBREAD IW	1	PKG (1.8 OZ)	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	150.0000	kcal		Carbohydrate	23.0000	g
4019	BOWL 12 OZ CAMP	1	BOWL	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g
A011	VEGETABLES, MIXED	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	38.4764	kcal		Carbohydrate	8.4649	g
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	60.0000	kcal		Carbohydrate	16.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	9.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	6.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	5.5000	g

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/12/2018

Feeding Figure: 135

Base Menu Plan: 3,063 EE 1-5Y SNACK W2D5,W4D5 18-19

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/16/2018
Base Menu Plan: 3,015 EE 1-5Y BFAST W3D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

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

Serving Period: Lunch
Date: 10/16/2018
Base Menu Plan: 3,927 EE 1-5Y LUNCH W3D2 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A070	CARROTS, COOKED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g
A046	STRAWBERRY FRUIT MEDLEY	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	55.0857	kcal	Carbohydrate	13.4023	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	6.0000	g

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Scheduled Menu Plans

2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	127			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	25.0000	kcal		Carbohydrate	3.0000	g
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	37.5000	kcal		Carbohydrate	2.7500	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/17/2018 **Feeding Figure:** 135
Base Menu Plan: 3,928 EE 1-5Y LUNCH W3D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A194	WG CHICKEN PARM-SPAGHETTI	1	1 SERVING	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	441.2048	kcal		Carbohydrate	74.2795	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	3.5905	kcal		Carbohydrate	0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	11.6147	kcal		Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	8.1076	kcal		Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	82.4860	kcal		Carbohydrate	15.5007	g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	13.0000	g

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Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/17/2018 **Feeding Figure:** 135
Base Menu Plan: 3,055 EE 1-5Y SNACK W3D3 18-19
Menu Comments:

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/18/2018 **Feeding Figure:** 133
Base Menu Plan: 3,017 EE 1-5Y BFAST W3D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	206.0239	kcal		Carbohydrate	4.6987	g

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Scheduled Menu Plans

A029	TOAST, WG	1	1 SLICE	133
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/18/2018 **Feeding Figure:** 135
Base Menu Plan: 3,929 EE 1-5Y LUNCH W3D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A325	BEEF FINGERS #2074	1	4 FINGERS	135
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	135
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A010	GREEN BEANS	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	19.5338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.7334	g	
1161	JCE CUP FRZ STR /POM	1	CARTON (1)	135
	Nutrient	Value	Units	
	Food Energy	70.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	

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Scheduled Menu Plans

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

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/18/2018 **Feeding Figure:** 135
Base Menu Plan: 3,057 EE 1-5Y SNACK W3D4 18-19
Menu Comments:

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/19/2018 **Feeding Figure:** 133
Base Menu Plan: 3,018 EE 1-5Y BFAST W3D5 18-19
Menu Comments:

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

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Scheduled Menu Plans

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

2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/19/2018

Feeding Figure: 135

Base Menu Plan: 3,930 EE 1-5Y LUNCH W3D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A444	CHICKEN TERIYAKI W/ VEG EE	1	1 SERVING	135
	Nutrient	Value	Units	Nutrient
	Food Energy	240.8121	kcal	Carbohydrate
				36.6905 g
A012	PEAS	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	40.9653	kcal	Carbohydrate
				7.6883 g
7108	PEACHES DICED	1	SERVING 1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0000	kcal	Carbohydrate
				14.0000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				5.5000 g

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/19/2018

Feeding Figure: 135

Base Menu Plan: 3,058 EE 1-5Y SNACK W3D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2358	ANNIE'S CHEDDAR BUNNIES	1	PKG (1)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	90.0000	kcal	Carbohydrate
				13.0000 g

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Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/23/2018 **Feeding Figure:** 133
Base Menu Plan: 3,020 EE 1-5Y BFAST W4D2 18-19
Menu Comments:

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/23/2018 **Feeding Figure:** 135
Base Menu Plan: 3,932 EE 1-5Y LUNCH W4D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Trans Fat is displayed for informational purposes only, not for monitoring.
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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/23/2018

Feeding Figure: 135

Base Menu Plan: 3,060 EE 1-5Y SNACK W4D2 18-19

Menu Comments:

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

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Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/24/2018 **Feeding Figure:** 133
Base Menu Plan: 4,152 EE 1-5Y BFAST W4D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		220.0000	kcal	Carbohydrate		40.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		52.5100	kcal	Carbohydrate		13.4756	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		50.0000	kcal	Carbohydrate		6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	127			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		75.0000	kcal	Carbohydrate		9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		75.0000	kcal	Carbohydrate		5.5000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/24/2018 **Feeding Figure:** 135
Base Menu Plan: 3,933 EE 1-5Y LUNCH W4D3 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A116	WG BEEFY MAC & CHEESE	1	6 OUNCES	135			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		308.7066	kcal	Carbohydrate		31.5483	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		3.5905	kcal	Carbohydrate		0.6010	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		11.6147	kcal	Carbohydrate		2.7139	g

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Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
			Nutrient	Value
			Carbohydrate	1.7522 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
			Nutrient	Value
			Carbohydrate	13.7866 g
7108	PEACHES DICED	1	SERVING 1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g
2365	DRESSING RANCH OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
			Nutrient	Value
			Carbohydrate	4.2922 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
			Nutrient	Value
			Carbohydrate	9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
			Nutrient	Value
			Carbohydrate	5.5000 g

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/24/2018

Feeding Figure: 135

Base Menu Plan: 3,061 EE 1-5Y SNACK W4D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	135
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
			Nutrient	Value
			Carbohydrate	16.0000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
			Nutrient	Value
			Carbohydrate	9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
			Nutrient	Value
			Carbohydrate	5.5000 g

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast
Date: 10/25/2018
Base Menu Plan: 3,022 EE 1-5Y BFAST W4D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

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

Serving Period: Lunch
Date: 10/25/2018
Base Menu Plan: 3,934 EE 1-5Y LUNCH W4D4 18-19
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A084	MEATLOAF-SLICES	1	1 SLICE	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	227.0069	kcal	Carbohydrate	16.9442	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A005	POTATOES, MASHED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A524	GRAVY BROWN LS #2421	1	2 OZ	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.2695	kcal	Carbohydrate	4.0431	g

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Independence Central Office

Scheduled Menu Plans

A070	CARROTS, COOKED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	27.9508	kcal	Carbohydrate
				6.2113 g
A050	APPLES, HOT SPICED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	121.4842	kcal	Carbohydrate
				26.3734 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				6.0000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				9.0000 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				5.5000 g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/25/2018 **Feeding Figure:** 135
Base Menu Plan: 3,062 EE 1-5Y SNACK W4D4 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A474	YOGURT TRIX cherry #2412	1	1 CONTAINER	135
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				15.0000 g
1353	JUICE APPLE 100%	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	55.0000	kcal	Carbohydrate
				14.0000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/26/2018 **Feeding Figure:** 133
Base Menu Plan: 3,023 EE 1-5Y BFAST W4D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A388	PANCAKE BANANA MINI	1	1 PKG	133
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				37.0000 g
a7074	BLUEBERRIES #7159	1	1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	40.0211	kcal	Carbohydrate
				10.0052 g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/26/2018 **Feeding Figure:** 135
Base Menu Plan: 3,935 EE 1-5Y LUNCH W4D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	204.2101	kcal		Carbohydrate	21.6249	g
A215	SWEET POTATOES, GLAZED	1	1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	189.3898	kcal		Carbohydrate	46.1829	g
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	135			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	60.0000	kcal		Carbohydrate	16.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	6.0000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	9.0000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	75.0000	kcal		Carbohydrate	5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/26/2018 **Feeding Figure:** 135
Base Menu Plan: 3,063 EE 1-5Y SNACK W2D5,W4D5 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Trans Fat is displayed for informational purposes only, not for monitoring.
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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/30/2018 **Feeding Figure:** 133
Base Menu Plan: 3,005 EE 1-5Y BFAST W1D2 18-19
Menu Comments:

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 10/30/2018 **Feeding Figure:** 135
Base Menu Plan: 3,917 EE 1-5Y LUNCH W1D2 18-19
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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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.



Independence Central Office

Scheduled Menu Plans

2387	PIZZA CHEESE TONY'S 68521	1	PIZZA (1)	135
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135
	Nutrient	Value	Units	
	Food Energy	29.4972	kcal	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/30/2018

Feeding Figure: 135

Base Menu Plan: 3,936 EE 1-5Y SNACK W1D2,W3D2 18-19

Menu Comments:

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/31/2018

Feeding Figure: 133

Base Menu Plan: 3,006 EE 1-5Y BFAST W1D3 18-19

Menu Comments:

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.



Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/31/2018

Feeding Figure: 135

Base Menu Plan: 1,002,887 EE 1-5Y LUNCH W1D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.2619	kcal	Carbohydrate	21.9456	g
2391	COOKIE HOLIDAY PUMPKIN	1	COOKIE (1)	100		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	19.0000	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.5905	kcal	Carbohydrate	0.6010	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g

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.



Independence Central Office

Scheduled Menu Plans

a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 10/31/2018

Feeding Figure: 135

Base Menu Plan: 3,045 EE 1-5Y SNACK W1D3 18-19

Menu Comments:

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

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