



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/1/2018

Feeding Figure: 35

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

Menu Comments:

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

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12  
**Date:** 10/1/2018 **Feeding Figure:** 70  
**Base Menu Plan:** 3,977 IA HS LUNCH W1D1 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	419.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.0001	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A011	VEGETABLES, MIXED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	76.7782	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	

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A7078	STRAWBERRIES #7078	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	79.3200	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/2/2018      **Feeding Figure:** 35  
**Base Menu Plan:** 3,968 IA HS BFAST W1D2 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	1.5000	g
A029	TOAST, WG	1	1 SLICE	55	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 10/2/2018  
**Base Menu Plan:** 3,978 IA HS LUNCH W1D2 18-19  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 70

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	297.3600	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	515.7825	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.0617	g	
A359	CORN, COOKED	1	1 CUP	49
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	198.5151	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7159	1	1 CUP	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	80.0465	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0116	g	

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1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/3/2018

Feeding Figure: 35

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	22.0001 g

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1387	GRAHAMS ORIGINAL	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/3/2018

Feeding Figure: 70

Base Menu Plan: 3,979 IA HS LUNCH W1D3 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

A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	232.6962	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.6039	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A057	BROCCOLI, STEAMED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.6132	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0563	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0002	g	
a436	APRICOTS #7073	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.8478	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	49.9655	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/4/2018

Feeding Figure: 35

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/4/2018

Feeding Figure: 70

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	238.1163	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
A524	GRAVY BROWN LS #2421	1	2 OZ	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.2695	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	

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Independence Central Office

Scheduled Menu Plans

A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	522.7830	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.6275	g	
A012	PEAS	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.8352	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.3587	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/5/2018      **Feeding Figure:** 35  
**Base Menu Plan:** 3,970 IA HS BFAST W1D4 18-19  
**Menu Comments:**

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

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/5/2018      **Feeding Figure:** 70  
**Base Menu Plan:** 3,981 IA HS LUNCH W1D5 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	238.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.6000	g	
A351	WAFFLE WG	1	1 WAFFLE	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1122	SYRUP PKT	1	PKT (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A067	BEANS, BAKED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	235.3591	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	44.2458	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
1344	FRUIT MIX IN LS	1	CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	160.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	87.8414	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.9586	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	161.3599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.4097	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/8/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,973 IA HS BFAST W2D2 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity	
1392	POP TART STRAW WG	1	PKG (1)	28	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	28	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21	
<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/8/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 3,982 IA HS LUNCH W2D1 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	515.7825	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.0617	g	
A359	CORN, COOKED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	198.5151	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
A050	APPLES, HOT SPICED	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	243.0672	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	52.7682	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	

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Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/9/2018

Feeding Figure: 68

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

Menu Comments:

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

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2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/9/2018

Feeding Figure: 108

Base Menu Plan: 3,983 IA HS LUNCH W2D2 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	256.4172	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.6866	g	

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A016	RICE, MEXICAN	1	1 CUP	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	157.6401	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9757	g	
7045	SALSA	1	Ounce	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.8527	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7705	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A057	BROCCOLI, STEAMED	1	1 CUP	44
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.6132	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0563	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	79.3200	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/10/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,974 IA HS BFAST W2D3 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2215	CRISPS CINNAMON	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	150.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.9999	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/10/2018

Feeding Figure: 108

Base Menu Plan: 3,984 IA HS LUNCH W2D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.4695	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	10.2443	kcal	
A362	POTATO BAKED FRIES	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.5216	kcal	

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A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	522.7830	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.6275	g	
A372	GREEN BEANS-2017	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	52.0323	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.8368	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
a7074	BLUEBERRIES #7159	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0465	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0116	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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1097	MUSTARD	1	Ounce	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/11/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,976 IA HS BFAST W2D5 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.4904	kcal	
			Carbohydrate	35.4987 g
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
			Carbohydrate	1.5000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
			Carbohydrate	23.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
			Carbohydrate	22.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
			Carbohydrate	1.0000 g

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/11/2018

Feeding Figure: 108

Base Menu Plan: 3,985 IA HS LUNCH W2D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	

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A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A070	CARROTS, COOKED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	55.8809	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.4180	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
a436	APRICOTS #7073	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.8478	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	49.9655	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	

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2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/12/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,975 IA HS BFAST W2D4 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	210.0000	kcal	Carbohydrate
				37.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				22.0000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				23.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				1.0000 g

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	111.6281	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.5700	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/12/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 4,367 IA HS LUNCH W2D5 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.4703	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.8556	g	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2202	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	50.1329	g	
4019	BOWL 12 OZ CAMP	1	BOWL	87
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	

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A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	515.7825	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.0617	g	
A011	VEGETABLES, MIXED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	76.7782	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
1348	PEARS SLICD IN LS	1	CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	159.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	

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Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/15/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,967 IA HS BFAST W1D1 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT	1	PKT (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	

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Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12  
**Date:** 10/15/2018 **Feeding Figure:** 108  
**Base Menu Plan:** 3,987 IA HS LUNCH W3D1 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A387	CORN DOG #1182	1	1 CORNDOG	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
1223	CARROT BABY 30 LBS	1	CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	49.6125	kcal	

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a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/16/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,968 IA HS BFAST W1D2 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.5000	g	
A029	TOAST, WG	1	1 SLICE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	112.5000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/16/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 3,988 IA HS LUNCH W3D2 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	92		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	320.0001	kcal	Carbohydrate	35.0001	g
7045	SALSA	1	1/4 CUP	92		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	515.7825	kcal	Carbohydrate	70.0617	g
A057	BROCCOLI, STEAMED	1	1 CUP	54		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.6132	kcal	Carbohydrate	4.0563	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g

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Scheduled Menu Plans

A252	CHERRY CRISP w/o stabilizer	1	1 piece	81
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	43.3161	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.6633	g	
1347	PEACHES SLICED IN LS	1	CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	162.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.5999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/17/2018

Feeding Figure: 68

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0001	g
1387	GRAHAMS ORIGINAL	1	PKG (1)	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	90.0000	kcal	Carbohydrate	16.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 10/17/2018  
**Base Menu Plan:** 3,989 IA HS LUNCH W3D3 18-19  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 108

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	332.8338	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.1840	g	
1361	BREADSTICK WG	1	STICK (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A372	GREEN BEANS-2017	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	52.0323	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.8368	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0002	g	
1348	PEARS SLICD IN LS	1	CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	159.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/18/2018

Feeding Figure: 68

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKY SAU BRKFST	1	1 PIZZA	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/18/2018

Feeding Figure: 108

Base Menu Plan: 3,990 IA HS LUNCH W3D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
			Carbohydrate	11.0000 g
A140	COUNTRY GRAVY	1	2 OZ	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
			Carbohydrate	8.4986 g

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	522.7830	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.6275	g	
A012	PEAS	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.8352	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.3587	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	79.3200	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/23/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,972 IA HS BFAST W2D1 18-19  
**Menu Comments:**

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

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.9728	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/23/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 3,993 IA HS LUNCH W4D2 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	480.0173	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	44.0775	g	
7045	SALSA	1	Tbsp	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	

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A069	BEANS, REFRIED	1	1/2 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
A056	CORN, MEXICALI	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	242.5618	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7159	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0465	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	

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2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/24/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,974 IA HS BFAST W2D3 18-19  
**Menu Comments:**

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

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2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/24/2018

Feeding Figure: 108

Base Menu Plan: 3,994 IA HS LUNCH W4D3 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	232.8014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.4269	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	522.7830	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	70.6275	g	
A012	PEAS	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	81.8352	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.3587	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	

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Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
1348	PEARS SLICED IN LS	1	CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	159.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/25/2018

Feeding Figure: 68

Base Menu Plan: 3,976 IA HS BFAST W2D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	269.4904	kcal	Carbohydrate	35.4987	g
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	1.5000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch  
**Date:** 10/25/2018  
**Base Menu Plan:** 3,995 IA HS LUNCH W4D4 18-19  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades 9-12  
**Feeding Figure:** 108

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		238.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.6000	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		85.3963	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	92
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		2.3897	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.2868	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	92
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		130.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		628.8102	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		73.1897	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	8
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		618.8101	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		74.1896	g	
A070	CARROTS, COOKED	1	1 CUP	49
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		55.8809	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.4180	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	162.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.5999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/26/2018

Feeding Figure: 68

Base Menu Plan: 3,975 IA HS BFAST W2D4 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A312	FRUDEL CHERRY #2187	1	1 PKG	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	37.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
1332	PEAR BARTLETT 100CT	1	PEAR (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	111.6281	kcal	Carbohydrate	26.5700	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/26/2018

Feeding Figure: 108

Base Menu Plan: 3,996 IA HS LUNCH W4D5 18-19

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	92		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	515.7825	kcal	Carbohydrate	70.0617	g
A057	BROCCOLI, STEAMED	1	1 CUP	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.6132	kcal	Carbohydrate	4.0563	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
A050	APPLES, HOT SPICED	1	1 CUP	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	243.0672	kcal	Carbohydrate	52.7682	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	88.8102	kcal	Carbohydrate	21.1897	g
1319	APPLE RED 138 CT	1	APPLE (1)	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	91.9264	kcal	Carbohydrate	21.9065	g
1333	BANANAS PREM 40LB	1	BANANA (1)	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g

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Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/29/2018      **Feeding Figure:** 68  
**Base Menu Plan:** 3,967 IA HS BFAST W1D1 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT	1	PKT (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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



Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/29/2018

Feeding Figure: 108

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	419.9999	kcal	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	

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Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A011	VEGETABLES, MIXED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	76.7782	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.8913	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
A7078	STRAWBERRIES #7078	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	79.3200	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6232	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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Scheduled Menu Plans

1097	MUSTARD	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/30/2018

Feeding Figure: 68

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A446	EGG PATTY SCRAMBLE W/CHEESE	1	1 PATTY	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
A029	TOAST, WG	1	1 SLICE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	112.5000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	

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Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 10/30/2018

Feeding Figure: 108

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	297.3600	kcal	
A016	RICE, MEXICAN	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	515.7825	kcal	

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Scheduled Menu Plans

A359	CORN, COOKED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	198.5151	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7159	1	1 CUP	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0465	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0116	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

**Serving Period:** Breakfast  
**Date:** 10/31/2018  
**Base Menu Plan:** 3,969 IA HS BFAST W1D3 18-19  
**Menu Comments:**

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

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

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Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades 9-12  
**Date:** 10/31/2018      **Feeding Figure:** 108  
**Base Menu Plan:** 1,002,882 IA HS LUNCH W1D3 18-19  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	232.6962	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.6039	g	
2391	COOKIE HOLIDAY PUMPKIN	1	COOKIE (1)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	9
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	618.8101	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	74.1896	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	628.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	73.1897	g	
A057	BROCCOLI, STEAMED	1	1 CUP	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.6132	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0563	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	

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



Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0002	g	
a436	APRICOTS #7073	1	1 CUP	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	219.8478	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	49.9655	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	88.8102	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.1897	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	91.9264	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.9065	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	33			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

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