



Independence Central Office

Scheduled Menu Plans

5100 Korte Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/4/2018

Feeding Figure: 467

Base Menu Plan: 4,354 EL BFAST 18-19 W1D2 supedonut

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A527	DONUT SUPER BAKERY IW #2171	1	1 DONUT	281		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	351		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/4/2018 **Feeding Figure:** 511
Base Menu Plan: 4,004 EL 18-19 LUNCH W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	205
Nutrient		Value	Units	
Food Energy		349.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	307
Nutrient		Value	Units	
Food Energy		480.0173	kcal	
Nutrient		Value	Units	
Carbohydrate		44.0775	g	
7045	SALSA	1	1/4 CUP	307
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A069	BEANS, REFRIED	1	1/2 CUP	307
Nutrient		Value	Units	
Food Energy		131.7402	kcal	
Nutrient		Value	Units	
Carbohydrate		20.3267	g	
A359	CORN, COOKED	1	1/2 CUP	128
Nutrient		Value	Units	
Food Energy		99.2998	kcal	
Nutrient		Value	Units	
Carbohydrate		20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
Nutrient		Value	Units	
Food Energy		7.1576	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
Nutrient		Value	Units	
Food Energy		75.1369	kcal	
Nutrient		Value	Units	
Carbohydrate		13.7866	g	
A221	PEARS AND BLUEBERRIES, EL	1	1/2 CUP	384
Nutrient		Value	Units	
Food Energy		121.6666	kcal	
Nutrient		Value	Units	
Carbohydrate		30.4165	g	

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/5/2018 **Feeding Figure:** 480
Base Menu Plan: 4,000 EL BFAST 18-19 W1D3
Menu Comments:

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

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

Serving Period: Lunch
Date: 9/5/2018
Base Menu Plan: 4,343 EL 18-19 LUNCH W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A482	CHICKEN ORANGE STIR-FRY-BANKO	1	1 SERVING	307
	Nutrient	Value	Units	
	Food Energy	126.0141	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.5645	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	307
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A019	RICE, STEAMED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	46.8472	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4235	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	204
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
A130	PEAS & CARROTS	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	51.2616	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0415	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	

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a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	384
	Nutrient	Value	Units	
	Food Energy	67.9887	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/6/2018

Feeding Figure: 480

Base Menu Plan: 4,001 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A7071	PEACH CUP	1	1 CUP	234
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 9/6/2018
Base Menu Plan: 4,006 EL 18-19 LUNCH W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	307
	Nutrient	Value	Units	
	Food Energy	171.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0000	g	
A140	COUNTRY GRAVY	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A114	BURRITO	1	1 BURRITO	204
	Nutrient	Value	Units	
	Food Energy	309.0021	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9128	g	
7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	256
	Nutrient	Value	Units	
	Food Energy	43.3161	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.6633	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9143	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	

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a7074	BLUEBERRIES #7159	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/7/2018

Feeding Figure: 480

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/7/2018

Feeding Figure: 511

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	307
	Nutrient	Value	Units	
	Food Energy	235.2619	kcal	
	Carbohydrate	21.9456	g	
A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	307
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Carbohydrate	18.0000	g	
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	204
	Nutrient	Value	Units	
	Food Energy	311.8781	kcal	
	Carbohydrate	28.0469	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	84.7795	kcal	
	Carbohydrate	14.1432	g	

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a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	12.0817	kcal	
a436	APRICOTS #7073	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	109.9170	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/10/2018

Feeding Figure: 480

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 9/10/2018
Base Menu Plan: 4,008 EL 18-19 LUNCH W2D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A465	FISH NACHO STICKS #2401	1	4 STICKS	358
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
A015	MAC AND CHEESE	1	1/2 CUP	358
	Nutrient	Value	Units	
	Food Energy	191.7949	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.3253	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	153
	Nutrient	Value	Units	
	Food Energy	340.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9143	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	121.4842	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.3734	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/11/2018 **Feeding Figure:** 467
Base Menu Plan: 4,354 EL BFAST 18-19 W1D2 supedonut
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A527	DONUT SUPER BAKERY IW #2171	1	1 DONUT	281
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	351
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 9/11/2018
Base Menu Plan: 4,009 EL 18-19 LUNCH W2D2
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	307
	Nutrient	Value	Units	
	Food Energy	321.6600	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.8399	g	
A016	RICE, MEXICAN	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	204
	Nutrient	Value	Units	
	Food Energy	320.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4649	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast
Date: 9/12/2018
Base Menu Plan: 4,000 EL BFAST 18-19 W1D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 480

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/12/2018 **Feeding Figure:** 511
Base Menu Plan: 4,010 EL 18-19 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	358
	Nutrient	Value	Units	
	Food Energy	232.6962	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.6039	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	358
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	153
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	28.0117	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	12.0817	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.3244	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	384
	Nutrient	Value	Units	
	Food Energy	58.5775	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1086	SAUCE BBQ	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/13/2018

Feeding Figure: 480

Base Menu Plan: 4,001 EL BFAST 18-19 W1D4

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
A7071	PEACH CUP	1	1 CUP	234
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch
Date: 9/13/2018
Base Menu Plan: 4,011 EL 18-19 LUNCH W2D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A084	MEATLOAF-SLICES	1	1 SLICE	307
	Nutrient	Value	Units	
	Food Energy	227.0069	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.9442	g	
A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0431	g	
A443	RIPPER CHEESE TOPPED WG #2369	1	1 BREADSTICK	204
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	205
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A359	CORN, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/14/2018 **Feeding Figure:** 480
Base Menu Plan: 4,002 EL BFAST 18-19 W1D5
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/14/2018 **Feeding Figure:** 511
Base Menu Plan: 4,012 EL 18-19 LUNCH W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	205		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A142	SANDWICH, EL TURKEY & CHEESE	1	1 SANDWICH	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	177.7234	kcal	Carbohydrate	2.0331	g
1459	CHIP SUN CHED WG	1	BAG (1 OZ)	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	19.0000	g
A1223	CARROTS BABY 30LBS	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	19.8450	kcal	Carbohydrate	4.6721	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.3086	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/17/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/17/2018

Feeding Figure: 511

Base Menu Plan: 4,013 EL 18-19 LUNCH W3D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	307
	Nutrient	Value	Units	
	Food Energy	332.8338	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	307
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	204
	Nutrient	Value	Units	
	Food Energy	204.2101	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	12.0817	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.3244	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1097	MUSTARD	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	11
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
1125	SALAD DRESG LF	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	35.7850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.1281	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/18/2018 **Feeding Figure:** 467
Base Menu Plan: 3,999 EL BFAST 18-19 W1D2
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/18/2018 **Feeding Figure:** 511
Base Menu Plan: 4,014 EL 18-19 LUNCH W3D2
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/19/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.0000	g	

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

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/19/2018

Feeding Figure: 511

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	307
	Nutrient	Value	Units	
	Food Energy	419.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.0001	g	
A365	HOTDOG	1	1 HOTDOG	204
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	205
	Nutrient	Value	Units	
	Food Energy	84.7795	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.1432	g	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9143	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	77
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/20/2018

Feeding Figure: 467

Base Menu Plan: 4,001 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	39.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	1.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	40.0000	g
A7071	PEACH CUP	1	1 CUP	234		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	19.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 9/20/2018
Base Menu Plan: 4,016 EL 18-19 LUNCH W3D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	170.0000	kcal	Carbohydrate	9.0000	g
A005	POTATOES, MASHED	1	1/2 CUP	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A525	GRAVY POULTRY LS #2422	1	2 OZ	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	2.3897	kcal	Carbohydrate	0.2868	g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	307		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
A433	CHEESE GRILLED SANDWICH MADE	1	1 SANDWICH	204		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	311.8781	kcal	Carbohydrate	28.0469	g
A252	CHERRY CRISP w/o stabilizer	1	1 piece	384		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	43.3161	kcal	Carbohydrate	8.6633	g
A070	CARROTS, COOKED	1	1/2 CUP	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	27.9508	kcal	Carbohydrate	6.2113	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	52		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	21		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g

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Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7159	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	40.0211	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.0052	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/21/2018

Feeding Figure: 467

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch
Date: 9/21/2018
Base Menu Plan: 4,342 EL 18-19 LUNCH W3D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	307
	Nutrient	Value	Units	
	Food Energy	232.8014	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	307
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	204
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

A012	PEAS	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	40.9653	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1344	FRUIT MIX IN LS	1	SERVING 1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/24/2018

Feeding Figure: 467

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

A394	CINNAMON MINIS #1381	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
7075	STRAWBERRY CUPS FRZN	1	CUP (1)	351
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/24/2018

Feeding Figure: 511

Base Menu Plan: 4,018 EL 18-19 LUNCH W4D1

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

A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	307
	Nutrient	Value	Units	
	Food Energy	327.4475	kcal	
A425	POTATO CRINKLE FRIES #7120	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	84.7795	kcal	
A461	CHICKEN POPCORN 10PC WG#2379	1	1 SERVING (10)	204
	Nutrient	Value	Units	
	Food Energy	137.8572	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	205
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	25.9948	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1347	PEACHES SLICD IN LS	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	256
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	Ounce	26			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/25/2018 **Feeding Figure:** 467
Base Menu Plan: 3,999 EL BFAST 18-19 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	281			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	187			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	1.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	280.0000	kcal		Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	89			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	269.9999	kcal		Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	240.0000	kcal		Carbohydrate	40.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	351			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	30.0000	kcal		Carbohydrate	7.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	50.0000	kcal		Carbohydrate	12.9999	g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/25/2018 **Feeding Figure:** 511
Base Menu Plan: 4,019 EL 18-19 LUNCH W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	307
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	205
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A015	MAC AND CHEESE	1	1 CUP	205
	Nutrient	Value	Units	
	Food Energy	383.6690	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.6585	g	
2407	RICE KRISPIES COCOA WG	1	PKG (1)	486
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.0000	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	12.0817	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.3244	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
A7078	STRAWBERRIES #7078	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	39.6486	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/26/2018

Feeding Figure: 467

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A312	FRUDEL CHERRY #2187	1	1 PKG	323
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	71
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	351
	Nutrient	Value	Units	
	Food Energy	105.0201	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	234
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch
Date: 9/26/2018
Base Menu Plan: 4,020 EL 18-19 LUNCH W4D3
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 511

Stock Number	Description	Serving Size	Measure	Projected Quantity
A089	CHICKEN PARMESAN ROTINI 2018	1	1 SERVING	307
	Nutrient	Value	Units	
	Food Energy	354.3592	kcal	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	204
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
A359	CORN, COOKED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	

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Independence Central Office

Scheduled Menu Plans

A409	CHERRY FRUIT MEDLEY	1	1/2 CUP	384
	Nutrient	Value	Units	
	Food Energy	71.5301	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.3621	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/27/2018

Feeding Figure: 467

Base Menu Plan: 4,001 EL BFAST 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	281
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	187
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	94
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	89
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A7071	PEACH CUP	1	1 CUP	234
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	117
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	159
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	155
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/27/2018

Feeding Figure: 511

Base Menu Plan: 4,021 EL 18-19 LUNCH W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	307
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A005	POTATOES, MASHED	1	1/2 CUP	307
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
A140	COUNTRY GRAVY	1	2 OZ	307
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	307
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	204
	Nutrient	Value	Units	
	Food Energy	280.0001	kcal	
A011	VEGETABLES, MIXED	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	52
	Nutrient	Value	Units	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	21
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	6
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
a436	APRICOTS #7073	1	1/2 CUP	256
	Nutrient	Value	Units	
	Food Energy	109.9170	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	52
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	154
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/28/2018 **Feeding Figure:** 467
Base Menu Plan: 2,331 OPEN SITE EL 16-17 BFAST
Menu Comments:

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/28/2018 **Feeding Figure:** 511
Base Menu Plan: 4,352 OPEN SITE EL 16-17 LUNCH2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	511
	Nutrient	Value	Units	
	Food Energy	340.4695	kcal	
A070	CARROTS, COOKED	1	1/2 CUP	511
	Nutrient	Value	Units	
	Food Energy	27.9508	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	511
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	128
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	205
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	103
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	128
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	

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