



Independence Central Office

Scheduled Menu Plans

3000 G. C. Bingham Middle School

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades 6-8

Date: 9/4/2018

Feeding Figure: 35

Base Menu Plan: 1,002,855 MS 18-19 SNACK W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2215	CRISPS CINNAMON	1	PKG (1)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	25.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	9		
	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)	18		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades 6-8

Date: 9/5/2018

Feeding Figure: 35

Base Menu Plan: 4,131 MS 18-19 SNACK W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	140.0000	kcal	Carbohydrate	22.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	6		
	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)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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Serving Period: Snack
Date: 9/6/2018
Base Menu Plan: 4,132 MS 18-19 SNACK W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades 6-8
Feeding Figure: 35

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2311	CRISPY BITES BLUE/LEM 1.0 OZ	1	PKG (1)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	21.0000	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13		
	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)	14		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

Serving Period: Snack
Date: 9/7/2018
Base Menu Plan: 4,133 MS 18-19 SNACK W1D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades 6-8
Feeding Figure: 35

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9		
	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)	14		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

Serving Period: Snack
Date: 9/10/2018
Base Menu Plan: 4,134 MS 18-19 SNACK W2D1
Menu Comments:

Serving Line: MAIN

Age Group: Grades 6-8
Feeding Figure: 35

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Stock Number	Description	Serving Size	Measure	Projected Quantity		
1387	GRAHAMS ORIGINAL	1	PKG (1)	35		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	90.0000	kcal	Carbohydrate	16.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9		
	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)	14		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/11/2018 **Feeding Figure:** 35
Base Menu Plan: 1,002,856 MS 18-19 SNACK W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2409	COOKIE MINI RASPBERRY WG	1	PKG (1)	100		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	20.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9		
	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)	14		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/12/2018 **Feeding Figure:** 35
Base Menu Plan: 4,136 MS 18-19 SNACK W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A1223	CARROTS BABY 30LBS	1	3/4 CUP	35
	Nutrient	Value	Units	
	Food Energy	29.7850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0122	g	
1130	RANCH DIPPING LIGHT	1	PACKET	35
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	9
	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)	18
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/13/2018 **Feeding Figure:** 35
Base Menu Plan: 4,137 MS 18-19 SNACK W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1860	GRANOLA BAR SMORE	1	PKG (.84 OZ)	35
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/14/2018 **Feeding Figure:** 35
Base Menu Plan: 4,138 MS 18-19 SNACK W2D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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1922	SUNFLOWER SEED KERN	1	PKG (1)	35
Nutrient		Value	Units	
	Food Energy	170.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	6.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/17/2018 **Feeding Figure:** 35
Base Menu Plan: 4,139 MS 18-19 SNACK W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1424	GOLDFISH HOT & SPICY	1	PKG (1)	35
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	12
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	12
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	12
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/18/2018 **Feeding Figure:** 35
Base Menu Plan: 4,140 MS 18-19 SNACK W3D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2311	CRISPY BITES BLUE/LEM 1.0 OZ	1	PKG (1)	35
Nutrient		Value	Units	
	Food Energy	120.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0000	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/19/2018 **Feeding Figure:** 35
Base Menu Plan: 4,141 MS 18-19 SNACK W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1461	PRETZELS HEARTS	1	BAG (1)	35
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/20/2018 **Feeding Figure:** 35
Base Menu Plan: 4,142 MS 18-19 SNACK W3D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	35
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	9
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)	18
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/21/2018 **Feeding Figure:** 35
Base Menu Plan: 4,143 MS 18-19 SNACK W3D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2409	COOKIE MINI RASPBERRY WG	1	PKG (1)	35
Nutrient		Value	Units	
	Food Energy	120.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	20.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/24/2018 **Feeding Figure:** 35
Base Menu Plan: 4,144 MS 18-19 SNACK W4D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1860	GRANOLA BAR SMORE	1	PKG (.84 OZ)	35
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	19.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	12.0000	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		23.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/25/2018 **Feeding Figure:** 35
Base Menu Plan: 4,145 MS 18-19 SNACK W4D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1461	PRETZELS HEARTS	1	BAG (1)	35			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		80.0000	kcal	Carbohydrate		16.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	6			
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)	16			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		23.0000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades 6-8
Date: 9/26/2018 **Feeding Figure:** 35
Base Menu Plan: 4,146 MS 18-19 SNACK W4D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A1223	CARROTS BABY 30LBS	1	3/4 CUP	35			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		29.7850	kcal	Carbohydrate		7.0122	g
1130	RANCH DIPPING LIGHT	1	PACKET	35			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		30.0000	kcal	Carbohydrate		6.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		129.9999	kcal	Carbohydrate		24.9999	g
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		12.0000	g

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades 6-8

Date: 9/27/2018

Feeding Figure: 35

Base Menu Plan: 4,147 MS 18-19 SNACK W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	35
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	13
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.9999	g	
A1027	MILK 1 % WHITE LF 8OZ #1027	1	CARTON (1)	9
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	14
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	

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