



Independence Central Office

Scheduled Menu Plans

7500 Hanthorn Early Education

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/3/2019 **Feeding Figure:** 125
Base Menu Plan: 4,975 EE 1-5Y BFAST W1D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A029	TOAST, WG	1	1 SLICE	133
	Nutrient	Value	Units	Nutrient
	Food Energy	112.5000	kcal	Carbohydrate
				18.0000 g
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	194.9017	kcal	Carbohydrate
				3.9150 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/3/2019 **Feeding Figure:** 140
Base Menu Plan: 4,995 EE 1-5Y LUNCH W1D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	135
	Nutrient	Value	Units	Nutrient
	Food Energy	340.0001	kcal	Carbohydrate
				39.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	17.5420	kcal	Carbohydrate
				3.3337 g
A047	STRAWBERRIES AND BLUEBERRIES	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	65.8186	kcal	Carbohydrate
				16.7660 g

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2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/3/2019 **Feeding Figure:** 135
Base Menu Plan: 5,015 EE 1-5Y SNACK W1D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	135
	Nutrient	Value	Units	
	Food Energy	51.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/4/2019 **Feeding Figure:** 125
Base Menu Plan: 4,976 EE 1-5Y BFAST W1D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a356	Pancake Maple Mini	1	1 PKG	133
	Nutrient	Value	Units	
	Food Energy	210.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	133
	Nutrient	Value	Units	
	Food Energy	55.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.5000	g	

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2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/4/2019 **Feeding Figure:** 140
Base Menu Plan: 4,996 EE 1-5Y LUNCH W1D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	135
	Nutrient	Value	Units	Nutrient
	Food Energy	346.9285	kcal	Carbohydrate
				43.2430 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	95.3707	kcal	Carbohydrate
				17.5171 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	135
	Nutrient	Value	Units	Nutrient
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g

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2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/4/2019 **Feeding Figure:** 135
Base Menu Plan: 5,016 EE 1-5Y SNACK W1D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/5/2019 **Feeding Figure:** 125
Base Menu Plan: 4,977 EE 1-5Y BFAST W1D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	279.4904	kcal	Carbohydrate	38.4986	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.8278	kcal	Carbohydrate	10.0952	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g

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2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/5/2019 **Feeding Figure:** 140
Base Menu Plan: 4,997 EE 1-5Y LUNCH W1D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				13.0000 g
A005	POTATOES, MASHED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A140	COUNTRY GRAVY	1	2 OZ	135
	Nutrient	Value	Units	Nutrient
	Food Energy	59.4904	kcal	Carbohydrate
				8.4986 g
A057	BROCCOLI, STEAMED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	28.2507	kcal	Carbohydrate
				4.5307 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	34
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1086	SAUCE BBQ	1	Ounce	34
	Nutrient	Value	Units	Nutrient
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g

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2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7500	g	
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7500	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/6/2019 **Feeding Figure:** 140
Base Menu Plan: 4,998 EE 1-5Y LUNCH W1D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	135
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	132.0316	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.7641	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	135
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A070	CARROTS, COOKED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	22.5109	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.2526	g	
A053	APPLESAUCE, ROSY	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	62.0849	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.0220	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	68
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	14
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value	Units	
	Food Energy	75.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.2500	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value	Units	
	Food Energy	50.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	5.5000	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value	Units	
	Food Energy	60.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/9/2019 **Feeding Figure:** 135
Base Menu Plan: 4,999 EE 1-5Y LUNCH W2D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	135
Nutrient		Value	Units	
	Food Energy	283.9228	kcal	
Nutrient		Value	Units	
	Carbohydrate	26.6536	g	
A010	GREEN BEANS	1	1/2 CUP	135
Nutrient		Value	Units	
	Food Energy	27.8559	kcal	
Nutrient		Value	Units	
	Carbohydrate	5.2930	g	
A046	STRAWBERRY FRUIT MEDLEY	1	1/2 CUP	135
Nutrient		Value	Units	
	Food Energy	54.6418	kcal	
Nutrient		Value	Units	
	Carbohydrate	13.1985	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
Nutrient		Value	Units	
	Food Energy	50.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
Nutrient		Value	Units	
	Food Energy	75.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value	Units	
	Food Energy	60.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/9/2019 **Feeding Figure:** 135
Base Menu Plan: 5,019 EE 1-5Y SNACK W2D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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1387	GRAHAMS ORIGINAL	1	PKG (1)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	346.1538	kcal	Carbohydrate
				65.3847 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/10/2019 **Feeding Figure:** 133
Base Menu Plan: 4,980 EE 1-5Y BFAST W2D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A039	OATMEAL, APPLE CINNAMON	1	1 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	90.7747	kcal	Carbohydrate
				19.5767 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	38.6000	kcal	Carbohydrate
				9.3710 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/10/2019 **Feeding Figure:** 135
Base Menu Plan: 5,000 EE 1-5Y LUNCH W2D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	135
	Nutrient	Value	Units	
	Food Energy	297.3600	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.4837	g	
A359	CORN, COOKED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	99.2998	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.8661	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	135
	Nutrient	Value	Units	
	Food Energy	55.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.5000	g	
7045	SALSA	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	8.8527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7705	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/10/2019

Feeding Figure: 135

Base Menu Plan: 5,020 EE 1-5Y SNACK W2D2 19-20

Menu Comments:

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/11/2019

Feeding Figure: 133

Base Menu Plan: 4,981 EE 1-5Y BFAST W2D3 19-20

Menu Comments:

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Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	55.0000	kcal	Carbohydrate	14.5000	g
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	2.7500	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	2.7500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/11/2019

Feeding Figure: 135

Base Menu Plan: 5,001 EE 1-5Y LUNCH W2D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	369.9999	kcal	Carbohydrate	39.0001	g
A455	POTATO SWT TRAX #2384	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	23.0001	g

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Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	3.6560	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	135
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	135
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	68
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	68
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/11/2019

Feeding Figure: 135

Base Menu Plan: 5,021 EE 1-5Y SNACK W2D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2474	MUFFINS APPLE CINNAMON IW	1	PKG (1)	135
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	24.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/12/2019 **Feeding Figure:** 133
Base Menu Plan: 4,982 EE1-5Y BFAST W2D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	201.9896	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.3370	g	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	133
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	133
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/12/2019 **Feeding Figure:** 135
Base Menu Plan: 5,002 EE 1-5Y LUNCH W2D4 19-20
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	135
	Nutrient	Value	Units	Nutrient
	Food Energy	227.0069	kcal	Carbohydrate
				16.9442 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	135
	Nutrient	Value	Units	Nutrient
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A055	POTATOES, AUGRATIN	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				22.0000 g
A070	CARROTS, COOKED	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	22.5109	kcal	Carbohydrate
				5.2526 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	21
	Nutrient	Value	Units	Nutrient
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/12/2019

Feeding Figure: 135

Base Menu Plan: 5,022 EE 1-5Y SNACK W2D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g

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Scheduled Menu Plans

2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/13/2019 **Feeding Figure:** 133
Base Menu Plan: 4,983 EE 1-5Y BFAST W2D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2383	WAFFLE MINI BLUEBERRY BASH	1	PKG (1)	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	36.0000	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/13/2019 **Feeding Figure:** 135
Base Menu Plan: 5,003 EE 1-5Y LUNCH W2D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A093	TANGERINE CHICKEN	1	1/3 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	221.1795	kcal	Carbohydrate	29.1025	g

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Scheduled Menu Plans

A019	RICE, STEAMED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	46.9545	kcal	
			Nutrient	Value
			Carbohydrate	7.4301 g
A012	PEAS	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	80.0832	kcal	
			Nutrient	Value
			Carbohydrate	13.8032 g
A050	APPLES, HOT SPICED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	121.4842	kcal	
			Nutrient	Value
			Carbohydrate	26.3734 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
			Nutrient	Value
			Carbohydrate	8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	5.5000 g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/13/2019 **Feeding Figure:** 135
Base Menu Plan: 5,023 EE 1-5Y SNACK W2D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1333	BANANAS PREM 40LB	1	1/2 BANANA	135
	Nutrient	Value	Units	
	Food Energy	55.0000	kcal	
			Nutrient	Value
			Carbohydrate	14.5000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
			Nutrient	Value
			Carbohydrate	5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
			Nutrient	Value
			Carbohydrate	8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
			Nutrient	Value
			Carbohydrate	5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/16/2019 **Feeding Figure:** 133
Base Menu Plan: 4,984 EE 1-5Y BFAST W3D1 19-20
Menu Comments:

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Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A376	PIZZA BREAKFAST TRK/SAU #1196	1	1 PIZZA	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	210.0000	kcal	Carbohydrate	27.0000	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/16/2019

Feeding Figure: 135

Base Menu Plan: 5,004 EE 1-5Y LUNCH W3D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	200.0000	kcal	Carbohydrate	13.0000	g
A015	MAC AND CHEESE	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.7995	kcal	Carbohydrate	22.0593	g
A011	VEGETABLES, MIXED	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.4764	kcal	Carbohydrate	8.4649	g
A053	APPLESAUCE, ROSY	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	62.0849	kcal	Carbohydrate	16.0220	g
2286	KETCHUP JUG WITH PUMP	1	Tbsp	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	19.7467	kcal	Carbohydrate	4.9367	g

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	21
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/16/2019 **Feeding Figure:** 135
Base Menu Plan: 5,024 EE 1-5Y SNACK W3D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1923	CRACKER SALTINE (WG)	1	PKG (2 CRACKERS)	135
	Nutrient	Value	Units	
	Food Energy	30.0003	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5000	g	
1353	JUICE APPLE 100%	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	55.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	135
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/17/2019 **Feeding Figure:** 133
Base Menu Plan: 4,985 EE 1-5Y BFAST W3D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A322	EGG, SCRAMBLED, CHEESY EE	1	1/2 CUP	133
	Nutrient	Value	Units	
	Food Energy	201.9896	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.3370	g	
A029	TOAST, WG	1	1 SLICE	133
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.0000	g	

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Scheduled Menu Plans

1278	KIWI 33 CT	1	1/2 KIWI (2-3 WEDGE)	133
	Nutrient	Value	Units	
	Food Energy	23.2759	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5419	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/17/2019 **Feeding Figure:** 135
Base Menu Plan: 5,005 EE 1-5Y LUNCH W3D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	135
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	17.5420	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.3337	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.2500	g	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.5000	g	

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/17/2019 **Feeding Figure:** 135
Base Menu Plan: 5,025 EE 1-5Y SNACK W3D2 19-20
Menu Comments:

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

Stock Number	Description	Serving Size	Measure	Projected Quantity
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	135
Nutrient		Value Units		Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
Nutrient		Value Units		Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/18/2019 **Feeding Figure:** 133
Base Menu Plan: 4,986 EE 1-5Y BFAST W3D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a356	Pancake Maple Mini	1	1 PKG	133
Nutrient		Value Units		Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				35.0000 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	133
Nutrient		Value Units		Nutrient
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value Units		Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value Units		Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value Units		Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/18/2019 **Feeding Figure:** 135
Base Menu Plan: 5,105 EE 1-5Y LUNCH W3D3 19-20
Menu Comments:

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

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	209.6520	kcal	Carbohydrate	26.7765	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	15.0000	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g
2365	DRESSING RANCH OTT'S	1	Ounce	135		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	68		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/18/2019

Feeding Figure: 135

Base Menu Plan: 5,026 EE 1-5Y SNACK W3D3 19-20

Menu Comments:

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Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
1912	CHEEZ-IT WHOLE GRAIN	1	PKG (1)	135
Nutrient		Value Units		Nutrient
Food Energy		100.0000	kcal	Carbohydrate
				14.0000 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		Nutrient
Food Energy		50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
Nutrient		Value Units		Nutrient
Food Energy		75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
Nutrient		Value Units		Nutrient
Food Energy		60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/19/2019 **Feeding Figure:** 133
Base Menu Plan: 4,987 EE 1-5Y BFAST W3D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	133
Nutrient		Value Units		Nutrient
Food Energy		279.4904	kcal	Carbohydrate
				38.4986 g
A7078	STRAWBERRIES #7112	1	1/2 CUP	133
Nutrient		Value Units		Nutrient
Food Energy		38.8278	kcal	Carbohydrate
				10.0952 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
Nutrient		Value Units		Nutrient
Food Energy		50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
Nutrient		Value Units		Nutrient
Food Energy		75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
Nutrient		Value Units		Nutrient
Food Energy		60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/19/2019 **Feeding Figure:** 135
Base Menu Plan: 5,007 EE 1-5Y LUNCH W3D4 19-20
Menu Comments:

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Independence Central Office

Scheduled Menu Plans

2144	MILK 1% HALF GAL	1	6 OZ	68		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/20/2019 **Feeding Figure:** 133
Base Menu Plan: 4,988 EE 1-5Y BFAST W3D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2473	MUFFINS BLUEBERRY IW	1	PKG (1)	133		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	23.0000	g
A392	YOGURT TRIX STRAW/BAN #2212	1	1 CONTAINER	133		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	15.0000	g
1350	PINEAPPLE BITS IN LS	1	SERVING 1/2 CUP	133		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	69.9472	kcal	Carbohydrate	16.9872	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/20/2019 **Feeding Figure:** 135
Base Menu Plan: 5,008 EE 1-5Y LUNCH W3D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A232	SLOPPY JOE ON WW BUN 2019	1	1 SANDWICH	135		
Nutrient		Value	Units	Nutrient	Value	Units
	Food Energy	387.4476	kcal	Carbohydrate	37.2465	g

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Independence Central Office

Scheduled Menu Plans

A046	STRAWBERRY FRUIT MEDLEY	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	54.6418	kcal	Carbohydrate
				13.1985 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/23/2019 **Feeding Figure:** 135
Base Menu Plan: 5,029 EE 1-5Y SNACK W4D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	135
	Nutrient	Value	Units	Nutrient
	Food Energy	346.1538	kcal	Carbohydrate
				65.3847 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/24/2019 **Feeding Figure:** 133
Base Menu Plan: 4,990 EE 1-5Y BFAST W4D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A039	OATMEAL, APPLE CINNAMON	1	1 CUP	133
	Nutrient	Value	Units	Nutrient
	Food Energy	90.7747	kcal	Carbohydrate
				19.5767 g

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Independence Central Office

Scheduled Menu Plans

2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		60.0001	kcal	Carbohydrate		5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/24/2019 **Feeding Figure:** 135
Base Menu Plan: 5,030 EE 1-5Y SNACK W4D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	135			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		100.0000	kcal	Carbohydrate		14.0000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		50.0000	kcal	Carbohydrate		5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		75.0000	kcal	Carbohydrate		8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		60.0001	kcal	Carbohydrate		5.5000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/25/2019 **Feeding Figure:** 133
Base Menu Plan: 4,991 EE 1-5Y BFAST W4D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		194.9017	kcal	Carbohydrate		3.9150	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		110.0000	kcal	Carbohydrate		15.0000	g
1333	BANANAS PREM 40LB	1	1/2 BANANA	133			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		55.0000	kcal	Carbohydrate		14.5000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2			
Nutrient		Value Units		Nutrient		Value Units	
Food Energy		50.0000	kcal	Carbohydrate		5.5000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Snack
Date: 9/26/2019
Base Menu Plan: 5,032 EE 1-5Y SNACK W4D4 19-20
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 135

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

Serving Period: Breakfast
Date: 9/27/2019
Base Menu Plan: 4,993 EE 1-5Y BFAST W4D5 19-20
Menu Comments:

Serving Line: MAIN

Age Group: Grades K-5
Feeding Figure: 133

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A029	TOAST, WG	1	1 SLICE	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	133		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	38.6000	kcal	Carbohydrate	9.3710	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0000	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	127		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.0000	kcal	Carbohydrate	8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	5.5000	g
2144	MILK 1% HALF GAL	1	2 OZ CEREAL MILK	128		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.0000	kcal	Carbohydrate	2.7500	g

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Independence Central Office

Scheduled Menu Plans

2152	MILK WHOLE 1/2 GAL	1	2 OZ CEREAL MILK	6			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		30.0000	kcal	Carbohydrate		2.7500	g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/27/2019 **Feeding Figure:** 135
Base Menu Plan: 5,013 EE 1-5Y LUNCH W4D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A444	CHICKEN TERIYAKI W/ VEG EE	1	1 SERVING	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		256.6850	kcal	Carbohydrate		40.2506	g
A012	PEAS	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		80.0832	kcal	Carbohydrate		13.8032	g
A050	APPLES, HOT SPICED	1	1/2 CUP	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		121.4842	kcal	Carbohydrate		26.3734	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		50.0000	kcal	Carbohydrate		5.5000	g
2144	MILK 1% HALF GAL	1	6 OZ	68			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		75.0000	kcal	Carbohydrate		8.2500	g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		60.0001	kcal	Carbohydrate		5.5000	g

Serving Period: Snack **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/27/2019 **Feeding Figure:** 135
Base Menu Plan: 5,033 EE 1-5Y SNACK W4D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
1333	BANANAS PREM 40LB	1	1/2 BANANA	135			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		55.0000	kcal	Carbohydrate		14.5000	g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		50.0000	kcal	Carbohydrate		5.5000	g

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Scheduled Menu Plans

2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/30/2019 **Feeding Figure:** 133
Base Menu Plan: 4,974 EE 1-5Y BFAST W1D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A376	PIZZA BREAKFAST TRK/SAU #1196	1	1 PIZZA	133
	Nutrient	Value	Units	Nutrient
	Food Energy	210.0000	kcal	Carbohydrate
				27.0000 g
1278	KIWI 33 CT	1	1/2 KIWI (2-3 WEDGE)	133
	Nutrient	Value	Units	Nutrient
	Food Energy	23.2759	kcal	Carbohydrate
				5.5419 g
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	2
	Nutrient	Value	Units	Nutrient
	Food Energy	50.0000	kcal	Carbohydrate
				5.5000 g
2144	MILK 1% HALF GAL	1	6 OZ	127
	Nutrient	Value	Units	Nutrient
	Food Energy	75.0000	kcal	Carbohydrate
				8.2500 g
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	6
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				5.5000 g

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-5
Date: 9/30/2019 **Feeding Figure:** 135
Base Menu Plan: 4,994 EE 1-5Y LUNCH W1D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A380	FISH-WG FISH NUGGETS	1	4 NUGGETS	135
	Nutrient	Value	Units	Nutrient
	Food Energy	250.0001	kcal	Carbohydrate
				28.0000 g
A015	MAC AND CHEESE	1	1/2 CUP	135
	Nutrient	Value	Units	Nutrient
	Food Energy	235.7995	kcal	Carbohydrate
				22.0593 g

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Independence Central Office

Scheduled Menu Plans

A011	VEGETABLES, MIXED	1	1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	38.4764	kcal	
7101	PEARS DICED CANNED	1	SERVING 1/2 CUP	135
	Nutrient	Value	Units	
	Food Energy	60.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	21
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

Serving Period: Snack

Serving Line: MAIN

Age Group: Grades K-5

Date: 9/30/2019

Feeding Figure: 135

Base Menu Plan: 5,014 EE 1-5Y SNACK W1D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	135
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2144	MILK 1% HALF GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	50.0000	kcal	
2144	MILK 1% HALF GAL	1	6 OZ	68
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
2152	MILK WHOLE 1/2 GAL	1	4 OZ (CACFP)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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