



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/3/2019

Feeding Figure: 350

Base Menu Plan: 4,880 HS 19-20 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
			Nutrient	Value
			Carbohydrate	31.0000 g
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
			Nutrient	Value
			Carbohydrate	24.0000 g
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	17.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	22.0000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
1394	POP TART WG BRN SUGAR	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Nutrient	Value
			Carbohydrate	37.0000 g
1392	POP TART STRAW WG	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Nutrient	Value
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
			Nutrient	Value
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
			Nutrient	Value
			Carbohydrate	37.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
			Nutrient	Value
			Carbohydrate	18.3074 g

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1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/3/2019

Feeding Figure: 1000

Base Menu Plan: 4,885 HS 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	84
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	
			Carbohydrate	40.0322 g
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
			Carbohydrate	2.6001 g
A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
			Carbohydrate	20.3267 g
7045	SALSA	1	1/4 CUP	168
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
			Carbohydrate	4.0000 g

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A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	168
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.6824	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0199	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	

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A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0237	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	420
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/4/2019

Feeding Figure: 350

Base Menu Plan: 4,881 HS 19-20 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	14.0000	g
7045	SALSA	1	1/4 CUP	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g

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1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/4/2019

Feeding Figure: 1000

Base Menu Plan: 1,004,401 HS 19-20 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	84
	Nutrient	Value	Units	
	Food Energy	346.6368	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A365	HOTDOG	1	1 HOTDOG	84
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	

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A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	26
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	17
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	683.2699	kcal	

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A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	420
	Nutrient	Value	Units	
	Food Energy	68.7980	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.9971	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	

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1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	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	42
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/5/2019

Feeding Figure: 350

Base Menu Plan: 4,882 HS 19-20 BFAST W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	260.0000	kcal	Carbohydrate	45.0000	g
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
1159	YOGURT RASP/PEACH	1	CARTON (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	17.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g

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Scheduled Menu Plans

1329	ORANGE 138 CT		1	ORANGE (1)	74
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	50.0368	kcal	Carbohydrate	11.8837 g
1468	JUICE BLUE RAZZ		1	CARTON (1)	89
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000 g
1467	JUICE ROYAL GRAPE		1	CARTON (1)	89
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000 g
2154	MILK CHOC CARTON FF 8 OZ		1	CARTON (1)	119
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ		1	CARTON (1)	89
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ		1	CARTON (1)	74
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/5/2019

Feeding Figure: 1000

Base Menu Plan: 4,887 HS 19-20 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity	
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	84	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	260.0000	kcal	Carbohydrate	11.0000 g
A005	POTATOES, MASHED	1	1/2 CUP	168	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467 g
A140	COUNTRY GRAVY	1	2 OZ	84	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	59.4904	kcal	Carbohydrate	8.4986 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164 g
A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	84	
	Nutrient	Value	Units	Nutrient	Value Units
	Food Energy	319.9999	kcal	Carbohydrate	33.0001 g

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Scheduled Menu Plans

1310	SAUCE MARINARA	1	(2 OZ) SERVING	84
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	

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Scheduled Menu Plans

A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.1120	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	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 9-12

Date: 9/6/2019

Feeding Figure: 350

Base Menu Plan: 4,883 HS 19-20 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	289.6601	kcal	Carbohydrate	28.5666	g
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	43.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
1329	ORANGE 138 CT	1	ORANGE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	50.0368	kcal	Carbohydrate	11.8837	g

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/6/2019 **Feeding Figure:** 1000
Base Menu Plan: 4,888 HS 19-20 LUNCH W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A565	CHICKEN NASHVILLE HOT #2442	1	1 SERVING (10)	84
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.0000	g	
A564	TOAST, WG GARLIC #2468	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.3327	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	298.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A491	GRAB N GO WG SUB-ITALIAN	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	722.1456	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.7962	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
1086	SAUCE BBQ	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.4065	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2487	g	

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Independence Central Office

Scheduled Menu Plans

A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7645	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	

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Independence Central Office

Scheduled Menu Plans

2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	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)	210
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/9/2019

Feeding Figure: 296

Base Menu Plan: 4,879 HS 19-20 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	119
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	119
	Nutrient	Value	Units	
	Food Energy	121.4321	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3700	g	

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Independence Central Office

Scheduled Menu Plans

A394	CINNAMON MINIS #1381	1	1 PKG	60
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	27
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
Nutrient		Value	Units	
	Food Energy	120.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/9/2019 **Feeding Figure:** 839
Base Menu Plan: 4,889 HS 19-20 LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A559	SRIRACHI CHICKEN	1	1 SERVING HS-MS	84
Nutrient		Value	Units	
	Food Energy	289.2888	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.3161	g	
A552	RICE, STIR FRIED	1	1/2 CUP	84
Nutrient		Value	Units	
	Food Energy	56.7570	kcal	
Nutrient		Value	Units	
	Carbohydrate	8.5058	g	
A499	SAUSAGE #2405	1	1 PATTY	84
Nutrient		Value	Units	
	Food Energy	120.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	84
Nutrient		Value	Units	
	Food Energy	194.9017	kcal	
Nutrient		Value	Units	
	Carbohydrate	3.9150	g	
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	42
Nutrient		Value	Units	
	Food Energy	200.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	28.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
Nutrient		Value	Units	
	Food Energy	348.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
Nutrient		Value	Units	
	Food Energy	298.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	27.0000	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
Nutrient		Value	Units	
	Food Energy	369.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	39.0001	g	

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Independence Central Office

Scheduled Menu Plans

A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0001	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	693.5654	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.8354	g	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5745	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	

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Independence Central Office

Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	84
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	

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Independence Central Office

Scheduled Menu Plans

1097	MUSTARD	1	OZ (1)	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/10/2019

Feeding Figure: 296

Base Menu Plan: 4,880 HS 19-20 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
Nutrient		Value	Units	
	Food Energy	120.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/10/2019 **Feeding Figure:** 839
Base Menu Plan: 4,890 HS 19-20 LUNCH W2D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	84
Nutrient		Value	Units	
	Food Energy	254.4123	kcal	
Nutrient		Value	Units	
	Carbohydrate	18.7681	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	84
Nutrient		Value	Units	
	Food Energy	78.7958	kcal	
Nutrient		Value	Units	
	Carbohydrate	13.4837	g	
7045	SALSA	1	1/4 CUP	84
Nutrient		Value	Units	
	Food Energy	20.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.0000	g	
A069	BEANS, REFRIED	1	1/2 CUP	252
Nutrient		Value	Units	
	Food Energy	131.7402	kcal	
Nutrient		Value	Units	
	Carbohydrate	20.3267	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	84
Nutrient		Value	Units	
	Food Energy	10.4004	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.6001	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	84
Nutrient		Value	Units	
	Food Energy	460.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	84
Nutrient		Value	Units	
	Food Energy	26.9446	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.9494	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
Nutrient		Value	Units	
	Food Energy	348.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	27.0000	g	

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Independence Central Office

Scheduled Menu Plans

A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.6824	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0199	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	

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Independence Central Office

Scheduled Menu Plans

A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0237	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Scheduled Menu Plans

Item ID	Description	Serving Size	Measure	Projected Quantity
2365	DRESSING RANCH OTT'S	1 Ounce		84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
			Nutrient	Value
			Carbohydrate	4.2922 g
1832	DRESSING CAESAR LITE	1 Ounce		9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
			Nutrient	Value
			Carbohydrate	2.6549 g
2364	DRESSING CHIPOTLE RANCH OTT'S	1 Ounce		42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
			Nutrient	Value
			Carbohydrate	1.8886 g
1086	SAUCE BBQ	1 Ounce		42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
			Nutrient	Value
			Carbohydrate	6.6655 g
2286	KETCHUP JUG WITH PUMP	1 Ounce		26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
			Nutrient	Value
			Carbohydrate	8.3320 g
2225	KETCHUP SRIRACHA	1 Ounce		26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
			Nutrient	Value
			Carbohydrate	6.6656 g
1097	MUSTARD	1 Ounce		84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
			Nutrient	Value
			Carbohydrate	0.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1 CARTON (1)		294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
			Nutrient	Value
			Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1 CARTON (1)		294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
			Nutrient	Value
			Carbohydrate	22.0001 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1 CARTON (1)		252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
			Nutrient	Value
			Carbohydrate	11.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/11/2019

Feeding Figure: 296

Base Menu Plan: 4,881 HS 19-20 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
			Nutrient	Value
			Carbohydrate	14.0000 g

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	60
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/11/2019 **Feeding Figure:** 839
Base Menu Plan: 1,004,402 HS 19-20 LUNCH W2D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.9998	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	26
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.7924	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	683.2699	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.7916	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	

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Scheduled Menu Plans

A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6589	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	336
	Nutrient	Value	Units	
	Food Energy	58.5775	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3819	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast
Date: 9/12/2019
Base Menu Plan: 4,882 HS 19-20 BFAST W1D4
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	119
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	60
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1159	YOGURT RASP/PEACH	1	CARTON (1)	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/12/2019 **Feeding Figure:** 839
Base Menu Plan: 4,892 HS 19-20 LUNCH W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	84
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
A055	POTATOES, AUGRATIN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	84
	Nutrient	Value	Units	
	Food Energy	506.0001*	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0000*	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.6824	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	

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Scheduled Menu Plans

A496	POTATO TATER TOTS #1219	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.1120	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	

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Independence Central Office

Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/13/2019

Feeding Figure: 296

Base Menu Plan: 4,883 HS 19-20 BFAST W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
	Nutrient	Value	Units	
	Food Energy	289.6601	kcal	
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	60
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 9/13/2019
Base Menu Plan: 4,893 HS 19-20 LUNCH W2D5
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 839

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	18.2000	g
A351	WAFFLE WG #2356	1	1 WAFFLE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	12.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	348.0001	kcal	Carbohydrate	27.0000	g
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	294.4942	kcal	Carbohydrate	26.6824	g
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	369.9999	kcal	Carbohydrate	39.0001	g
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	354.0000	kcal	Carbohydrate	39.0001	g
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	87.8623	kcal	Carbohydrate	19.8736	g
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	465.0049	kcal	Carbohydrate	51.6927	g
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	455.8583	kcal	Carbohydrate	51.5065	g

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Independence Central Office

Scheduled Menu Plans

A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.4065	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient		Nutrient	
	Food Energy	83.0140	Carbohydrate	21.7113 g
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient		Nutrient	
	Food Energy	74.8864	Carbohydrate	18.3074 g
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient		Nutrient	
	Food Energy	110.0000	Carbohydrate	29.0000 g
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient		Nutrient	
	Food Energy	50.0368	Carbohydrate	11.8837 g
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient		Nutrient	
	Food Energy	60.0001	Carbohydrate	14.0000 g
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient		Nutrient	
	Food Energy	60.0001	Carbohydrate	14.0000 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient		Nutrient	
	Food Energy	33.3278	Carbohydrate	8.3320 g
2225	KETCHUP SRIRACHA	1	Ounce	17
	Nutrient		Nutrient	
	Food Energy	24.9959	Carbohydrate	6.6656 g
1097	MUSTARD	1	Ounce	26
	Nutrient		Nutrient	
	Food Energy	0.0000	Carbohydrate	0.0000 g
1086	SAUCE BBQ	1	Ounce	17
	Nutrient		Nutrient	
	Food Energy	29.1618	Carbohydrate	6.6655 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient		Nutrient	
	Food Energy	29.3055	Carbohydrate	7.8148 g
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient		Nutrient	
	Food Energy	85.8443	Carbohydrate	4.2922 g
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient		Nutrient	
	Food Energy	61.9469	Carbohydrate	2.6549 g

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Independence Central Office

Scheduled Menu Plans

2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	141.6433	kcal	Carbohydrate	1.8886	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/16/2019 **Feeding Figure:** 296
Base Menu Plan: 4,879 HS 19-20 BFAST W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	36.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4321	kcal	Carbohydrate	31.3700	g
A394	CINNAMON MINIS #1381	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/16/2019

Feeding Figure: 839

Base Menu Plan: 4,884 HS 19-20 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A560	CHICKEN BBQ TERIYAKI W/ NOODLE	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	201.6737	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.5532	g	

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Independence Central Office

Scheduled Menu Plans

2416	FORTUNE COOKIE 40002	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	84
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
A499	SAUSAGE #2405	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	298.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	693.5654	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
Nutrient		Value	Units	
	Food Energy	120.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast
Date: 9/17/2019
Base Menu Plan: 4,880 HS 19-20 BFAST W1D2
Menu Comments:

Serving Line: MAIN
Age Group: Grades 9-12
Feeding Figure: 296

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119
Nutrient		Value	Units	
	Food Energy	240.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	31.0000	g	
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60
Nutrient		Value	Units	
	Food Energy	150.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	24.0000	g	
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	17.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	30
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	37.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	27
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)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/17/2019

Feeding Figure: 839

Base Menu Plan: 1,004,403 HS 19-20 LUNCH W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A512	FIESTA NACHO-CHICKEN chipotle	1	1 NACHO	84
	Nutrient	Value	Units	
	Food Energy	426.4321	kcal	

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Independence Central Office

Scheduled Menu Plans

A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6001	g	
A069	BEANS, REFRIED	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
7045	SALSA	1	1/4 CUP	168
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	168
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.6824	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0199	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	41
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0237	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	42
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	420
	Nutrient	Value	Units	
	Food Energy	68.7980	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.9971	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	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)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/18/2019 **Feeding Figure:** 296
Base Menu Plan: 4,881 HS 19-20 BFAST W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
7045	SALSA	1	1/4 CUP	60
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/18/2019

Feeding Figure: 839

Base Menu Plan: 4,886 HS 19-20 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	84
	Nutrient	Value	Units	
	Food Energy	346.6368	kcal	

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Independence Central Office

Scheduled Menu Plans

A379	BREADSTICK WG #1361	1	1 BREADSTICK	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A365	HOTDOG	1	1 HOTDOG	84
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	26
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	

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Independence Central Office

Scheduled Menu Plans

a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	17
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	683.2699	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.7916	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A011	VEGETABLES, MIXED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.8913	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1347	PEACHES SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	

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Independence Central Office

Scheduled Menu Plans

2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.8886	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/19/2019 **Feeding Figure:** 296
Base Menu Plan: 4,882 HS 19-20 BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	119
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	60
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
1159	YOGURT RASP/PEACH	1	CARTON (1)	60
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	74
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/19/2019

Feeding Figure: 839

Base Menu Plan: 4,887 HS 19-20 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	84
	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	168
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	84
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	168
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A342	CHEESESTICKS MOZZ BRD #1145	1	1 SERVING (6)	84
	Nutrient	Value	Units	
	Food Energy	319.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	84
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.6824	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0199	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.1120	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	126
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
Nutrient		Value	Units	
	Food Energy	129.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
Nutrient		Value	Units	
	Food Energy	120.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/20/2019 **Feeding Figure:** 296
Base Menu Plan: 4,883 HS 19-20 BFAST W1D5
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A471	BISCUIT WG,EGG & CHEESE	1	1 SANDWICH	119
Nutrient		Value	Units	
	Food Energy	289.6601	kcal	
Nutrient		Value	Units	
	Carbohydrate	28.5666	g	
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	60
Nutrient		Value	Units	
	Food Energy	250.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	43.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
Nutrient		Value	Units	
	Food Energy	180.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	37.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
	Food Energy	80.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
	Food Energy	299.9999	kcal	
Nutrient		Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/20/2019

Feeding Figure: 839

Base Menu Plan: 4,888 HS 19-20 LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A565	CHICKEN NASHVILLE HOT #2442	1	1 SERVING (10)	84
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A564	TOAST, WG GARLIC #2468	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A101	RIB-Q ON BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.5808	kcal	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	298.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A491	GRAB N GO WG SUB-ITALIAN	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	722.1456	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	

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Independence Central Office

Scheduled Menu Plans

A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
1086	SAUCE BBQ	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	
A067	BEANS, BAKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	235.4065	kcal	
	Nutrient	Value	Units	
	Carbohydrate	44.2487	g	
A066	CUCUMBER SALAD	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	30.9338	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.7645	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1340	APPLESAUCE UNSWEETENED	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	

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Independence Central Office

Scheduled Menu Plans

1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/23/2019

Feeding Figure: 296

Base Menu Plan: 4,879 HS 19-20 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	36.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4321	kcal	Carbohydrate	31.3700	g
A394	CINNAMON MINIS #1381	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	298.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	

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Independence Central Office

Scheduled Menu Plans

A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	693.5654	kcal	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	CUP	336
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	OZ	84
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	OZ (1)	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/24/2019

Feeding Figure: 296

Base Menu Plan: 4,880 HS 19-20 BFAST W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
2305	BACKPACKER CHEWY OATMEAL BITES	1	PKG (1)	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	150.0000	kcal	Carbohydrate	24.0000	g
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	17.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
1392	POP TART STRAW WG	1	PKG (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/24/2019

Feeding Figure: 839

Base Menu Plan: 4,890 HS 19-20 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	84
	Nutrient	Value	Units	
	Food Energy	254.4123	kcal	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	78.7958	kcal	
7045	SALSA	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A069	BEANS, REFRIED	1	1/2 CUP	252
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	

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Independence Central Office

Scheduled Menu Plans

A510	PEPPER/ONION BLEND	1	1/4 CUP	84
	Nutrient	Value	Units	
	Food Energy	10.4004	kcal	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	460.0000	kcal	
A033	SAUCE, TARTER	1	1 OZ	84
	Nutrient	Value	Units	
	Food Energy	26.9446	kcal	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	126
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0199	g	
A359	CORN, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
A014	VEGGIE FRESH MIX	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	28.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0237	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	210
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.7012	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.2023	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/25/2019

Feeding Figure: 296

Base Menu Plan: 4,881 HS 19-20 BFAST W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A551	EGG, TAC-GO, IW #2444	1	1 PKG	119
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		14.0000	g	
7045	SALSA	1	1/4 CUP	60
Nutrient		Value	Units	
Food Energy		20.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		4.0000	g	
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	60
Nutrient		Value	Units	
Food Energy		176.5800	kcal	
Nutrient		Value	Units	
Carbohydrate		21.0400	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30
Nutrient		Value	Units	
Food Energy		110.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		22.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	30
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	27
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		37.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	74
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient		Value	Units	
Food Energy		299.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		37.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	74
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/25/2019

Feeding Figure: 839

Base Menu Plan: 1,004,404 HS 19-20 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	324.6268	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	168
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	84
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A549	GRAB N GO WG CKN SALAD SAND	1	1 SANDWICH/CHIPS	26
	Nutrient	Value	Units	
	Food Energy	527.4787	kcal	

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Independence Central Office

Scheduled Menu Plans

A493	GRAB N GO WG SUB-TKRY/HAM/SWIS	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	683.2699	kcal	
	Nutrient	Value	Units	
	Carbohydrate	84.7916	g	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2317	g	
A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A057	BROCCOLI, STEAMED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
A469	VEGETABLE BLEND, ITALIAN #1204	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	46.6589	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.9987	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	9
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	336
	Nutrient	Value	Units	
	Food Energy	58.5775	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3819	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	168
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	210
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		11.0000	g

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/26/2019 **Feeding Figure:** 296
Base Menu Plan: 4,882 HS 19-20 BFAST W1D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	119			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		260.0000	kcal	Carbohydrate		45.0000	g
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	60			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		130.0000	kcal	Carbohydrate		20.0000	g
1159	YOGURT RASP/PEACH	1	CARTON (1)	60			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		100.0000	kcal	Carbohydrate		17.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		110.0000	kcal	Carbohydrate		23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	30			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		110.0000	kcal	Carbohydrate		22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		180.0000	kcal	Carbohydrate		38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	27			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		180.0000	kcal	Carbohydrate		37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		80.0000	kcal	Carbohydrate		0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		299.9999	kcal	Carbohydrate		37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74			
Nutrient		Value	Units	Nutrient		Value	Units
Food Energy		74.8864	kcal	Carbohydrate		18.3074	g

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	74
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 9/26/2019

Feeding Figure: 839

Base Menu Plan: 4,892 HS 19-20 LUNCH W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A554	CHICKEN DRUMSTICK SPICY WG	1	1 DRUMSTICK	84
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A055	POTATOES, AUGRATIN	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	84
	Nutrient	Value	Units	
	Food Energy	506.0001*	kcal	

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Independence Central Office

Scheduled Menu Plans

A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	294.4942	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.6824	g	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	42
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
	Nutrient	Value	Units	
	Carbohydrate	52.9579	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.6927	g	
A496	POTATO TATER TOTS #1219	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	110.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A183	GRAB N GO WG TUNA SAND. MEAL	1	1 SANDWICH/CHIPS	17
	Nutrient	Value	Units	
	Food Energy	477.8039	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.0199	g	
A483	GRAB N GO SALAD-HAM	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	451.2749	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.8738	g	

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Independence Central Office

Scheduled Menu Plans

A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A372	GREEN BEANS-2017	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
A070	CARROTS, COOKED	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1 CUP	336
	Nutrient	Value	Units	
	Food Energy	77.1120	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	168
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.8837	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	17
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1086	SAUCE BBQ	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	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 9-12

Date: 9/30/2019

Feeding Figure: 296

Base Menu Plan: 4,879 HS 19-20 BFAST W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	36.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	119		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4321	kcal	Carbohydrate	31.3700	g
A394	CINNAMON MINIS #1381	1	1 PKG	60		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	27		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1392	POP TART STRAW WG	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	30		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	BANANA (1)	74		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g

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1329	ORANGE 138 CT	1	ORANGE (1)	74
	Nutrient	Value	Units	
	Food Energy	50.0368	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	119
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	89
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	74
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 9/30/2019 **Feeding Figure:** 839
Base Menu Plan: 4,884 HS 19-20 LUNCH W1D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A560	CHICKEN BBQ TERIYAKI W/ NOODLE	1	1 SERVING	84
	Nutrient	Value	Units	
	Food Energy	201.6737	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	84
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	84
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	84
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
A499	SAUSAGE #2405	1	1 PATTY	84
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
A004	HAMBURGER ON WG BUN	1	1 SANDWICH	42
	Nutrient	Value	Units	
	Food Energy	298.0000	kcal	
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	369.9999	kcal	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	84
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	336
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A478	PIZZA VEGGIE HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	502.0197	kcal	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	42
	Nutrient	Value	Units	
	Food Energy	465.0049	kcal	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	84
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
A472	GRAB NGO UNCRUSTABLE PBJ-straw	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	650.0000	kcal	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	42
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
A492	GRAB N GO WG SUB-TRKY/PEPJCK	1	1 SANDWICH/CHIPS	42
	Nutrient	Value	Units	
	Food Energy	693.5654	kcal	
A484	GRAB N GO SALAD-DICED CHICKEN	1	1 SALAD/ROLL	42
	Nutrient	Value	Units	
	Food Energy	468.9719	kcal	

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A485	GRAB N GO SALAD-BASIC-NO MEAT	1	1 SALAD/ROLL	0
	Nutrient	Value	Units	
	Food Energy	391.2225	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.2259	g	
A1223	CARROTS BABY 30LBS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	39.6900	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.3442	g	
A012	PEAS	1	1 CUP	252
	Nutrient	Value	Units	
	Food Energy	159.9816	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.5745	g	
A003	SALAD, DARK GREENS	1	1 CUP	84
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	17
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	17
	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	9
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	CUP	420
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	84
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	84
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	ORANGE (1)	84
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

1468	JUICE BLUE RAZZ	1	CARTON (1)	210
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	84
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	9
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2364	DRESSING CHIPOTLE RANCH OTT'S	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	141.6433	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	420
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	42
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	26
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	294
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	252
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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