



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/3/2019

Feeding Figure: 50

Base Menu Plan: 4,915 IA K-8 BFAST W1D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.9017	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	3.9150 g
A029	TOAST, WG	1	1 SLICE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	112.5000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	18.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	38.0000 g
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	37.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	139.0768	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	33.9999 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	23.0000 g

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Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/4/2019

Feeding Figure: 50

Base Menu Plan: 4,916 IA K-8 BFAST W1D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	250.0000	kcal	Carbohydrate	43.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/4/2019

Feeding Figure: 80

Base Menu Plan: 1,004,371 IA K-8 LUNCH W1D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A414	CHICKEN & NOODLES-WG GAGE	1	3/4 CUP	103		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	209.6520	kcal	Carbohydrate	26.7765	g
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	103		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	15.0000	g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	739.8272	kcal	Carbohydrate	95.3950	g
A372	GREEN BEANS-2017	1	3/4 CUP	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	26.3017	kcal	Carbohydrate	4.9984	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.2882	kcal	Carbohydrate	1.1662	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	58.5775	kcal	Carbohydrate	15.3819	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	83.0140	kcal	Carbohydrate	21.7113	g
1319	APPLE RED 138 CT	1	APPLE (1)	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	83.0140	kcal	Carbohydrate	21.7113	g

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1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/5/2019

Feeding Figure: 50

Base Menu Plan: 4,917 IA K-8 BFAST W1D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	

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Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/5/2019

Feeding Figure: 80

Base Menu Plan: 4,927 IA K-8 LUNCH W1D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	287.0395	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	

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Scheduled Menu Plans

A524	GRAVY BROWN LS #2421	1	2 OZ	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.2695	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0431	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	574.3314	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	82.4271	g	
A012	PEAS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	119.8392	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6555	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/6/2019      **Feeding Figure:** 50  
**Base Menu Plan:** 4,918 IA K-8 BFAST W1D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	

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Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/6/2019

Feeding Figure: 85

Base Menu Plan: 4,928 IA K-8 LUNCH W1D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.2000	g	
A351	WAFFLE WG #2356	1	1 WAFFLE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	

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A067	BEANS, BAKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5862	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	3/4 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	57.8500	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
1086	SAUCE BBQ	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	

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Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/9/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,919 IA K-8 BFAST W2D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	51
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	

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Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 9/9/2019 **Feeding Figure:** 108  
**Base Menu Plan:** 4,929 IA K-8 LUNCH W2D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A196	MANDARIN ORANGE CHICKEN	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	296.6667	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.5778	g	
A552	RICE, STIR FRIED	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	56.7570	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.5058	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	579.6664	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	81.8469	g	

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Independence Central Office

Scheduled Menu Plans

A011	VEGETABLES, MIXED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	57.6055	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
1350	PINEAPPLE BITS IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	104.9208	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/10/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,920 IA K-8 BFAST W2D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.3074	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/10/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 4,930 IA K-8 LUNCH W2D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	254.4123	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.7681	g	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
7045	SALSA	1	Ounce	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.8527	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7705	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	42.3607	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.7936	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
1347	PEACHES SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.5000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/11/2019

Feeding Figure: 68

Base Menu Plan: 4,921 IA K-8 BFAST W2D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	55												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>176.5800</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	176.5800	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0400</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	21.0400	g	
Nutrient	Value	Units														
Food Energy	176.5800	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0400	g														
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>110.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	110.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>22.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	22.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
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Carbohydrate	22.0000	g														
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7												
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Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	23.0000	g														
1015	CHEESE STRING MOZ LT	1	PKG (1)	17												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>80.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	80.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.0000	g	
Nutrient	Value	Units														
Food Energy	80.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	0.0000	g														
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0												
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Food Energy	299.9999	kcal														
Nutrient	Value	Units														
Carbohydrate	37.0000	g														
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34												
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2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34												
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Food Energy	60.0001	kcal														
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Carbohydrate	14.0000	g														
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17												
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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24												
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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24												
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Food Energy	120.0001	kcal														
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Carbohydrate	22.0001	g														

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/11/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 1,004,374 IA K-8 LUNCH W2D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	348.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	27.0000	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	87.8623	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8736	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	10.4961	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.0652	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	574.3314	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	82.4271	g	
A070	CARROTS, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.7337	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8712	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	68.7980	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.9971	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/12/2019

Feeding Figure: 68

Base Menu Plan: 4,922 IA K-8 BFAST W2D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	259.4904	kcal	Carbohydrate	36.4986	g
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	194.9017	kcal	Carbohydrate	3.9150	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1392	POP TART STRAW WG	1	PKG (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/12/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 4,932 IA K-8 LUNCH W2D4 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		200.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		85.3963	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		59.4904	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		130.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		739.8272	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		95.3950	g	
A359	CORN, COOKED	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		149.0646	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		31.3233	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		82.4860	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.5007	g	

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Scheduled Menu Plans

1348	PEARS SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	119.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/13/2019

Feeding Figure: 68

Base Menu Plan: 4,923 IA K-8 BFAST W2D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				17.0000 g
2215	CRISPS CINNAMON	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	150.0000	kcal	Carbohydrate
				25.0000 g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				23.0000 g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	110.0000	kcal	Carbohydrate
				22.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	30.0000	kcal	Carbohydrate
				7.0000 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0000	kcal	Carbohydrate
				12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 9/13/2019 **Feeding Figure:** 108  
**Base Menu Plan:** 4,933 IA K-8 LUNCH W2D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	579.6664	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	81.8469	g	
A372	GREEN BEANS-2017	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	26.3017	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.9984	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
A050	APPLES, HOT SPICED	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	182.5194	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.6237	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	

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Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/16/2019

Feeding Figure: 68

Base Menu Plan: 4,914 IA K-8 BFAST W1D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/16/2019

Feeding Figure: 108

Base Menu Plan: 4,934 IA K-8 LUNCH W3D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	267.0000	kcal	
A015	MAC AND CHEESE	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	235.7995	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	42.3607	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.7936	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	

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1097	MUSTARD	1	Ounce	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/17/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,915 IA K-8 BFAST W1D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.9017	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.9150	g	
A029	TOAST, WG	1	1 SLICE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	112.5000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	139.0768	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/17/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 4,935 IA K-8 LUNCH W3D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN	1	1 NACHO	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	460.6936	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	40.2176	g	
7045	SALSA	1	1/4 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	579.6664	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	81.8469	g	
A069	BEANS, REFRIED	1	1/2 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.3267	g	

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A359	CORN, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	540.7471	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
1348	PEARS SLICD IN LS	1	3/4 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	119.9999	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/18/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,916 IA K-8 BFAST W1D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	250.0000	kcal	Carbohydrate	43.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g

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2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/18/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 1,004,376 IA K-8 LUNCH W3D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	346.6368	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.1894	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A372	GREEN BEANS-2017	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.3017	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.9984	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0002	g	

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1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	58.5775	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/19/2019

Feeding Figure: 68

Base Menu Plan: 4,917 IA K-8 BFAST W1D4 19-20

Menu Comments:

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

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



Independence Central Office

Scheduled Menu Plans

A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/19/2019

Feeding Figure: 108

Base Menu Plan: 4,937 IA K-8 LUNCH W3D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	200.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.0000	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	2.3897	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.2868	g	
A005	POTATOES, MASHED	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	574.3314	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	82.4271	g	
A012	PEAS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	119.8392	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.6555	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
2463	JUICE KIWI-STRAWBERRY	1	SERVING 4.4 OZ	81
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/20/2019

Feeding Figure: 68

Base Menu Plan: 4,918 IA K-8 BFAST W1D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
			<b>Nutrient</b>	<b>Value</b>
			Carbohydrate	17.0000 g

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Independence Central Office

Scheduled Menu Plans

2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/20/2019

Feeding Figure: 108

Base Menu Plan: 4,938 IA K-8 LUNCH W3D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A345	PIZZA FIESTADA WG #2170	1	1 PIECE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A359	CORN, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	540.7471	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	113.6286	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	57.8500	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0444	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/23/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,919 IA K-8 BFAST W2D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	40.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	51		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g

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Independence Central Office

Scheduled Menu Plans

1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/23/2019

Feeding Figure: 108

Base Menu Plan: 4,939 IA K-8 LUNCH W4D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A555	SPAGHETTI & MEATSAUCE 19- 20	1	1 SERVING	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	324.6268	kcal	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	579.6664	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	42.3607	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	

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Independence Central Office

Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.5000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.6999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/24/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,920 IA K-8 BFAST W2D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		299.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		74.8864	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		18.3074	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		120.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	

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Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/24/2019      **Feeding Figure:** 108  
**Base Menu Plan:** 4,940 IA K-8 LUNCH W4D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	479.2583	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	42.2677	g	
7045	SALSA	1	Tbsp	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A069	BEANS, REFRIED	1	1/2 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	131.7402	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.3267	g	
A056	CORN, MEXICALI	1	3/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	183.7821	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.4866	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	

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Independence Central Office

Scheduled Menu Plans

A7078	STRAWBERRIES #7112	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	58.2774	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Breakfast

**Serving Line:** MAIN

**Age Group:** Grades K-8

**Date:** 9/25/2019

**Feeding Figure:** 68

**Base Menu Plan:** 4,921 IA K-8 BFAST W2D3 19-20

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Scheduled Menu Plans

A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	55												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>176.5800</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	176.5800	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>21.0400</td> <td>g</td> </tr> </tbody> </table>			Nutrient	Value	Units	Carbohydrate	21.0400	g
Nutrient	Value	Units														
Food Energy	176.5800	kcal														
Nutrient	Value	Units														
Carbohydrate	21.0400	g														
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>110.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	110.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>22.0000</td> <td>g</td> </tr> </tbody> </table>			Nutrient	Value	Units	Carbohydrate	22.0000	g
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	22.0000	g														
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7												
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Nutrient	Value	Units														
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Carbohydrate	23.0000	g														
1015	CHEESE STRING MOZ LT	1	PKG (1)	17												
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Food Energy	80.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	0.0000	g														
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0												
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Nutrient	Value	Units														
Food Energy	299.9999	kcal														
Nutrient	Value	Units														
Carbohydrate	37.0000	g														
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34												
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Carbohydrate	29.0000	g														
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34												
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Carbohydrate	14.0000	g														
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17												
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Nutrient	Value	Units														
Food Energy	120.0001	kcal														
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Carbohydrate	22.0001	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21												
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Nutrient	Value	Units														
Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	11.0000	g														

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/25/2019

Feeding Figure: 108

Base Menu Plan: 1,004,378 IA K-8 LUNCH W4D3 19-20

Menu Comments:

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

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



Independence Central Office

Scheduled Menu Plans

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	249.9894	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.9410	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	574.3314	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	82.4271	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	57.6055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.6733	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	68.7980	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.9971	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/26/2019

Feeding Figure: 68

Base Menu Plan: 4,922 IA K-8 BFAST W2D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	259.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.4986	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.9017	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.9150	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/26/2019

Feeding Figure: 108

Base Menu Plan: 4,942 IA K-8 LUNCH W4D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
A140	COUNTRY GRAVY	1	2 OZ	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	

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Independence Central Office

Scheduled Menu Plans

A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A070	CARROTS, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.7337	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8712	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	119.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	85.8443	kcal	Carbohydrate	4.2922	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	33.3278	kcal	Carbohydrate	8.3320	g
1086	SAUCE BBQ	1	Ounce	4		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.1618	kcal	Carbohydrate	6.6655	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 9/30/2019      **Feeding Figure:** 68  
**Base Menu Plan:** 4,914 IA K-8 BFAST W1D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	260.0000	kcal	Carbohydrate	45.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 9/30/2019

Feeding Figure: 108

Base Menu Plan: 4,924 IA K-8 LUNCH W1D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	369.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	10.4961	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.0652	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0001	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	

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



Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	42.3607	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
1347	PEACHES SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.5000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	

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