



Independence Central Office

Scheduled Menu Plans

4060 Blackburn Elementary School

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/14/2019

Feeding Figure: 10

Base Menu Plan: 4,743 EE/EL MAIN BFAST W1D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10		
	<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
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10		
	<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
1333	BANANAS PREM 40LB	1	1/2 BANANA	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	55.0000	kcal	Carbohydrate	14.5000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<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: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/14/2019

Feeding Figure: 10

Base Menu Plan: 4,763 EE/EL 19-20 LUNCH W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A082	WG SPAGHETTI & ZESTY MEATSAUCE	1	1 SERVING	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	346.9285	kcal	Carbohydrate	43.2430	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	28.2507	kcal	Carbohydrate	4.5307	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g

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**

A361	TOMATO, FRESH DICED	1	1/8 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>4.1189</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	4.1189	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.8901</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.8901	g	
Nutrient	Value	Units														
Food Energy	4.1189	kcal														
Nutrient	Value	Units														
Carbohydrate	0.8901	g														
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>32.4963</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	32.4963	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.9997</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	2.9997	g	
Nutrient	Value	Units														
Food Energy	32.4963	kcal														
Nutrient	Value	Units														
Carbohydrate	2.9997	g														
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>50.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	50.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	13.0000	g	
Nutrient	Value	Units														
Food Energy	50.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	13.0000	g														
2366	DRESSING ITALIAN OTT'S	1	Ounce	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>29.3055</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	29.3055	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>7.8148</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	7.8148	g	
Nutrient	Value	Units														
Food Energy	29.3055	kcal														
Nutrient	Value	Units														
Carbohydrate	7.8148	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	100.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>11.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	11.0000	g	
Nutrient	Value	Units														
Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	11.0000	g														

**Serving Period:** Snack

**Serving Line:** EE MAIN

**Age Group:** Grades K-5

**Date:** 8/14/2019

**Feeding Figure:** 10

**Base Menu Plan:** 4,783 EE/EL MAIN 19-20 SNACK W1D3

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity												
2431	CRACKER CHED CHEESE CRISPY IW	1	PKG (1)	10												
<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>17.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	17.0000	g	
Nutrient	Value	Units														
Food Energy	110.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	17.0000	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	100.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>11.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	11.0000	g	
Nutrient	Value	Units														
Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	11.0000	g														

**Serving Period:** Breakfast

**Serving Line:** EE MAIN

**Age Group:** Grades K-5

**Date:** 8/15/2019

**Feeding Figure:** 10

**Base Menu Plan:** 4,744 EE/EL MAIN BFAST W1D4 19-20

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity												
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	100.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>20.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	20.0000	g	
Nutrient	Value	Units														
Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	20.0000	g														
A029	TOAST, WG	1	1/2 SLICE	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>56.2312</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	56.2312	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>8.9970</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	8.9970	g	
Nutrient	Value	Units														
Food Energy	56.2312	kcal														
Nutrient	Value	Units														
Carbohydrate	8.9970	g														

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

A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	38.8278	kcal	Carbohydrate
				10.0952 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/15/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,764 EE/EL 19-20 LUNCH W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	200.0000	kcal	Carbohydrate
				13.0000 g
A525	GRAVY POULTRY LS #2422	1	2 OZ	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	2.3897	kcal	Carbohydrate
				0.2868 g
A005	POTATOES, MASHED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g
A372	GREEN BEANS-2017	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	17.5420	kcal	Carbohydrate
				3.3337 g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g

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

a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	38.6000	kcal	Carbohydrate
				9.3710 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/15/2019 **Feeding Figure:** 10  
**Base Menu Plan:** 4,784 EE/EL MAIN 19-20 SNACK W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1446	CHEX SIMPLY STRAW WG	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0000	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/16/2019 **Feeding Figure:** 10  
**Base Menu Plan:** 4,745 EE/EL MAIN BFAST W1D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A464	WAFFLE BLUEBERRY BASH #2383	1	1 PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	200.0000	kcal	Carbohydrate
				36.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/16/2019 **Feeding Figure:** 10  
**Base Menu Plan:** 4,765 EE/EL 19-20 LUNCH W1D5  
**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		
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	340.0001	kcal	Carbohydrate	39.0000	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	37.5766	kcal	Carbohydrate	6.8948	g
A070	CARROTS, COOKED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	22.5109	kcal	Carbohydrate	5.2526	g
1348	PEARS SLICED IN LS	1	SERVING 1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10		
	<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
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<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: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/16/2019

Feeding Figure: 10

Base Menu Plan: 4,785 EE/EL MAIN 19-20 SNACK W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2473	MUFFINS BLUEBERRY IW	1	PKG (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	150.0000	kcal	Carbohydrate	23.0000	g

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

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/19/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,746 EE/EL MAIN BFAST W2D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	10
Nutrient		Value	Units	
Food Energy		220.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		40.0000	g	
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		50.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/19/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,761 EE/EL 19-20 LUNCH W1D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10
Nutrient		Value	Units	
Food Energy		200.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		13.0000	g	
A351	WAFFLE WG #2356	1	1 WAFFLE	10
Nutrient		Value	Units	
Food Energy		80.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		12.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	10
Nutrient		Value	Units	
Food Energy		120.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		31.0000	g	
A067	BEANS, BAKED	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		117.7548	kcal	
Nutrient		Value	Units	
Carbohydrate		22.1340	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
Nutrient		Value	Units	
Food Energy		3.6560	kcal	
Nutrient		Value	Units	
Carbohydrate		0.5850	g	

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

a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	81.0000	kcal	Carbohydrate
				19.8000 g
1086	SAUCE BBQ	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	1
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/19/2019

Feeding Figure: 10

Base Menu Plan: 4,786 EE/EL MAIN 19-20 SNACK W2D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2393	CRACKER BEAN AND VEG IW	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	140.0000	kcal	Carbohydrate
				22.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/20/2019

Feeding Figure: 10

Base Menu Plan: 4,747 EE/EL MAIN BFAST W2D2 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		
2001	CEREAL RICE CHEX	1	BOWL (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	24.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	20.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<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: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/20/2019

Feeding Figure: 10

Base Menu Plan: 4,767 EE/EL 19-20 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	297.3600	kcal	Carbohydrate	16.3599	g
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	78.7958	kcal	Carbohydrate	13.4837	g
A070	CARROTS, COOKED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	22.5109	kcal	Carbohydrate	5.2526	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g

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

A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
A047	STRAWBERRIES AND BLUEBERRIES	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	65.8186	kcal	Carbohydrate
				16.7660 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/20/2019 **Feeding Figure:** 10  
**Base Menu Plan:** 4,787 EE/EL MAIN 19-20 SNACK W2D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2311	CRISPY BITES BLUE/LEM 1.0 OZ	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0000	kcal	Carbohydrate
				21.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/21/2019 **Feeding Figure:** 10  
**Base Menu Plan:** 4,748 EE/EL MAIN BFAST W2D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A041	BISCUITS W/GRAVY, WG. MINI	1	2 BISCUITS	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	279.4904	kcal	Carbohydrate
				38.4986 g
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	55.0000	kcal	Carbohydrate
				14.5000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

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

**Serving Period:** Lunch  
**Date:** 8/21/2019  
**Base Menu Plan:** 4,768 EE/EL 19-20 LUNCH W2D3  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A465	FISH NACHO STICKS #2436	1	4 STICKS	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	250.0001	kcal	Carbohydrate	19.0001	g
A015	MAC AND CHEESE	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	235.7995	kcal	Carbohydrate	22.0593	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	28.2507	kcal	Carbohydrate	4.5307	g
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	3.6560	kcal	Carbohydrate	0.5850	g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	5.8094	kcal	Carbohydrate	1.3574	g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	4.1189	kcal	Carbohydrate	0.8901	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/8 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	47.6842	kcal	Carbohydrate	8.7583	g
A053	APPLESAUCE, ROSY	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	62.0849	kcal	Carbohydrate	16.0220	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10		
	<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
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<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:** Snack  
**Date:** 8/21/2019  
**Base Menu Plan:** 4,788 EE/EL MAIN 19-20 SNACK W2D3  
**Menu Comments:**

**Serving Line:** EE MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 10

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
1423	GOLDFISH CHEDDAR WG	1	PKG (1)	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				14.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Breakfast      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/22/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,749 EE/EL MAIN BFAST W2D4 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2473	MUFFINS BLUEBERRY IW	1	PKG (1)	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	150.0000	kcal	Carbohydrate
				23.0000 g
A474	YOGURT TRIX cherry #2412	1	1 CONTAINER	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				15.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/22/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,769 EE/EL 19-20 LUNCH W2D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A084	MEATLOAF-SLICES	1	1 SLICE	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	227.0069	kcal	Carbohydrate
				16.9442 g
A005	POTATOES, MASHED	1	1/2 CUP	10
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g

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

A026	ROLLS, WHEAT, WG	1	2 OUNCE	10
	<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	
A524	GRAVY BROWN LS #2421	1	2 OZ	10
	<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	
A359	CORN, COOKED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	99.2998	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.8661	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8094	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	4.1189	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.8901	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	41.2567	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.7529	g	
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	<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	1
	<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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/22/2019

Feeding Figure: 10

Base Menu Plan: 4,789 EE/EL MAIN 19-20 SNACK W2D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
--------------	-------------	--------------	---------	--------------------

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

7158	APPLESAUCE CUP CINNAMON	1	SERVING 4.5 OZ	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<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:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/23/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,750 EE/EL MAIN BFAST W2D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	20.0000	g
A029	TOAST, WG	1	1 SLICE	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	112.5000	kcal	Carbohydrate	18.0000	g
1347	PEACHES SLICD IN LS	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	81.0000	kcal	Carbohydrate	19.8000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
	<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:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/23/2019      **Feeding Figure:** 10  
**Base Menu Plan:** 4,770 EE/EL 19-20 LUNCH W2D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A232	SLOPPY JOE ON WW BUN 2019	1	1 SANDWICH	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	387.4476	kcal	Carbohydrate	37.2465	g
1215	POTATO FRENCH FRIES	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	79.2000	kcal	Carbohydrate	13.2000	g
A372	GREEN BEANS-2017	1	1/2 CUP	10		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	17.5420	kcal	Carbohydrate	3.3337	g

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

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8094	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	4.1189	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.8901	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	37.5766	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.8948	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4842	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.3734	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<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	10
	<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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/23/2019 **Feeding Figure:** 10  
**Base Menu Plan:** 4,790 EE/EL MAIN 19-20 SNACK W2D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1387	GRAHAMS ORIGINAL	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	346.1538	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	65.3847	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/26/2019 **Feeding Figure:** 35  
**Base Menu Plan:** 4,751 EE/EL MAIN BFAST W3D1 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												
A376	PIZZA BREAKFAST TRK/SAU #1196	1	1 PIZZA	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>210.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	210.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>27.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	27.0000	g	
Nutrient	Value	Units														
Food Energy	210.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	27.0000	g														
1348	PEARS SLICD IN LS	1	SERVING 1/2 CUP	10												
<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>20.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	20.0000	g	
Nutrient	Value	Units														
Food Energy	80.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	20.0000	g														
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>100.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	100.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>11.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	11.0000	g	
Nutrient	Value	Units														
Food Energy	100.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	11.0000	g														

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/26/2019      **Feeding Figure:** 40  
**Base Menu Plan:** 4,078 EE/EL LUNCH W3D5 AUG 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>249.9894</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	249.9894	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>38.9410</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	38.9410	g	
Nutrient	Value	Units														
Food Energy	249.9894	kcal														
Nutrient	Value	Units														
Carbohydrate	38.9410	g														
A130	PEAS & CARROTS	1	1/2 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>64.0905</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	64.0905	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>12.1809</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	12.1809	g	
Nutrient	Value	Units														
Food Energy	64.0905	kcal														
Nutrient	Value	Units														
Carbohydrate	12.1809	g														
a131	SALAD, DARK GREENS- EL	1	1 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>7.2882</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	7.2882	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.1662</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	1.1662	g	
Nutrient	Value	Units														
Food Energy	7.2882	kcal														
Nutrient	Value	Units														
Carbohydrate	1.1662	g														
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>5.8094</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	5.8094	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>1.3574</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	1.3574	g	
Nutrient	Value	Units														
Food Energy	5.8094	kcal														
Nutrient	Value	Units														
Carbohydrate	1.3574	g														
A361	TOMATO, FRESH DICED	1	1/8 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>4.1189</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	4.1189	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.8901</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.8901	g	
Nutrient	Value	Units														
Food Energy	4.1189	kcal														
Nutrient	Value	Units														
Carbohydrate	0.8901	g														
A448	BEANS, RED (SALAD BAR)	1	1/8 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>32.4963</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	32.4963	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>2.9997</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	2.9997	g	
Nutrient	Value	Units														
Food Energy	32.4963	kcal														
Nutrient	Value	Units														
Carbohydrate	2.9997	g														
1347	PEACHES SLICD IN LS	1	1/2 CUP	10												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>81.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	81.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>19.8000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	19.8000	g	
Nutrient	Value	Units														
Food Energy	81.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	19.8000	g														

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

2365	DRESSING RANCH OTT'S	1	Ounce	10		
<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
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
<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:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/26/2019 **Feeding Figure:** 35  
**Base Menu Plan:** 4,791 EE/EL MAIN 19-20 SNACK W3D1  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1425	CRACKER ANIMAL	1	PKG (1)	10		
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	22.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
<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:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/27/2019 **Feeding Figure:** 35  
**Base Menu Plan:** 4,752 EE/EL MAIN BFAST W3D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A388	PANCAKE BANANA MINI	1	1 PKG	10		
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	200.0000	kcal	Carbohydrate	37.0000	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10		
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	38.6000	kcal	Carbohydrate	9.3710	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10		
<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:** Lunch **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/27/2019 **Feeding Figure:** 40  
**Base Menu Plan:** 4,772 EE/EL 19-20 LUNCH W3D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
--------------	-------------	--------------	---------	--------------------

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

A332	WG GOLDFISH BREAD HOT HAM/CHZ	1	1 SANDWICH	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	283.9228	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.6536	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	10
	<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	
A057	BROCCOLI, STEAMED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	28.2507	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.5307	g	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.5850	g	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8094	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.3574	g	
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	4.1189	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.8901	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	37.5766	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.8948	g	
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.0952	g	
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<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	10
	<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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/27/2019

Feeding Figure: 35

Base Menu Plan: 4,792 EE/EL MAIN 19-20 SNACK W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
--------------	-------------	--------------	---------	--------------------

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

2106	APPLE SLICES 100/2 OZ	1	PKG	10
	<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	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/28/2019      **Feeding Figure:** 35  
**Base Menu Plan:** 4,753 EE/EL MAIN BFAST W3D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	10
	<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	
A024	BISCUITS, MINI, WG	1	1.25 OUNCE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1333	BANANAS PREM 40LB	1	1/2 BANANA	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	55.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.5000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/28/2019      **Feeding Figure:** 40  
**Base Menu Plan:** 4,773 EE/EL 19-20 LUNCH W3D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	10
	<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	10
	<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	
A359	CORN, COOKED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	99.2998	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.8661	g	

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

a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	3.6560	kcal	Carbohydrate
				0.5850 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1340	APPLESAUCE UNSWEETENED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				13.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Snack **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/28/2019 **Feeding Figure:** 35  
**Base Menu Plan:** 4,793 EE/EL MAIN 19-20 SNACK W3D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g
1446	CHEX SIMPLY STRAW WG	1	PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	120.0000	kcal	Carbohydrate
				23.0000 g

**Serving Period:** Breakfast **Serving Line:** EE MAIN **Age Group:** Grades K-5  
**Date:** 8/29/2019 **Feeding Figure:** 35  
**Base Menu Plan:** 4,754 EE/EL MAIN BFAST W3D4 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
--------------	-------------	--------------	---------	--------------------

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

1402	CEREAL CHEERIOS BOWL 1 OZ	1	BOWLPAK (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
A029	TOAST, WG	1	1 SLICE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	112.5000	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.8278	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/29/2019

Feeding Figure: 40

Base Menu Plan: 4,774 EE/EL 19-20 LUNCH W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	200.0000	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
A140	COUNTRY GRAVY	1	2 OZ	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
A372	GREEN BEANS-2017	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	17.5420	kcal	
a131	SALAD, DARK GREENS- EL	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	3.6560	kcal	
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	5.8094	kcal	

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

A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	41.2567	kcal	Carbohydrate
				7.7529 g
a7074	BLUEBERRIES #7074	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	38.6000	kcal	Carbohydrate
				9.3710 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
1086	SAUCE BBQ	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.1618	kcal	Carbohydrate
				6.6655 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Snack

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/29/2019

Feeding Figure: 35

Base Menu Plan: 4,794 EE/EL MAIN 19-20 SNACK W3D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2474	MUFFINS APPLE CINNAMON IW	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	140.0000	kcal	Carbohydrate
				24.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

Serving Period: Breakfast

Serving Line: EE MAIN

Age Group: Grades K-5

Date: 8/30/2019

Feeding Figure: 35

Base Menu Plan: 4,755 EE/EL MAIN BFAST W3D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
--------------	-------------	--------------	---------	--------------------

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

A464	WAFFLE BLUEBERRY BASH #2383	1	1 PKG	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	200.0000	kcal	Carbohydrate
				36.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g

**Serving Period:** Lunch      **Serving Line:** EE MAIN      **Age Group:** Grades K-5  
**Date:** 8/30/2019      **Feeding Figure:** 40  
**Base Menu Plan:** 4,775 EE/EL 19-20LUNCH W3D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A070	CARROTS, COOKED	1	1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	22.5109	kcal	Carbohydrate
				5.2526 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	7.2882	kcal	Carbohydrate
				1.1662 g
a360	CARROT, FRESH SHREDDED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	5.8094	kcal	Carbohydrate
				1.3574 g
A361	TOMATO, FRESH DICED	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	4.1189	kcal	Carbohydrate
				0.8901 g
A7020	BEANS, BLACK (SALAD BAR)	1	1/8 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	37.5766	kcal	Carbohydrate
				6.8948 g
1348	PEARS SLICED IN LS	1	SERVING 1/2 CUP	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				20.0000 g
2365	DRESSING RANCH OTT'S	1	Ounce	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g

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

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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:** Snack

**Serving Line:** EE MAIN

**Age Group:** Grades K-5

**Date:** 8/30/2019

**Feeding Figure:** 35

**Base Menu Plan:** 4,795 EE/EL MAIN 19-20 SNACK W3D5

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1912	CHEEZ-IT WHOLE GRAIN	1	PKG (1)	10
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	10
	<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	

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.