



Independence Central Office

Scheduled Menu Plans

1075 William Chrisman High School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/14/2019

Feeding Figure: 350

Base Menu Plan: 1,004,477 HS 19-20 BFAST W1D3

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | | | | | | | | | | | |
|--|--------------------------------|--------------|------------|--------------------|-------------|----------|------|---|--|----------|-------|-------|--------------|---------|---|--|
| A537 | MUFFIN ENG,WG SAUSAGE & CHEESE | 1 | 1 SANDWICH | 119 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>299.4201</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 299.4201 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>24.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 24.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 299.4201 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 24.0000 | g | | | | | | | | | | | | | | |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 | | | | | | | | | | | | |
| <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 | | | | | | | | | | | | | | |
| 2163 | CEREAL LUCKY CHARMS BOWL | 1 | BOWL (1) | 30 | | | | | | | | | | | | |
| <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>23.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 23.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 110.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 23.0000 | g | | | | | | | | | | | | | | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 | | | | | | | | | | | | |
| <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 | | | | | | | | | | | | | | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 30 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>180.0000</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 180.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>38.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 38.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 180.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 38.0000 | g | | | | | | | | | | | | | | |
| 1394 | POP TART WG BRN SUGAR | 1 | PKG (1) | 27 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>180.0000</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 180.0000 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>37.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 37.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 180.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 37.0000 | g | | | | | | | | | | | | | | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 | | | | | | | | | | | | |
| <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 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>299.9999</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 299.9999 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>37.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 37.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 299.9999 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 37.0000 | g | | | | | | | | | | | | | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>74.8864</td> <td>kcal</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Food Energy | 74.8864 | kcal | <table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>18.3074</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 18.3074 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 74.8864 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 18.3074 | g | | | | | | | | | | | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 | | | | | | | | | | | | |
| <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>29.0000</td> <td>g</td> </tr> </tbody> </table> | | Nutrient | Value | Units | Carbohydrate | 29.0000 | g | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Food Energy | 110.0000 | kcal | | | | | | | | | | | | | | |
| Nutrient | Value | Units | | | | | | | | | | | | | | |
| Carbohydrate | 29.0000 | 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

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/14/2019

Feeding Figure: 1050

Base Menu Plan: 1,004,387 HS 19-20 LUNCH W2D3

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|-----------------|--------------------|
| A082 | WG SPAGHETTI & ZESTY MEATSAUCE | 1 | 1 SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 346.9285 | kcal | |
| | | | | |
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| A451 | CORN DOG-MINI TRK WG #2382 | 1 | 6 MINI CORNDOGS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 267.0000 | kcal | |
| | | | | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 344.7578 | kcal | |
| | | | | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A541 | POTATO WEDGE FRIES #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 87.8623 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.8736 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 86.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.9998 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 96.0001 | g | |
| A549 | GRAB N GO WG CKN SALAD SAND | 1 | 1 SANDWICH/CHIPS | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 527.4787 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 82.7924 | g | |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 683.2699 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.7916 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2317 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 56.4227 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0487 | g | |
| A469 | VEGETABLE BLEND, ITALIAN #1204 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6589 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.9987 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0002 | g | |
| 1347 | PEACHES SLICD IN LS | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 162.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.5999 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |

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Independence Central Office

Scheduled Menu Plans

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

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Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/15/2019 **Feeding Figure:** 350
Base Menu Plan: 4,882 HS 19-20 BFAST W1D4
Menu Comments:

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

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

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/15/2019

Feeding Figure: 1050

Base Menu Plan: 1,004,379 HS 19-20 LUNCH W2D4

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|-----------------|--------------------|
| 7144 | CHICKEN PATTY 30# HOMESTYLE WG | 1 | SERVING 3.05 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 184.0000 | kcal | |
| | | | | |
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.3963 | kcal | |
| | | | | |
| A525 | GRAVY POULTRY LS #2422 | 1 | 2 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 2.3897 | kcal | |
| | | | | |
| A327 | ROLL, DINNER WG #1974 | 1 | 1 DINNER ROLL | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | | | | |

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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

| | | | | |
|------|-----------------------------------|--------------|-------------------|-----|
| A400 | QUESO NACHO 4OZ HS | 1 | 1 NACHO 4 OZ QUES | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 506.0001* | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 35.0000* | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.6824 | g | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 579.6664 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.8469 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 477.8039 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0199 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A372 | GREEN BEANS-2017 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 35.0868 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6679 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 44.9850 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.4965 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7074 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.1120 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.7206 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------|----------|-----------------|-----------|
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | | Nutrient | |
| | Food Energy | 83.0140 | Carbohydrate | 21.7113 g |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | | Nutrient | |
| | Food Energy | 74.8864 | Carbohydrate | 18.3074 g |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | | Nutrient | |
| | Food Energy | 110.0000 | Carbohydrate | 29.0000 g |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | | Nutrient | |
| | Food Energy | 50.0368 | Carbohydrate | 11.8837 g |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | | Nutrient | |
| | Food Energy | 60.0001 | Carbohydrate | 14.0000 g |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | | Nutrient | |
| | Food Energy | 60.0001 | Carbohydrate | 14.0000 g |
| 1097 | MUSTARD | 1 | Ounce | 17 |
| | Nutrient | | Nutrient | |
| | Food Energy | 0.0000 | Carbohydrate | 0.0000 g |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 26 |
| | Nutrient | | Nutrient | |
| | Food Energy | 33.3278 | Carbohydrate | 8.3320 g |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | | Nutrient | |
| | Food Energy | 24.9959 | Carbohydrate | 6.6656 g |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | | Nutrient | |
| | Food Energy | 29.1618 | Carbohydrate | 6.6655 g |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | | Nutrient | |
| | Food Energy | 29.3055 | Carbohydrate | 7.8148 g |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | | Nutrient | |
| | Food Energy | 85.8443 | Carbohydrate | 4.2922 g |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | | Nutrient | |
| | Food Energy | 61.9469 | Carbohydrate | 2.6549 g |

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/16/2019 **Feeding Figure:** 350
Base Menu Plan: 4,883 HS 19-20 BFAST W1D5
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 299.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 37.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/16/2019

Feeding Figure: 1050

Base Menu Plan: 4,893 HS 19-20 LUNCH W2D5

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------|--------------|---------------|--------------------|
| A354 | CHICKEN NUGGETS WG | 1 | 1 SERVING (7) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 280.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.2000 | g | |
| A351 | WAFFLE WG #2356 | 1 | 1 WAFFLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 12.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|------------------|-----------|
| 1122 | SYRUP PKT SAUER 1.5 OZ | 1 | PKT (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| A345 | PIZZA FIESTADA WG #2170 | 1 | 1 PIECE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0001 | kcal | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| A541 | POTATO WEDGE FRIES #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 87.8623 | kcal | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | | | Carbohydrate | 96.0001 g |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2317 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A066 | CUCUMBER SALAD | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.9338 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.7645 | g | |
| A067 | BEANS, BAKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 235.4065 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 44.2487 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| | Carbohydrate | 1.7522 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| | Carbohydrate | 1.7522 | 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 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.7866 | g | |
| 1340 | APPLESAUCE UNSWEETENED | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.0000 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 1086 | SAUCE BBQ | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6655 | g | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.8148 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6549 | g | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/19/2019 **Feeding Figure:** 350
Base Menu Plan: 4,879 HS 19-20 BFAST W1D1
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/19/2019

Feeding Figure: 1050

Base Menu Plan: 1,004,380 HS 19-20 LUNCH W1D1

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A497 | CHICKEN TERIYAKI STIR-FRY-MINH | 1 | 1 SERVING | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 133.6040 | kcal | Carbohydrate |
| | | | | 12.5666 g |
| A552 | RICE, STIR FRIED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 56.7570 | kcal | Carbohydrate |
| | | | | 8.5058 g |
| 2416 | FORTUNE COOKIE 40002 | 1 | PKG (1) | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 20.0000 | kcal | Carbohydrate |
| | | | | 4.0000 g |
| A447 | FRENCH TOAST STICKS WG #2400 | 1 | 2 STICKS | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 240.0000 | kcal | Carbohydrate |
| | | | | 38.0000 g |
| A040 | EGG, SCRAMBLED, CHEESY | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 194.9105 | kcal | Carbohydrate |
| | | | | 3.9151 g |
| A499 | SAUSAGE #2405 | 1 | 1 PATTY | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 120.0000 | kcal | Carbohydrate |
| | | | | 0.0000 g |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 348.0001 | kcal | Carbohydrate |
| | | | | 27.0000 g |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 294.4942 | kcal | Carbohydrate |
| | | | | 26.6824 g |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 369.9999 | kcal | Carbohydrate |
| | | | | 39.0001 g |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 354.0000 | kcal | Carbohydrate |
| | | | | 39.0001 g |
| A455 | POTATO SWT TRAX #2384 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | Nutrient |
| | Food Energy | 180.0000 | kcal | Carbohydrate |
| | | | | 23.0001 g |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|------------------|-----|
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.9998 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 86.0000 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 96.0001 | g | |
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 693.5654 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.8354 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2317 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A1223 | CARROTS BABY 30LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 39.6900 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.3442 | g | |
| A012 | PEAS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 159.9816 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.5745 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| 1348 | PEARS SLICD IN LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 159.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0000 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.8148 | g | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.2922 | g | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6549 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.8886 | g | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 1086 | SAUCE BBQ | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6655 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/20/2019

Feeding Figure: 350

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

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|--------------|--------------------|
| A324 | PIZZA 3.67oz TRKYSAU BRKFST IW | 1 | 1 PIZZA | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 240.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 31.0000 | g | |
| 2305 | BACKPACKER CHEWY OATMEAL BITES | 1 | PKG (1) | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 150.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| A395 | YOGURT STRAW/BAN #1167 | 1 | 1 CONTAINER | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 2163 | CEREAL LUCKY CHARMS BOWL | 1 | BOWL (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 1394 | POP TART WG BRN SUGAR | 1 | PKG (1) | 30 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 37.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 27 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 299.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 37.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/20/2019 **Feeding Figure:** 1050
Base Menu Plan: 1,004,384 HS 19-20 LUNCH W1D2
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|--------------|--------------------|
| A512 | FIESTA NACHO-CHICKEN chipotle | 1 | 1 NACHO | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 426.4321 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 40.0322 | g | |
| A510 | PEPPER/ONION BLEND | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 10.4004 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6001 | g | |
| A069 | BEANS, REFRIED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 131.7402 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.3267 | g | |
| 7045 | SALSA | 1 | 1/4 CUP | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 20.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 4.0000 | g | |
| A467 | CRUNCHERS, BUFFALO #2396 | 1 | 4 PIECES | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 779.7307 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 59.9793 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.6824 | g | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 579.6664 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.8469 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 477.8039 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0199 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 41 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 198.5151 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 41.7145 | g | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 28.3607 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0237 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |

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Independence Central Office

Scheduled Menu Plans

| Item ID | Item Name | Quantity | Unit | Calories | Nutrient | Value | Units |
|---------|--------------------------|----------|--------------------|--------------|--------------|-------|-------|
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | | | | 84 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 7.2882 | kcal | | |
| | Food Energy | | | 7.2882 | kcal | | |
| | Food Energy | | | 7.2882 | kcal | | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | | | | 17 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 11.6147 | kcal | | |
| | Carbohydrate | | | 2.7139 | g | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | | | | 42 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 8.1076 | kcal | | |
| | Food Energy | | | 8.1076 | kcal | | |
| | Carbohydrate | | | 1.7522 | g | | |
| | Carbohydrate | | | 1.7522 | g | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | | | | 42 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 8.1076 | kcal | | |
| | Food Energy | | | 8.1076 | kcal | | |
| | Carbohydrate | | | 1.7522 | g | | |
| | Carbohydrate | | | 1.7522 | g | | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | | | | 9 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 75.1369 | kcal | | |
| | Carbohydrate | | | 13.7866 | g | | |
| 1323 | WATERMELON WHOLE | 1 | WEDGE (1/32 MELON) | | | | 427 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 68.7980 | kcal | | |
| | Carbohydrate | | | 16.9971 | g | | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | | | | 84 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 83.0140 | kcal | | |
| | Carbohydrate | | | 21.7113 | g | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | | | | 84 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 74.8864 | kcal | | |
| | Carbohydrate | | | 18.3074 | g | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | | | | 84 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 110.0000 | kcal | | |
| | Carbohydrate | | | 29.0000 | g | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | | | | 84 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 50.0368 | kcal | | |
| | Carbohydrate | | | 11.8837 | g | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | | | | 210 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 60.0001 | kcal | | |
| | Carbohydrate | | | 14.0000 | g | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | | | | 210 |
| | Nutrient | | | Value | Units | | |
| | Food Energy | | | 60.0001 | kcal | | |
| | Carbohydrate | | | 14.0000 | g | | |

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/21/2019

Feeding Figure: 350

Base Menu Plan: 1,004,482 HS 19-20 BFAST W1D3

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A537 | MUFFIN ENG,WG SAUSAGE & CHEESE | 1 | 1 SANDWICH | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 299.4201 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 24.0000 | g | |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 |
| | Nutrient | Value | Units | |
| | Food Energy | 176.5800 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0400 | g | |
| 2163 | CEREAL LUCKY CHARMS BOWL | 1 | BOWL (1) | 31 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 31 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0000 | g | |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 31 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 38.0000 | g | |
| 1394 | POP TART WG BRN SUGAR | 1 | PKG (1) | 28 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 37.0000 | g | |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 299.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 37.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 90 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 90 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 90 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/21/2019 **Feeding Figure:** 1050
Base Menu Plan: 4,886 HS 19-20 LUNCH W1D3
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|------------------------|--------------|--------------|--------------------|
| A453 | LASAGNA ROLLUP WG | 1 | 1 PIECE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 346.6368 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 32.1894 | g | |
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.0000 | g | |
| A365 | HOTDOG | 1 | 1 HOTDOG | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 350.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.6824 | g | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A541 | POTATO WEDGE FRIES #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 87.8623 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.8736 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 86.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.9998 | g | |
| A549 | GRAB N GO WG CKN SALAD SAND | 1 | 1 SANDWICH/CHIPS | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 527.4787 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 82.7924 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 96.0001 | g | |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 683.2699 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.7916 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2317 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A011 | VEGETABLES, MIXED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 76.7782 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 16.8913 | g | |

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------|--------------|--------------|-----|
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 56.4227 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0487 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0002 | g | |
| 1347 | PEACHES SLICD IN LS | 1 | CUP | 420 |
| | Nutrient | Value | Units | |
| | Food Energy | 162.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.5999 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| 1103 | PICKLE RELISH | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 25.0000 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/22/2019 **Feeding Figure:** 350
Base Menu Plan: 4,882 HS 19-20 BFAST W1D4
Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/22/2019

Feeding Figure: 1050

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

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-----------------------------|--------------|--------------|--------------------|
| A435 | BEEF PATTY WGR BREADED#7163 | 1 | 1 PATTY | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 260.0000 | kcal | |
| | | | | |
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.3963 | kcal | |
| | | | | |
| A140 | COUNTRY GRAVY | 1 | 2 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 59.4904 | kcal | |
| | | | | |
| A026 | ROLLS, WHEAT, WG | 1 | 2 OUNCE | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 178.5303 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A342 | CHEESESTICKS MOZZ BRD #1145 | 1 | 1 SERVING (6) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 319.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 33.0001 | g | |
| 1310 | SAUCE MARINARA | 1 | (2 OZ) SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 45.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.5000 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.6824 | g | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 579.6664 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.8469 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 477.8039 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0199 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A372 | GREEN BEANS-2017 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 35.0868 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6679 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 44.9850 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.4965 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7074 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.1120 | kcal | |
| | | | | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.7206 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| 1097 | MUSTARD | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 0.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/23/2019 **Feeding Figure:** 350
Base Menu Plan: 4,883 HS 19-20 BFAST W1D5
Menu Comments:

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

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 299.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 37.0000 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 119 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 23.0000 | g | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 22.0001 | g | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 74 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.0000 | g | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/23/2019

Feeding Figure: 1050

Base Menu Plan: 1,004,383 HS 19-20 LUNCH W1D5

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|------------------------|--------------|---------------|--------------------|
| A354 | CHICKEN NUGGETS WG | 1 | 1 SERVING (7) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 280.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.2000 | g | |
| A531 | MAC AND CHEESE TWISTED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 173.3111 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.5615 | 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

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A457 | PIZZA QUESA MAX #2374 | 1 | 1 QUESADILLA | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0000 | kcal | |
| | | | | |
| 1310 | SAUCE MARINARA | 1 | (2 OZ) SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 45.0000 | kcal | |
| | | | | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | | | | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 298.0000 | kcal | |
| | | | | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | | | | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | | |
| A541 | POTATO WEDGE FRIES #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 87.8623 | kcal | |
| | | | | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | | | | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | | | | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | | | | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | | | | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | | | | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-------------------------------|--------------|------------------|-----|
| A491 | GRAB N GO WG SUB-ITALIAN | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 722.1456 | kcal | |
| | | | | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | | | | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | | | | |
| A067 | BEANS, BAKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 235.4065 | kcal | |
| | | | | |
| A066 | CUCUMBER SALAD | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.9338 | kcal | |
| | | | | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | | | | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | | | | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | | | | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | | | | |
| 1340 | APPLESAUCE UNSWEETENED | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | | | | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 139.0768 | kcal | |
| | | | | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | | |
|------|-------------------------------|----------------|---|-----------------|-----------|
| 1329 | ORANGE 138 CT | | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 80.0000 kcals | | Carbohydrate | 19.0000 g |
| 1467 | JUICE ROYAL GRAPE | | 1 | CARTON (1) | 210 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 60.0001 kcals | | Carbohydrate | 14.0000 g |
| 1468 | JUICE BLUE RAZZ | | 1 | CARTON (1) | 210 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 60.0001 kcals | | Carbohydrate | 14.0000 g |
| 2286 | KETCHUP JUG WITH PUMP | | 1 | Ounce | 42 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 33.3278 kcals | | Carbohydrate | 8.3320 g |
| 2225 | KETCHUP SRIRACHA | | 1 | Ounce | 42 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 24.9959 kcals | | Carbohydrate | 6.6656 g |
| 1097 | MUSTARD | | 1 | Ounce | 26 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 0.0000 kcals | | Carbohydrate | 0.0000 g |
| 2366 | DRESSING ITALIAN OTT'S | | 1 | Ounce | 9 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 29.3055 kcals | | Carbohydrate | 7.8148 g |
| 2365 | DRESSING RANCH OTT'S | | 1 | Ounce | 84 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 85.8443 kcals | | Carbohydrate | 4.2922 g |
| 1832 | DRESSING CAESAR LITE | | 1 | Ounce | 9 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 61.9469 kcals | | Carbohydrate | 2.6549 g |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | | 1 | Ounce | 42 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 141.6433 kcals | | Carbohydrate | 1.8886 g |
| 2154 | MILK CHOC CARTON FF 8 OZ | | 1 | CARTON (1) | 294 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 129.9999 kcals | | Carbohydrate | 23.0000 g |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | | 1 | CARTON (1) | 210 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 100.0000 kcals | | Carbohydrate | 11.0000 g |
| 2139 | MILK STRAW FF CARTON 8 OZ | | 1 | CARTON (1) | 294 |
| | Nutrient | Value | | Nutrient | |
| | Food Energy | 120.0001 kcals | | Carbohydrate | 22.0001 g |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/26/2019

Feeding Figure: 350

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/26/2019 **Feeding Figure:** 1050
Base Menu Plan: 1,004,382 HS 19-20 LUNCH W2D1
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------------|--------------|----------------|--------------------|
| A443 | RIPPER CHEESE TOPPED WG #2369 | 1 | 1 BREADSTICK | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 280.0000 | kcal | |
| | | | | |
| 1310 | SAUCE MARINARA | 1 | (2 OZ) SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 45.0000 | kcal | |
| | | | | |
| A499 | SAUSAGE #2405 | 1 | 1 PATTY | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| A040 | EGG, SCRAMBLED, CHEESY | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 194.9105 | kcal | |
| | | | | |
| A385 | BISCUIT FRZ EASY SPLIT #2211 | 1 | 1 BISCUIT | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 200.0000 | kcal | |
| | | | | |

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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

| | | | | |
|------|--------------------------------|--------------|------------------|-----|
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | | | | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | | | | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | | | | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | | | | |
| A455 | POTATO SWT TRAX #2384 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 180.0000 | kcal | |
| | | | | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | | | | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | | | | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | | | | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | | | | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | | | | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | | | | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | | | | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|------------------|-----|
| A492 | GRAB N GO WG SUB-TRKY/PEPJCK | 1 | 1 SANDWICH/CHIPS | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 693.5654 | kcal | |
| A012 | PEAS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 159.9816 | kcal | |
| A1223 | CARROTS BABY 30LBS | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 39.6900 | kcal | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| 1348 | PEARS SLICD IN LS | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 159.9999 | kcal | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |

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Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/27/2019

Feeding Figure: 350

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/27/2019

Feeding Figure: 1050

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| A510 | PEPPER/ONION BLEND | 1 | 1/4 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 10.4004 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.6001 | g | |
| A371 | FISH&CHEESE SANDWICH | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 460.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 48.0000 | g | |
| A033 | SAUCE, TARTER | 1 | 1 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 26.9446 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.9494 | g | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 27.0000 | g | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.6824 | g | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| A483 | GRAB N GO SALAD-HAM | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 451.2749 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.8738 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A496 | POTATO TATER TOTS #1219 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 17.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|-----------------------------------|--------------|------------------|-----|
| A129 | GRAB N GO WG TURKEY SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 126 |
| | Nutrient | Value | Units | |
| | Food Energy | 579.6664 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.8469 | g | |
| A183 | GRAB N GO WG TUNA SAND. MEAL | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 477.8039 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 81.0199 | g | |
| A359 | CORN, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 198.5151 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 41.7145 | g | |
| A014 | VEGGIE FRESH MIX | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 28.3607 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0237 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.7866 | g | |
| A7078 | STRAWBERRIES #7112 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.7012 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 20.2023 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | | | |
|------|-------------------------------|--------------|--------------|-----------------|--------------|--------------|
| 1329 | ORANGE 138 CT | | 1 | ORANGE (1) | | 84 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 50.0368 | kcal | Carbohydrate | 11.8837 | g |
| 1467 | JUICE ROYAL GRAPE | | 1 | CARTON (1) | | 210 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 60.0001 | kcal | Carbohydrate | 14.0000 | g |
| 1468 | JUICE BLUE RAZZ | | 1 | CARTON (1) | | 210 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 60.0001 | kcal | Carbohydrate | 14.0000 | g |
| 2366 | DRESSING ITALIAN OTT'S | | 1 | Ounce | | 9 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 29.3055 | kcal | Carbohydrate | 7.8148 | g |
| 2365 | DRESSING RANCH OTT'S | | 1 | Ounce | | 84 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 85.8443 | kcal | Carbohydrate | 4.2922 | g |
| 1832 | DRESSING CAESAR LITE | | 1 | Ounce | | 9 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 61.9469 | kcal | Carbohydrate | 2.6549 | g |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | | 1 | Ounce | | 42 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 141.6433 | kcal | Carbohydrate | 1.8886 | g |
| 1086 | SAUCE BBQ | | 1 | Ounce | | 42 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 29.1618 | kcal | Carbohydrate | 6.6655 | g |
| 2286 | KETCHUP JUG WITH PUMP | | 1 | Ounce | | 26 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 33.3278 | kcal | Carbohydrate | 8.3320 | g |
| 2225 | KETCHUP SRIRACHA | | 1 | Ounce | | 26 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 24.9959 | kcal | Carbohydrate | 6.6656 | g |
| 1097 | MUSTARD | | 1 | Ounce | | 84 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 0.0000 | kcal | Carbohydrate | 0.0000 | g |
| 2154 | MILK CHOC CARTON FF 8 OZ | | 1 | CARTON (1) | | 294 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 129.9999 | kcal | Carbohydrate | 23.0000 | g |
| 2139 | MILK STRAW FF CARTON 8 OZ | | 1 | CARTON (1) | | 294 |
| | Nutrient | Value | Units | Nutrient | Value | Units |
| | Food Energy | 120.0001 | kcal | Carbohydrate | 22.0001 | g |

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/28/2019 **Feeding Figure:** 350
Base Menu Plan: 1,004,484 HS 19-20 BFAST W1D3
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity | | | |
|-----------------|--------------------------------|--------------|--------------|--------------------|--|--------------|--------------|
| A537 | MUFFIN ENG,WG SAUSAGE & CHEESE | 1 | 1 SANDWICH | 120 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 299.4201 | kcal | Carbohydrate | | 24.0000 | g |
| A393 | DONUT GLAZED RIDGEWOOD #2325 | 1 | 1 DONUT | 60 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 176.5800 | kcal | Carbohydrate | | 21.0400 | g |
| 2163 | CEREAL LUCKY CHARMS BOWL | 1 | BOWL (1) | 31 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 110.0000 | kcal | Carbohydrate | | 23.0000 | g |
| 2216 | CEREAL CINN TOAST CRUNCH BOWL | 1 | BOWL (1) | 31 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 110.0000 | kcal | Carbohydrate | | 22.0000 | g |
| 1392 | POP TART STRAW WG | 1 | PKG (1) | 31 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 180.0000 | kcal | Carbohydrate | | 38.0000 | g |
| 1394 | POP TART WG BRN SUGAR | 1 | PKG (1) | 27 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 180.0000 | kcal | Carbohydrate | | 37.0000 | g |
| 1015 | CHEESE STRING MOZ LT | 1 | PKG (1) | 75 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 80.0000 | kcal | Carbohydrate | | 0.0000 | g |
| a261 | RICECHEX GLUTEN-FREE MEAL | 1 | 1 BAG | 0 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 299.9999 | kcal | Carbohydrate | | 37.0000 | g |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 75 | | | |
| Nutrient | | Value | Units | Nutrient | | Value | Units |
| Food Energy | | 74.8864 | kcal | Carbohydrate | | 18.3074 | g |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|------------------------------|--------------|--------------|-----|
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | | | | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 120 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 89 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 75 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/28/2019

Feeding Figure: 1050

Base Menu Plan: 1,004,385 HS 19-20 LUNCH W2D3

Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|-----------------|--------------------|
| A082 | WG SPAGHETTI & ZESTY MEATSAUCE | 1 | 1 SERVING | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 346.9285 | kcal | |
| | | | | |
| A379 | BREADSTICK WG #1361 | 1 | 1 BREADSTICK | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | | | | |
| A451 | CORN DOG-MINI TRK WG #2382 | 1 | 6 MINI CORNDOGS | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 267.0000 | kcal | |
| | | | | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-----------------------------------|--------------|------------------|-----|
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.6824 | g | |
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A541 | POTATO WEDGE FRIES #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 87.8623 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.8736 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 86.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.9998 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 96.0001 | g | |
| A549 | GRAB N GO WG CKN SALAD SAND | 1 | 1 SANDWICH/CHIPS | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 527.4787 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 82.7924 | g | |
| A493 | GRAB N GO WG SUB-TKRY/HAM/SWIS | 1 | 1 SANDWICH/CHIPS | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 683.2699 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.7916 | g | |

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

| | | | | |
|------|--------------------------------|--------------|--------------|-----|
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2317 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A057 | BROCCOLI, STEAMED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 56.4227 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 9.0487 | g | |
| A469 | VEGETABLE BLEND, ITALIAN #1204 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 46.6589 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.9987 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A448 | BEANS, RED (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 65.0014 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.0002 | g | |
| 1354 | GRAPE RED LUNCH BUNCH 150 CT | 1 | BUNCH (1) | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 58.5775 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.3819 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/29/2019

Feeding Figure: 350

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/29/2019 **Feeding Figure:** 1050
Base Menu Plan: 1,004,381 HS 19-20 LUNCH W2D4
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|--------------------------------|--------------|-------------------|--------------------|
| 7144 | CHICKEN PATTY 30# HOMESTYLE WG | 1 | SERVING 3.05 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 184.0000 | kcal | |
| | | | | |
| A005 | POTATOES, MASHED | 1 | 1/2 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.3963 | kcal | |
| | | | | |
| A525 | GRAVY POULTRY LS #2422 | 1 | 2 OZ | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 2.3897 | kcal | |
| | | | | |
| A327 | ROLL, DINNER WG #1974 | 1 | 1 DINNER ROLL | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 130.0000 | kcal | |
| | | | | |
| A400 | QUESO NACHO 4OZ HS | 1 | 1 NACHO 4 OZ QUES | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 506.0001* | kcal | |
| | | | | |

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



Independence Central Office

Scheduled Menu Plans

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

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|-------|--------------------------------|--------------|--------------|-----|
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A372 | GREEN BEANS-2017 | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 35.0868 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6679 | g | |
| A070 | CARROTS, COOKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 44.9850 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 10.4965 | g | |
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7046 | BEANS, NORTHERN GR (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 82.4860 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 15.5007 | g | |
| a7074 | BLUEBERRIES #7074 | 1 | 1 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 77.1120 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.7206 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |

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Independence Central Office

Scheduled Menu Plans

| | | | | |
|------|-------------------------------|--------------|--------------|-----|
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | | | | |
| 1097 | MUSTARD | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| | | | | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | | | | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | | | | |
| 1086 | SAUCE BBQ | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| | | | | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| | | | | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| | | | | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| | | | | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| | | | | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| | | | | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| | | | | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/30/2019

Feeding Figure: 350

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades 9-12
Date: 8/30/2019 **Feeding Figure:** 1050
Base Menu Plan: 4,893 HS 19-20 LUNCH W2D5
Menu Comments:

| Stock Number | Description | Serving Size | Measure | Projected Quantity |
|--------------|-------------------------|--------------|---------------|--------------------|
| A354 | CHICKEN NUGGETS WG | 1 | 1 SERVING (7) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 280.0000 | kcal | |
| | | | | |
| A351 | WAFFLE WG #2356 | 1 | 1 WAFFLE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 80.0000 | kcal | |
| | | | | |
| 1122 | SYRUP PKT SAUER 1.5 OZ | 1 | PKT (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0000 | kcal | |
| | | | | |
| A345 | PIZZA FIESTADA WG #2170 | 1 | 1 PIECE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 340.0001 | kcal | |
| | | | | |
| A100 | CHEESEBURGER ON WG BUN | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 348.0001 | kcal | |
| | | | | |
| A004 | HAMBURGER ON WG BUN | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 294.4942 | kcal | |
| | | | | |

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Independence Central Office

Scheduled Menu Plans

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|------|--------------------------------|--------------|------------------|-----|
| A195 | SANDWICH, CHICKEN WG | 1 | 1 SANDWICH | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 369.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A197 | CHICKEN SPICY SANDWICH | 1 | 1 SANDWICH | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 354.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.0001 | g | |
| A541 | POTATO WEDGE FRIES #7090 | 1 | 1/2 CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 87.8623 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 19.8736 | g | |
| A307 | PIZZA PEPPERONI HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 465.0049 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.6927 | g | |
| a305 | PIZZA CHEESE HOMEMADE | 1 | 1 SLICE | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 455.8583 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 51.5065 | g | |
| A478 | PIZZA VEGGIE HOMEMADE | 1 | 1 SLICE | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 502.0197 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 52.9579 | g | |
| A473 | GRAB NGO UNCRUSTABLE PBJ-grape | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 640.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 86.0000 | g | |
| A472 | GRAB NGO UNCRUSTABLE PBJ-straw | 1 | 1 SANDWICH/CHIPS | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 650.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 84.9998 | g | |
| a234 | GRAB N GO YOGURT MEAL W/CINN | 1 | 1 MEAL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 589.9999 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 96.0001 | g | |
| A484 | GRAB N GO SALAD-DICED CHICKEN | 1 | 1 SALAD/ROLL | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 468.9719 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2317 | g | |
| A485 | GRAB N GO SALAD-BASIC-NO MEAT | 1 | 1 SALAD/ROLL | 0 |
| | Nutrient | Value | Units | |
| | Food Energy | 391.2225 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 39.2259 | g | |
| A066 | CUCUMBER SALAD | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 30.9338 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 7.7645 | g | |
| A067 | BEANS, BAKED | 1 | 1 CUP | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 235.4065 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 44.2487 | g | |

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Independence Central Office

Scheduled Menu Plans

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|-------|--------------------------|--------------|--------------|-----|
| A003 | SALAD, DARK GREENS | 1 | 1 CUP | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 7.2882 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.1662 | g | |
| a360 | CARROT, FRESH SHREDDED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 11.6147 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 2.7139 | g | |
| A361 | TOMATO, FRESH DICED | 1 | 1/4 CUP | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 8.1076 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 1.7522 | g | |
| A7020 | BEANS, BLACK (SALAD BAR) | 1 | 1/4 CUP | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 75.1369 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 13.7866 | g | |
| 1340 | APPLESAUCE UNSWEETENED | 1 | CUP | 336 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 26.0000 | g | |
| 1320 | APPLE GOLDEN 138 | 1 | APPLE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 83.0140 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 21.7113 | g | |
| 2079 | APPLE GALA 138 CT | 1 | APPLE (1) | 168 |
| | Nutrient | Value | Units | |
| | Food Energy | 74.8864 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 18.3074 | g | |
| 1333 | BANANAS PREM 40LB | 1 | BANANA (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 110.0000 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 29.0000 | g | |
| 1329 | ORANGE 138 CT | 1 | ORANGE (1) | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 50.0368 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 11.8837 | g | |
| 1468 | JUICE BLUE RAZZ | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 1467 | JUICE ROYAL GRAPE | 1 | CARTON (1) | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 60.0001 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 14.0000 | g | |
| 2286 | KETCHUP JUG WITH PUMP | 1 | Ounce | 210 |
| | Nutrient | Value | Units | |
| | Food Energy | 33.3278 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 8.3320 | g | |
| 2225 | KETCHUP SRIRACHA | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 24.9959 | kcal | |
| | Nutrient | Value | Units | |
| | Carbohydrate | 6.6656 | g | |

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Independence Central Office

Scheduled Menu Plans

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|------|-------------------------------|--------------|--------------|-----|
| 1097 | MUSTARD | 1 | Ounce | 26 |
| | Nutrient | Value | Units | |
| | Food Energy | 0.0000 | kcal | |
| 1086 | SAUCE BBQ | 1 | Ounce | 17 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.1618 | kcal | |
| 2366 | DRESSING ITALIAN OTT'S | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 29.3055 | kcal | |
| 2365 | DRESSING RANCH OTT'S | 1 | Ounce | 84 |
| | Nutrient | Value | Units | |
| | Food Energy | 85.8443 | kcal | |
| 1832 | DRESSING CAESAR LITE | 1 | Ounce | 9 |
| | Nutrient | Value | Units | |
| | Food Energy | 61.9469 | kcal | |
| 2364 | DRESSING CHIPOTLE RANCH OTT'S | 1 | Ounce | 42 |
| | Nutrient | Value | Units | |
| | Food Energy | 141.6433 | kcal | |
| 2154 | MILK CHOC CARTON FF 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 129.9999 | kcal | |
| 2139 | MILK STRAW FF CARTON 8 OZ | 1 | CARTON (1) | 294 |
| | Nutrient | Value | Units | |
| | Food Energy | 120.0001 | kcal | |
| 1027 | MILK 1% WHITE LF CARTON 8 OZ | 1 | CARTON (1) | 252 |
| | Nutrient | Value | Units | |
| | Food Energy | 100.0000 | kcal | |

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