



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/14/2019

Feeding Figure: 35

Base Menu Plan: 4,946 IA HS BFAST W1D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	43.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28		
	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
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	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)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
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: 8/14/2019 **Feeding Figure:** 75
Base Menu Plan: 1,004,366 IA HS LUNCH W1D1 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	92
Nutrient		Value	Units	
Food Energy		369.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	92
Nutrient		Value	Units	
Food Energy		10.4961	kcal	
Nutrient		Value	Units	
Carbohydrate		2.0652	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	92
Nutrient		Value	Units	
Food Energy		87.8623	kcal	
Nutrient		Value	Units	
Carbohydrate		19.8736	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
A057	BROCCOLI, STEAMED	1	1 CUP	22
Nutrient		Value	Units	
Food Energy		56.4227	kcal	
Nutrient		Value	Units	
Carbohydrate		9.0487	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
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	2
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	
1347	PEACHES SLICD IN LS	1	CUP	22
Nutrient		Value	Units	
Food Energy		162.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		39.5999	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	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: 8/15/2019

Feeding Figure: 35

Base Menu Plan: 4,947 IA HS BFAST W1D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	240.0000	kcal	Carbohydrate	31.0000	g
1392	POP TART STRAW WG	1	PKG (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28		
	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
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	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)	31		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	11.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 8/15/2019
Base Menu Plan: 4,957 IA HS LUNCH W1D4 19-20
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 75

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A078	MEATLOAF-HOMEMADE	1	1 SLICE	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	287.0395	kcal	Carbohydrate	13.8427	g
A005	POTATOES, MASHED	1	1/2 CUP	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	85.3963	kcal	Carbohydrate	18.1467	g
A524	GRAVY BROWN LS #2421	1	2 OZ	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	25.2695	kcal	Carbohydrate	4.0431	g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	178.5303	kcal	Carbohydrate	29.0164	g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	574.3314	kcal	Carbohydrate	82.4271	g
A012	PEAS	1	1 CUP	49		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	159.9816	kcal	Carbohydrate	27.5745	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.2882	kcal	Carbohydrate	1.1662	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	82.4860	kcal	Carbohydrate	15.5007	g
7029	FRUIT MIXED	1	CUP	22		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	30.0001	g

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Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/16/2019

Feeding Figure: 35

Base Menu Plan: 4,948 IA HS BFAST W1D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	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	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch
Date: 8/16/2019
Base Menu Plan: 4,958 IA HS LUNCH W1D5 19-20
Menu Comments:

Serving Line: MAIN

Age Group: Grades 9-12
Feeding Figure: 75

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	18.2000	g
A351	WAFFLE WG #2356	1	1 WAFFLE	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	12.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	92		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	121.4321	kcal	Carbohydrate	31.3700	g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	739.8272	kcal	Carbohydrate	95.3950	g
A067	BEANS, BAKED	1	1 CUP	22		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	235.4065	kcal	Carbohydrate	44.2487	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	7.2882	kcal	Carbohydrate	1.1662	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
a7074	BLUEBERRIES #7074	1	1 CUP	22		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	77.1120	kcal	Carbohydrate	18.7206	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	82.1084	kcal	Carbohydrate	21.4745	g

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Independence Central Office

Scheduled Menu Plans

1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	169.0114	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/19/2019

Feeding Figure: 35

Base Menu Plan: 4,949 IA HS BFAST W2D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	55
	Nutrient	Value	Units	
	Food Energy	220.0000	kcal	
			Carbohydrate	40.0000 g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
			Carbohydrate	31.0000 g

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	21
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	80.0000 kcals	Carbohydrate	0.0000 g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	110.0000 kcals	Carbohydrate	23.0000 g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	110.0000 kcals	Carbohydrate	22.0000 g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	299.9999 kcals	Carbohydrate	37.0000 g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	31.2730 kcals	Carbohydrate	7.4273 g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	60.0001 kcals	Carbohydrate	14.0000 g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	120.0000 kcals	Carbohydrate	12.9999 g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	129.9999 kcals	Carbohydrate	23.0000 g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	120.0001 kcals	Carbohydrate	22.0001 g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	100.0000 kcals	Carbohydrate	11.0000 g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/19/2019

Feeding Figure: 75

Base Menu Plan: 4,971 IA HS LUNCH W4D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	92
Nutrient	Value Units	Nutrient	Value Units	
Food Energy	249.9894 kcals	Carbohydrate	38.9410 g	

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Independence Central Office

Scheduled Menu Plans

2416	FORTUNE COOKIE 40002	1	PKG (1)	92
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A011	VEGETABLES, MIXED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	76.7782	kcal	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
1350	PINEAPPLE BITS IN LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	139.8944	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	33
	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)	38
	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)	38
	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:** 35
Base Menu Plan: 4,950 IA HS BFAST W2D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	34
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	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:** 75
Base Menu Plan: 4,960 IA HS LUNCH W2D2 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	87
	Nutrient	Value	Units	
	Food Energy	254.4123	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.7681	g	
A016	RICE, MEXICAN-STYLE	1	1 CUP	87
	Nutrient	Value	Units	
	Food Energy	157.6401	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9757	g	
A016	RICE, MEXICAN-STYLE	1	1 CUP	87
	Nutrient	Value	Units	
	Food Energy	157.6401	kcal	
	Nutrient	Value	Units	
	Carbohydrate	26.9757	g	
7045	SALSA	1	Ounce	87
	Nutrient	Value	Units	
	Food Energy	8.8527	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7705	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	21
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1 CUP	44
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
	Nutrient	Value	Units	
	Carbohydrate	9.0487	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	162.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.5999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	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

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
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)	38
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)	33
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: 8/21/2019 **Feeding Figure:** 35
Base Menu Plan: 4,951 IA HS BFAST W2D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	55
Nutrient		Value	Units	
	Food Energy	176.5800	kcal	
Nutrient		Value	Units	
	Carbohydrate	21.0400	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
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	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
Nutrient		Value	Units	
	Food Energy	110.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
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

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	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:** 75
Base Menu Plan: 1,004,368 IA HS LUNCH W2D3 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	92
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	27
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	87.8623	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.8736	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.4271	g	
A070	CARROTS, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	44.9850	kcal	
	Nutrient	Value	Units	
	Carbohydrate	10.4965	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	54
	Nutrient	Value	Units	
	Food Energy	68.7980	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	49
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	4
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	5
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	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)	38
	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)	33
	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:** 35
Base Menu Plan: 4,952 IA HS BFAST W2D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A230	BISCUIT W/GRAVY, WG. LRG SPLT	1	1 SERVING	55
	Nutrient	Value	Units	
	Food Energy	259.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.4986	g	
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9150	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	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	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	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

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	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: 8/22/2019 **Feeding Figure:** 75
Base Menu Plan: 4,962 IA HS LUNCH W2D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	92
	Nutrient	Value	Units	
	Food Energy	200.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A140	COUNTRY GRAVY	1	2 OZ	92
	Nutrient	Value	Units	
	Food Energy	59.4904	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.4986	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	92
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A359	CORN, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	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	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	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	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6655	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	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)	38
	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)	33
	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:** 35
Base Menu Plan: 4,953 IA HS BFAST W2D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.0000	g	
2215	CRISPS CINNAMON	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	150.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	25.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	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	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	Nutrient	Value	Units	
	Food Energy	30.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	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

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	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:** 75
Base Menu Plan: 4,963 IA HS LUNCH W2D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	92
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A372	GREEN BEANS-2017	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	

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Independence Central Office

Scheduled Menu Plans

A050	APPLES, HOT SPICED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	243.0672	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/26/2019

Feeding Figure: 35

Base Menu Plan: 4,944 IA HS BFAST W1D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

2472	TOAST APPLE CINNAMON WG	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	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	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	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: 8/26/2019

Feeding Figure: 85

Base Menu Plan: 4,964 IA HS LUNCH W3D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	92
	Nutrient	Value	Units	
	Food Energy	267.0000	kcal	
A015	MAC AND CHEESE	1	1/2 CUP	92
	Nutrient	Value	Units	
	Food Energy	235.7995	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
A057	BROCCOLI, STEAMED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	56.4227	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
7029	FRUIT MIXED	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	3
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	3
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	3
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/27/2019

Feeding Figure: 35

Base Menu Plan: 4,945 IA HS BFAST W1D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
A029	TOAST, WG	1	1 SLICE	55
	Nutrient	Value	Units	
	Food Energy	112.5000	kcal	

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Independence Central Office

Scheduled Menu Plans

2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	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)	34
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	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: 85

Base Menu Plan: 4,965 IA HS LUNCH W3D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN	1	1 NACHO	92
	Nutrient	Value	Units	
	Food Energy	460.6936	kcal	

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Independence Central Office

Scheduled Menu Plans

7045	SALSA	1	1/4 CUP	92
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
A069	BEANS, REFRIED	1	1/2 CUP	22
	Nutrient	Value	Units	
	Food Energy	131.7402	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.3267	g	
A359	CORN, COOKED	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	198.5151	kcal	
	Nutrient	Value	Units	
	Carbohydrate	41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1348	PEARS SLICD IN LS	1	CUP	22
	Nutrient	Value	Units	
	Food Energy	159.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	40.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	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

2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades 9-12

Date: 8/28/2019

Feeding Figure: 35

Base Menu Plan: 4,946 IA HS BFAST W1D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	55
	Nutrient	Value	Units	
	Food Energy	250.0000	kcal	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	

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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	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	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)	17
	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: 8/28/2019

Feeding Figure: 85

Base Menu Plan: 1,004,369 IA HS LUNCH W3D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	92
	Nutrient	Value	Units	
	Food Energy	346.6368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.1894	g	
1361	BREADSTICK WG	1	STICK (1)	92
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A372	GREEN BEANS-2017	1	1 CUP	22
	Nutrient	Value	Units	
	Food Energy	35.0868	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6679	g	

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Independence Central Office

Scheduled Menu Plans

a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	22
	Nutrient	Value	Units	
	Food Energy	58.5775	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	6
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	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)	33
	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: 8/29/2019 **Feeding Figure:** 35
Base Menu Plan: 4,947 IA HS BFAST W1D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	28
	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	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	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)	31
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	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)	17
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: 8/29/2019 **Feeding Figure:** 85
Base Menu Plan: 4,967 IA HS LUNCH W3D4 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	92
Nutrient		Value	Units	
Food Energy		280.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		18.2000	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	92
Nutrient		Value	Units	
Food Energy		2.3897	kcal	
Nutrient		Value	Units	
Carbohydrate		0.2868	g	
A005	POTATOES, MASHED	1	1/2 CUP	92
Nutrient		Value	Units	
Food Energy		85.3963	kcal	
Nutrient		Value	Units	
Carbohydrate		18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	92
Nutrient		Value	Units	
Food Energy		178.5303	kcal	
Nutrient		Value	Units	
Carbohydrate		29.0164	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	16
Nutrient		Value	Units	
Food Energy		574.3314	kcal	
Nutrient		Value	Units	
Carbohydrate		82.4271	g	
A012	PEAS	1	1 CUP	49
Nutrient		Value	Units	
Food Energy		159.9816	kcal	
Nutrient		Value	Units	
Carbohydrate		27.5745	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
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	2
Nutrient		Value	Units	
Food Energy		82.4860	kcal	
Nutrient		Value	Units	
Carbohydrate		15.5007	g	

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Independence Central Office

Scheduled Menu Plans

2463	JUICE KIWI-STRAWBERRY	1	SERVING 4.4 OZ	81
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	54
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1086	SAUCE BBQ	1	Ounce	4
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	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: 35

Base Menu Plan: 4,948 IA HS BFAST W1D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	100.0000	kcal	Carbohydrate	17.0000	g
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	130.0000	kcal	Carbohydrate	20.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	28		
	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
2106	APPLE SLICES 100/2 OZ	1	PKG	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21		
	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)	31		
	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)	17
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: 8/30/2019 **Feeding Figure:** 85
Base Menu Plan: 4,968 IA HS LUNCH W3D5 19-20
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	92
Nutrient		Value	Units	
Food Energy		340.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	16
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
A359	CORN, COOKED	1	1 CUP	22
Nutrient		Value	Units	
Food Energy		198.5151	kcal	
Nutrient		Value	Units	
Carbohydrate		41.7145	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
Nutrient		Value	Units	
Food Energy		75.1369	kcal	
Nutrient		Value	Units	
Carbohydrate		13.7866	g	
a7074	BLUEBERRIES #7074	1	1 CUP	22
Nutrient		Value	Units	
Food Energy		77.1120	kcal	
Nutrient		Value	Units	
Carbohydrate		18.7206	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
Nutrient		Value	Units	
Food Energy		83.0140	kcal	
Nutrient		Value	Units	
Carbohydrate		21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
Nutrient		Value	Units	
Food Energy		83.0140	kcal	
Nutrient		Value	Units	
Carbohydrate		21.7113	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	4
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	38
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	33
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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