



Independence Central Office

Scheduled Menu Plans

1021 Independence Academy

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/14/2019

Feeding Figure: 70

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

Menu Comments:

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

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/14/2019      **Feeding Figure:** 65  
**Base Menu Plan:** 1,004,365 IA K-8 LUNCH W1D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		369.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		10.4961	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.0652	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		87.8623	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		19.8736	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		739.8272	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		95.3950	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		42.3607	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		6.7936	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		82.4860	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.5007	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		121.5000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		29.6999	g	

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1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	33
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/15/2019

Feeding Figure: 70

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

Menu Comments:

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

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/15/2019

Feeding Figure: 65

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	287.0395	kcal	Carbohydrate
				13.8427 g
A026	ROLLS, WHEAT, WG	1	2 OUNCE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	178.5303	kcal	Carbohydrate
				29.0164 g
A005	POTATOES, MASHED	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A524	GRAVY BROWN LS #2421	1	2 OZ	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	25.2695	kcal	Carbohydrate
				4.0431 g
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	574.3314	kcal	Carbohydrate
				82.4271 g
A012	PEAS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	119.8392	kcal	Carbohydrate
				20.6555 g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	7.2882	kcal	Carbohydrate
				1.1662 g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	82.4860	kcal	Carbohydrate
				15.5007 g
7029	FRUIT MIXED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	90.0000	kcal	Carbohydrate
				22.5000 g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/16/2019

Feeding Figure: 70

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/16/2019

Feeding Figure: 65

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	103		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	18.2000	g
A351	WAFFLE WG #2356	1	1 WAFFLE	103		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	12.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	103		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	739.8272	kcal	Carbohydrate	95.3950	g
A067	BEANS, BAKED	1	3/4 CUP	22		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	176.5862	kcal	Carbohydrate	33.1924	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.2882	kcal	Carbohydrate	1.1662	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
a7074	BLUEBERRIES #7074	1	3/4 CUP	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	57.8500	kcal	Carbohydrate	14.0444	g
1320	APPLE GOLDEN 138	1	APPLE (1)	6		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	130.0000	kcal	Carbohydrate	33.9999	g

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**Independence Central Office**

**Scheduled Menu Plans**

<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
1319 APPLE RED 138 CT			
Food Energy	130.0000	kcal	
1333 BANANAS PREM 40LB			
Food Energy	110.0000	kcal	
2280 JUICE APPLE 100% 4 OZ			
Food Energy	60.0001	kcal	
2140 JUICE ORANGE 4 OZ			
Food Energy	120.0000	kcal	
2365 DRESSING RANCH OTT'S			
Food Energy	85.8443	kcal	
1086 SAUCE BBQ			
Food Energy	29.1618	kcal	
2286 KETCHUP JUG WITH PUMP			
Food Energy	33.3278	kcal	
1097 MUSTARD			
Food Energy	0.0000	kcal	
2366 DRESSING ITALIAN OTT'S			
Food Energy	29.3055	kcal	
2154 MILK CHOC CARTON FF 8 OZ			
Food Energy	129.9999	kcal	
2139 MILK STRAW FF CARTON 8 OZ			
Food Energy	120.0001	kcal	
1027 MILK 1% WHITE LF CARTON 8 OZ			
Food Energy	100.0000	kcal	

<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
1 APPLE (1)			
Carbohydrate	33.9999	g	6
1 BANANA (1)			
Carbohydrate	29.0000	g	4
1 CARTON (1)			
Carbohydrate	14.0000	g	27
1 CARTON (1)			
Carbohydrate	12.9999	g	27
1 Ounce			
Carbohydrate	4.2922	g	2
1 Ounce			
Carbohydrate	6.6655	g	11
1 Ounce			
Carbohydrate	8.3320	g	11
1 Ounce			
Carbohydrate	0.0000	g	6
1 Ounce			
Carbohydrate	7.8148	g	2
1 CARTON (1)			
Carbohydrate	23.0000	g	22
1 CARTON (1)			
Carbohydrate	22.0001	g	27
1 CARTON (1)			
Carbohydrate	11.0000	g	22

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/19/2019

Feeding Figure: 70

Base Menu Plan: 4,919 IA K-8 BFAST W2D1 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A468	PANCAKE STRAWBERRY #2410	1	1 PKG	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	40.0000	g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	55		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	31.0000	g
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	23.0000	g
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	22.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	51		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	12.9999	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/19/2019      **Feeding Figure:** 65  
**Base Menu Plan:** 4,941 IA K-8 LUNCH W4D3 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		249.9894	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.9410	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		574.3314	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		82.4271	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		57.6055	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.6733	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		95.3707	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		17.5171	g	
1350	PINEAPPLE BITS IN LS	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		104.9208	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		25.4808	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		83.0140	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.7113	g	

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/20/2019

Feeding Figure: 70

Base Menu Plan: 4,920 IA K-8 BFAST W2D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	

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2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	74.8864	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.3074	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/20/2019

Feeding Figure: 65

Base Menu Plan: 4,930 IA K-8 LUNCH W2D2 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	254.4123	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.7681	g	

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A016	RICE, MEXICAN-STYLE	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	Food Energy	78.7958	kcal	
A016	RICE, MEXICAN-STYLE	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	Food Energy	78.7958	kcal	
7045	SALSA	1	Ounce	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.8527	kcal	
	Carbohydrate	1.7705	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	Carbohydrate	95.3950	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	42.3607	kcal	
	Carbohydrate	6.7936	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	Carbohydrate	13.7866	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.5000	kcal	
	Carbohydrate	29.6999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	Carbohydrate	29.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/21/2019

Feeding Figure: 70

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/21/2019

Feeding Figure: 65

Base Menu Plan: 1,004,367 IA K-8 LUNCH W2D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	348.0001	kcal	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	87.8623	kcal	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	10.4961	kcal	

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Independence Central Office

Scheduled Menu Plans

A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	574.3314	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	82.4271	g	
A070	CARROTS, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.7337	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8712	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	95.3707	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.5171	g	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	44
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	68.7980	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.9971	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	44
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/22/2019      **Feeding Figure:** 70  
**Base Menu Plan:** 4,922 IA K-8 BFAST W2D4 19-20  
**Menu Comments:**

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

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/22/2019

Feeding Figure: 65

Base Menu Plan: 4,932 IA K-8 LUNCH W2D4 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	200.0000	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
A140	COUNTRY GRAVY	1	2 OZ	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	

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Scheduled Menu Plans

A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A359	CORN, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	149.0646	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.3233	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	119.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.0000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/23/2019

Feeding Figure: 70

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A395	YOGURT STRAW/BAN #1167	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.0000	g	
2215	CRISPS CINNAMON	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	150.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	25.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	

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1015	CHEESE STRING MOZ LT	1	PKG (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	24
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/23/2019

Feeding Figure: 65

Base Menu Plan: 4,933 IA K-8 LUNCH W2D5 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	579.6664	kcal	
A372	GREEN BEANS-2017	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.3017	kcal	

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a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
A050	APPLES, HOT SPICED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	182.5194	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.6237	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.7113	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0000	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/26/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,914 IA K-8 BFAST W1D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	45.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	31.2730	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.4273	g	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/26/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,934 IA K-8 LUNCH W3D1 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	267.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	33.0001	g	
A015	MAC AND CHEESE	1	1/2 CUP	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	235.7995	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0593	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	42.3607	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.7936	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.5000	g	

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1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	54
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
1086	SAUCE BBQ	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/27/2019

Feeding Figure: 75

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.9017	kcal	
			<b>Nutrient</b>	
			Carbohydrate	3.9150 g
A029	TOAST, WG	1	1 SLICE	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	112.5000	kcal	
			<b>Nutrient</b>	
			Carbohydrate	18.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
			<b>Nutrient</b>	
			Carbohydrate	38.0000 g
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
			<b>Nutrient</b>	
			Carbohydrate	38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
			<b>Nutrient</b>	
			Carbohydrate	0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
			<b>Nutrient</b>	
			Carbohydrate	37.0000 g
2079	APPLE GALA 138 CT	1	APPLE (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	139.0768	kcal	
			<b>Nutrient</b>	
			Carbohydrate	33.9999 g
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
			<b>Nutrient</b>	
			Carbohydrate	14.0000 g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
			<b>Nutrient</b>	
			Carbohydrate	12.9999 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
			<b>Nutrient</b>	
			Carbohydrate	23.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
			<b>Nutrient</b>	
			Carbohydrate	22.0001 g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		11.0000	g	

**Serving Period:** Lunch **Serving Line:** MAIN **Age Group:** Grades K-8  
**Date:** 8/27/2019 **Feeding Figure:** 75  
**Base Menu Plan:** 4,935 IA K-8 LUNCH W3D2 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN	1	1 NACHO	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		460.6936	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		40.2176	g	
7045	SALSA	1	1/4 CUP	103
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	5
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		579.6664	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		81.8469	g	
A069	BEANS, REFRIED	1	1/2 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		131.7402	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.3267	g	
A359	CORN, COOKED	1	3/4 CUP	22
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		540.7471	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		113.6286	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.2882	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		75.1369	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.7866	g	
1348	PEARS SLICD IN LS	1	3/4 CUP	27
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		119.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		30.0000	g	

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/28/2019

Feeding Figure: 75

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

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	250.0000	kcal	
			Carbohydrate	43.0000 g

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Independence Central Office

Scheduled Menu Plans

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

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/28/2019

Feeding Figure: 75

Base Menu Plan: 1,004,370 IA K-8 LUNCH W3D3 19-20

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG	1	1 PIECE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	346.6368	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.1894	g	

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Independence Central Office

Scheduled Menu Plans

1361	BREADSTICK WG	1	STICK (1)	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
A372	GREEN BEANS-2017	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.3017	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	1/2 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	52.0393	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
			Carbohydrate	12.9999 g

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Independence Central Office

Scheduled Menu Plans

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

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/29/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,917 IA K-8 BFAST W1D4 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A324	PIZZA 3.67oz TRKYSAU BRKFST IW	1	1 PIZZA	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	240.0000	kcal	Carbohydrate
				31.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1392	POP TART STRAW WG	1	PKG (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	299.9999	kcal	Carbohydrate
				37.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g

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**Independence Central Office**

**Scheduled Menu Plans**

2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>60.0001</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	60.0001	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>14.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	14.0000	g	
Nutrient	Value	Units														
Food Energy	60.0001	kcal														
Nutrient	Value	Units														
Carbohydrate	14.0000	g														
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17												
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Food Energy	120.0000	kcal														
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Carbohydrate	12.9999	g														
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21												
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Carbohydrate	23.0000	g														
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31												
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Nutrient	Value	Units														
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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17												
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Carbohydrate	11.0000	g														

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/29/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,937 IA K-8 LUNCH W3D4 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity												
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	103												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>200.0000</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	200.0000	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>13.0000</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	13.0000	g	
Nutrient	Value	Units														
Food Energy	200.0000	kcal														
Nutrient	Value	Units														
Carbohydrate	13.0000	g														
A525	GRAVY POULTRY LS #2422	1	2 OZ	103												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>2.3897</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	2.3897	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>0.2868</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	0.2868	g	
Nutrient	Value	Units														
Food Energy	2.3897	kcal														
Nutrient	Value	Units														
Carbohydrate	0.2868	g														
A005	POTATOES, MASHED	1	1/2 CUP	103												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>85.3963</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	85.3963	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>18.1467</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	18.1467	g	
Nutrient	Value	Units														
Food Energy	85.3963	kcal														
Nutrient	Value	Units														
Carbohydrate	18.1467	g														
A026	ROLLS, WHEAT, WG	1	2 OUNCE	103												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>178.5303</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	178.5303	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>29.0164</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	29.0164	g	
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	5												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>574.3314</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	574.3314	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>82.4271</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	82.4271	g	
Nutrient	Value	Units														
Food Energy	574.3314	kcal														
Nutrient	Value	Units														
Carbohydrate	82.4271	g														
A012	PEAS	1	3/4 CUP	22												
<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Food Energy</td> <td>119.8392</td> <td>kcal</td> </tr> </tbody> </table>		Nutrient	Value	Units	Food Energy	119.8392	kcal	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Value</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>20.6555</td> <td>g</td> </tr> </tbody> </table>		Nutrient	Value	Units	Carbohydrate	20.6555	g	
Nutrient	Value	Units														
Food Energy	119.8392	kcal														
Nutrient	Value	Units														
Carbohydrate	20.6555	g														

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a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
2463	JUICE KIWI-STRAWBERRY	1	SERVING 4.4 OZ	81
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	

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1086	SAUCE BBQ	1	Ounce	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/30/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,918 IA K-8 BFAST W1D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A420	YOGURT RASP/PEACH #1159	1	1 CONTAINER	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	17.0000	g	
2471	GRANOLA GAVINS'S CINNAMON	1	POUCH (1)	55
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
2216	CEREAL CINN TOAST CRUNCH BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0000	g	
2163	CEREAL LUCKY CHARMS BOWL	1	BOWL (1)	7
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	299.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	37.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	

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2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	34
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	21
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	17
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	11.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-8  
**Date:** 8/30/2019      **Feeding Figure:** 75  
**Base Menu Plan:** 4,938 IA K-8 LUNCH W3D5 19-20  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	103
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	5
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	739.8272	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	95.3950	g	
A359	CORN, COOKED	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	540.7471	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	113.6286	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.2882	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	

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A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
a7074	BLUEBERRIES #7074	1	3/4 CUP	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	57.8500	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1319	APPLE RED 138 CT	1	APPLE (1)	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	4
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
2280	JUICE APPLE 100% 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	2
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	22
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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