



Independence Central Office

Scheduled Menu Plans

3060 Nowlin Middle School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/14/2019

Feeding Figure: 521

Base Menu Plan: 4,846 MS BIC 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	209		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
2079	APPLE GALA 138 CT	1	APPLE (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	79		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	391		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
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)	178
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)	172
Nutrient		Value	Units	
	Food Energy	100.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/14/2019 **Feeding Figure:** 800
Base Menu Plan: 5,038 MS 19-20 AUG LUNCH W1D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
a539	FIESTA NACHO-CHICKEN	1	1 NACHO	304
Nutrient		Value	Units	
	Food Energy	460.6936	kcal	
Nutrient		Value	Units	
	Carbohydrate	40.2176	g	
A069	BEANS, REFRIED	1	1/2 CUP	304
Nutrient		Value	Units	
	Food Energy	131.7402	kcal	
Nutrient		Value	Units	
	Carbohydrate	20.3267	g	
A510	PEPPER/ONION BLEND	1	1/4 CUP	304
Nutrient		Value	Units	
	Food Energy	10.4004	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.6001	g	
7045	SALSA	1	1/4 CUP	304
Nutrient		Value	Units	
	Food Energy	20.0000	kcal	
Nutrient		Value	Units	
	Carbohydrate	4.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	228
Nutrient		Value	Units	
	Food Energy	348.0001	kcal	
Nutrient		Value	Units	
	Carbohydrate	27.0000	g	
A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	228
Nutrient		Value	Units	
	Food Energy	87.8623	kcal	
Nutrient		Value	Units	
	Carbohydrate	19.8736	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	228
Nutrient		Value	Units	
	Food Energy	10.4961	kcal	
Nutrient		Value	Units	
	Carbohydrate	2.0652	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	152
Nutrient		Value	Units	
	Food Energy	465.0049	kcal	
Nutrient		Value	Units	
	Carbohydrate	51.6927	g	

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Independence Central Office

Scheduled Menu Plans

A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	76
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
A011	VEGETABLES, MIXED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	57.6055	kcal	
A057	BROCCOLI, STEAMED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
1347	PEACHES SLICD IN LS	1	1/2 CUP	304
	Nutrient	Value	Units	
	Food Energy	81.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	76
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	190
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
A473	GRAB NGO UNCRUSTABLE PBJ-grape	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	640.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	86.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	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)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/15/2019

Feeding Figure: 350

Base Menu Plan: 4,636 MS BIC AUG 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	256
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	

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1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
1394	POP TART WG BRN SUGAR	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	180.0000	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)	131
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	131
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	183
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	178
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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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: 800

Base Menu Plan: 5,039 MS 19-20 AUG LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2344	CHICKEN PATTY 3.05 OZ #6654	1	PATTY (1)	304
	Nutrient	Value	Units	Nutrient
	Food Energy	200.0000	kcal	Carbohydrate
				13.0000 g
A525	GRAVY POULTRY LS #2422	1	2 OZ	304
	Nutrient	Value	Units	Nutrient
	Food Energy	2.3897	kcal	Carbohydrate
				0.2868 g
A005	POTATOES, MASHED	1	1/2 CUP	304
	Nutrient	Value	Units	Nutrient
	Food Energy	85.3963	kcal	Carbohydrate
				18.1467 g
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	304
	Nutrient	Value	Units	Nutrient
	Food Energy	130.0000	kcal	Carbohydrate
				20.0000 g
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	228
	Nutrient	Value	Units	Nutrient
	Food Energy	460.0000	kcal	Carbohydrate
				48.0000 g
A033	SAUCE, TARTER	1	1 OZ	228
	Nutrient	Value	Units	Nutrient
	Food Energy	26.9446	kcal	Carbohydrate
				2.9494 g
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	152
	Nutrient	Value	Units	Nutrient
	Food Energy	349.9999	kcal	Carbohydrate
				38.0000 g
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	Nutrient
	Food Energy	579.6664	kcal	Carbohydrate
				81.8469 g
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	37
	Nutrient	Value	Units	Nutrient
	Food Energy	589.9999	kcal	Carbohydrate
				96.0001 g
A070	CARROTS, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	Nutrient
	Food Energy	33.7337	kcal	Carbohydrate
				7.8712 g
A372	GREEN BEANS-2017	1	3/4 CUP	114
	Nutrient	Value	Units	Nutrient
	Food Energy	26.3017	kcal	Carbohydrate
				4.9984 g

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Scheduled Menu Plans

A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
1348	PEARS SLICD IN LS	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1086	SAUCE BBQ	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	

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Independence Central Office

Scheduled Menu Plans

2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	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)	152
	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)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/16/2019

Feeding Figure: 350

Base Menu Plan: 4,848 MS BIC 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	256
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	45.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	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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Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	131
	Nutrient	Value	Units	Nutrient
	Food Energy	74.8864	kcal	Carbohydrate
				18.3074 g
1333	BANANAS PREM 40LB	1	BANANA (1)	131
	Nutrient	Value	Units	Nutrient
	Food Energy	110.0000	kcal	Carbohydrate
				29.0000 g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53
	Nutrient	Value	Units	Nutrient
	Food Energy	31.2730	kcal	Carbohydrate
				7.4273 g
1468	JUICE BLUE RAZZ	1	CARTON (1)	183
	Nutrient	Value	Units	Nutrient
	Food Energy	60.0001	kcal	Carbohydrate
				14.0000 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	Nutrient
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	Nutrient
	Food Energy	100.0000	kcal	Carbohydrate
				11.0000 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	178
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0001	kcal	Carbohydrate
				22.0001 g

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/16/2019

Feeding Figure: 800

Base Menu Plan: 5,040 MS 19-20 AUG LUNCH W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	304
	Nutrient	Value	Units	Nutrient
	Food Energy	280.0000	kcal	Carbohydrate
				18.2000 g
A351	WAFFLE WG #2356	1	1 WAFFLE	304
	Nutrient	Value	Units	Nutrient
	Food Energy	80.0000	kcal	Carbohydrate
				12.0000 g
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	304
	Nutrient	Value	Units	Nutrient
	Food Energy	120.0000	kcal	Carbohydrate
				31.0000 g
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	152
	Nutrient	Value	Units	Nutrient
	Food Energy	340.0000	kcal	Carbohydrate
				41.0001 g

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Independence Central Office

Scheduled Menu Plans

1310	SAUCE MARINARA	1	(2 OZ) SERVING	152
	Nutrient	Value	Units	
	Food Energy	45.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.5000	g	
A365	HOTDOG	1	1 HOTDOG	152
	Nutrient	Value	Units	
	Food Energy	350.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A359	CORN, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A012	PEAS	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6555	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	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

1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	76
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1103	PICKLE RELISH	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
1086	SAUCE BBQ	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	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 K-8

Date: 8/19/2019

Feeding Figure: 350

Base Menu Plan: 4,844 MS BIC 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	43.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	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
1015	CHEESE STRING MOZ LT	1	PKG (1)	209		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	183		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172		
	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)	172		
	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)	178
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/19/2019 **Feeding Figure:** 800
Base Menu Plan: 5,041 MS 19-20 AUG LUNCH W2D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	304
Nutrient		Value	Units	
Food Energy		369.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0001	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	380
Nutrient		Value	Units	
Food Energy		10.4961	kcal	
Nutrient		Value	Units	
Carbohydrate		2.0652	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	380
Nutrient		Value	Units	
Food Energy		180.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		23.0001	g	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	190
Nutrient		Value	Units	
Food Energy		267.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		33.0001	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	190
Nutrient		Value	Units	
Food Energy		173.3111	kcal	
Nutrient		Value	Units	
Carbohydrate		9.5615	g	
A400	QUESO NACHO 4OZ HS	1	1 NACHO 4 OZ QUES	190
Nutrient		Value	Units	
Food Energy		506.0001*	kcal	
Nutrient		Value	Units	
Carbohydrate		35.0000*	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	38
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	114
Nutrient		Value	Units	
Food Energy		57.6055	kcal	
Nutrient		Value	Units	
Carbohydrate		12.6733	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	114
Nutrient		Value	Units	
Food Energy		42.3607	kcal	
Nutrient		Value	Units	
Carbohydrate		6.7936	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
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	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	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	8
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	114
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1097	MUSTARD	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1086	SAUCE BBQ	1	Ounce	16
	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

2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	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)	152
	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)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Breakfast **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/20/2019 **Feeding Figure:** 350
Base Menu Plan: 4,845 MS BIC 19-20 W1D2
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2175	PIZZA BRKST TRKY SAUSAGE WG IW	1	PIZZA (1)	256
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	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)	131
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	131
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	391
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	178
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/20/2019

Feeding Figure: 800

Base Menu Plan: 5,042 MS 19-20 AUG LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	304
	Nutrient	Value	Units	
	Food Energy	479.2583	kcal	
7045	SALSA	1	1/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	190
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
A182	TUNA SALAD SANDWICH-HS	1	1 SANDWICH	152
	Nutrient	Value	Units	
	Food Energy	202.8039	kcal	

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Independence Central Office

Scheduled Menu Plans

1871	CHIP DOR NACHO RF WG	1	BAG (1 OZ)	152
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.0000	g	
A129	GRAB N GO WG TURKEY SAND. MEAL	1	1 SANDWICH/CHIPS	23
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	16
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
1223	CARROT BABY 25 LBS	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	37.2094	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.7602	g	
A069	BEANS, REFRIED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	197.6571	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.4972	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1323	WATERMELON WHOLE	1	WEDGE (1/32 MELON)	304
	Nutrient	Value	Units	
	Food Energy	68.7980	kcal	
	Nutrient	Value	Units	
	Carbohydrate	16.9971	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	

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Independence Central Office

Scheduled Menu Plans

1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	76
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/21/2019

Feeding Figure: 600

Base Menu Plan: 4,846 MS BIC 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	256
	Nutrient	Value	Units	
	Food Energy	176.5800	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Independence Central Office

Scheduled Menu Plans

a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	131
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	79
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	391
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
	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)	178
	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)	172
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/21/2019

Feeding Figure: 800

Base Menu Plan: 5,043 MS 19-20 AUG LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A447	FRENCH TOAST STICKS WG #2400	1	2 STICKS	304
	Nutrient	Value	Units	
	Food Energy	240.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	304
	Nutrient	Value	Units	
	Food Energy	194.9017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	3.9150	g	
A499	SAUSAGE #2405	1	1 PATTY	304
	Nutrient	Value	Units	
	Food Energy	120.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
a305	PIZZA CHEESE HOMEMADE	1	1 SLICE	190
	Nutrient	Value	Units	
	Food Energy	455.8583	kcal	
	Nutrient	Value	Units	
	Carbohydrate	51.5065	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	152
	Nutrient	Value	Units	
	Food Energy	348.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	27.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	0
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A359	CORN, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A066	CUCUMBER SALAD	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	23.2985	kcal	
	Nutrient	Value	Units	
	Carbohydrate	5.8480	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
1240	CARROT WHOLE JUMBO 25 LB	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.2663	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6325	g	
1264	TOMATO FRESH	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.0939	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7492	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	95.3707	kcal	
	Nutrient	Value	Units	
	Carbohydrate	17.5171	g	
A7078	STRAWBERRIES #7112	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	58.2774	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.1521	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	38
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	114
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	16
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	OZ (1)	23
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/22/2019

Feeding Figure: 400

Base Menu Plan: 4,636 MS BIC AUG 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	230.0000	kcal	Carbohydrate	36.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	209		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
1392	POP TART STRAW WG	1	PKG (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	180.0000	kcal	Carbohydrate	37.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	BANANA (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
1467	JUICE ROYAL GRAPE	1	CARTON (1)	183		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	178
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/22/2019 **Feeding Figure:** 800
Base Menu Plan: 5,044 MS 19-20 AUG LUNCH W2D4
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	342
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	342
	Nutrient	Value	Units	
	Food Energy	85.3963	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.1467	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	342
	Nutrient	Value	Units	
	Food Energy	25.2695	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0431	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	342
	Nutrient	Value	Units	
	Food Energy	178.5303	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0164	g	
A197	CHICKEN SPICY SANDWICH	1	1 SANDWICH	228
	Nutrient	Value	Units	
	Food Energy	354.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0001	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	228
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Food Energy	10.4961	kcal	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
	Carbohydrate	2.0652	g	
	Carbohydrate	2.0652	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	228
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Food Energy	10.4961	kcal	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
	Carbohydrate	2.0652	g	
	Carbohydrate	2.0652	g	
A007	LETTUCE, TOMATO, PICKLE 24CT	1	1 serving	228
	Nutrient	Value	Units	
	Food Energy	10.4961	kcal	
	Food Energy	10.4961	kcal	
	Food Energy	10.4961	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.0652	g	
	Carbohydrate	2.0652	g	
	Carbohydrate	2.0652	g	

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Independence Central Office

Scheduled Menu Plans

A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	152
	Nutrient	Value	Units	
	Food Energy	320.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	35.0001	g	
7045	SALSA	1	1/4 CUP	152
	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	23
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	14
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A372	GREEN BEANS-2017	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9984	g	
A070	CARROTS, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	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	8
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
7029	FRUIT MIXED	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	90.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	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

2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	76
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/23/2019

Feeding Figure: 400

Base Menu Plan: 4,848 MS BIC 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	256
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	269.9999	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)	131
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	131
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	183
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	178
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/23/2019

Feeding Figure: 800

Base Menu Plan: 5,045 MS 19-20 AUG LUNCH W2D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	304
	Nutrient	Value	Units	
	Food Energy	249.9894	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.9410	g	
2416	FORTUNE COOKIE 40002	1	PKG (1)	304
	Nutrient	Value	Units	
	Food Energy	20.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0000	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	190
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	152
	Nutrient	Value	Units	
	Food Energy	1,413.9934	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.8500	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	152
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	38
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A012	PEAS	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6555	g	
A359	CORN, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	8
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1348	PEARS SLICED IN LS	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	119.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	30.0000	g	

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Independence Central Office

Scheduled Menu Plans

1320	APPLE GOLDEN 138	1	APPLE (1)	38
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	38
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	190
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	114
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	76
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	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 K-8

Date: 8/26/2019

Feeding Figure: 400

Base Menu Plan: 4,844 MS BIC 19-20 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
2475	BAR COCOA PUFFS SOFT FILLED IW	1	PKG (1)	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	250.0000	kcal	Carbohydrate	43.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	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
1015	CHEESE STRING MOZ LT	1	PKG (1)	209		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	183		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172		
	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)	172		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	120.0001	kcal	Carbohydrate	22.0001	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	178
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/26/2019 **Feeding Figure:** 750
Base Menu Plan: 5,046 MS 19-20 AUG LUNCH W3D1
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A195	SANDWICH, CHICKEN WG	1	1 SANDWICH	304
Nutrient		Value	Units	
Food Energy		369.9999	kcal	
Nutrient		Value	Units	
Carbohydrate		39.0001	g	
a164	LETTUCE, TOMATO, PICKLE 6 CT	1	1 serving	16
Nutrient		Value	Units	
Food Energy		10.4961	kcal	
Nutrient		Value	Units	
Carbohydrate		2.0652	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	228
Nutrient		Value	Units	
Food Energy		340.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		41.0001	g	
1310	SAUCE MARINARA	1	(2 OZ) SERVING	228
Nutrient		Value	Units	
Food Energy		45.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		7.5000	g	
A365	HOTDOG	1	1 HOTDOG	76
Nutrient		Value	Units	
Food Energy		350.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		27.0000	g	
A149	CHILI DOG	1	1 CHILI DOG	76
Nutrient		Value	Units	
Food Energy		442.1441	kcal	
Nutrient		Value	Units	
Carbohydrate		32.6458	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	75
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
1223	CARROT BABY 25 LBS	1	3/4 CUP	114
Nutrient		Value	Units	
Food Energy		37.2094	kcal	
Nutrient		Value	Units	
Carbohydrate		8.7602	g	
A067	BEANS, BAKED	1	3/4 CUP	114
Nutrient		Value	Units	
Food Energy		176.5862	kcal	
Nutrient		Value	Units	
Carbohydrate		33.1924	g	
A003	SALAD, DARK GREENS	1	1 CUP	8
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 SHREDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	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	8
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1340	APPLESAUCE UNSWEETENED	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	75.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	19.5000	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	190
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
2225	KETCHUP SRIRACHA	1	OZ	38
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
1103	PICKLE RELISH	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	25.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0000	g	
1097	MUSTARD	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	

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Scheduled Menu Plans

1086	SAUCE BBQ	1	Ounce	16			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	29.1618	kcal		Carbohydrate	6.6655	g
2365	DRESSING RANCH OTT'S	1	Ounce	76			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	85.8443	kcal		Carbohydrate	4.2922	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	8			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	29.3055	kcal		Carbohydrate	7.8148	g
1832	DRESSING CAESAR LITE	1	Ounce	8			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	61.9469	kcal		Carbohydrate	2.6549	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	152			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	100.0000	kcal		Carbohydrate	11.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	76			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	120.0001	kcal		Carbohydrate	22.0001	g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/27/2019

Feeding Figure: 400

Base Menu Plan: 4,845 MS BIC 19-20 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity			
2175	PIZZA BRKST TRKY SAUSAGE WG IW	1	PIZZA (1)	256			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	240.0000	kcal		Carbohydrate	31.0000	g
1392	POP TART STRAW WG	1	PKG (1)	131			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	38.0000	g
1394	POP TART WG BRN SUGAR	1	PKG (1)	131			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	180.0000	kcal		Carbohydrate	37.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	209			
Nutrient		Value Units		Nutrient		Value Units	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g

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Scheduled Menu Plans

A345	PIZZA FIESTADA WG #2170	1	1 PIECE	228
	Nutrient	Value	Units	
	Food Energy	340.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	39.0000	g	
A433	SANDWICH, GRILLED CHEESE HM	1	1 SANDWICH	152
	Nutrient	Value	Units	
	Food Energy	361.9696	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.0575	g	
1221	POTATO FRIES SPICY	1	1/2 CUP	152
	Nutrient	Value	Units	
	Food Energy	140.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0000	g	
A146	GRAB N GO WG HAM SAND. MEAL	1	1 SANDWICH/CHIPS	23
	Nutrient	Value	Units	
	Food Energy	574.3314	kcal	
	Nutrient	Value	Units	
	Carbohydrate	82.4271	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	0
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A057	BROCCOLI, STEAMED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	42.3607	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.7936	g	
A014	VEGGIE FRESH MIX	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	21.2795	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.5197	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
1329	ORANGE 138 CT	1	3/4 CUP (5-7 WEDGES)	304
	Nutrient	Value	Units	
	Food Energy	37.5276	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.9128	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	83.0140	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.7113	g	

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Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	190
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	TBSP	38
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	190
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/28/2019

Feeding Figure: 600

Base Menu Plan: 4,846 MS BIC 19-20 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	256		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	209		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a329	NOTABLES LUCKY CHARM #2064	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	280.0000	kcal	Carbohydrate	57.0000	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	299.9999	kcal	Carbohydrate	37.0000	g
2079	APPLE GALA 138 CT	1	APPLE (1)	131		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	74.8864	kcal	Carbohydrate	18.3074	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	79		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	110.0000	kcal	Carbohydrate	29.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	31.2730	kcal	Carbohydrate	7.4273	g
1468	JUICE BLUE RAZZ	1	CARTON (1)	391		
	Nutrient	Value	Units	Nutrient	Value	Units
	Food Energy	60.0001	kcal	Carbohydrate	14.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172		
	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)	178		
	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)	172
Nutrient		Value	Units	
Food Energy		100.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		11.0000	g	

Serving Period: Lunch **Serving Line:** MAIN **Age Group:** Grades K-8
Date: 8/28/2019 **Feeding Figure:** 750
Base Menu Plan: 5,048 MS 19-20 AUG LUNCH W3D3
Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A354	CHICKEN NUGGETS WG	1	1 SERVING (7)	304
Nutrient		Value	Units	
Food Energy		280.0000	kcal	
Nutrient		Value	Units	
Carbohydrate		18.2000	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	304
Nutrient		Value	Units	
Food Energy		173.3111	kcal	
Nutrient		Value	Units	
Carbohydrate		9.5615	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	190
Nutrient		Value	Units	
Food Energy		348.0001	kcal	
Nutrient		Value	Units	
Carbohydrate		27.0000	g	
A307	PIZZA PEPPERONI HOMEMADE	1	1 SLICE	114
Nutrient		Value	Units	
Food Energy		465.0049	kcal	
Nutrient		Value	Units	
Carbohydrate		51.6927	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	151
Nutrient		Value	Units	
Food Energy		739.8272	kcal	
Nutrient		Value	Units	
Carbohydrate		95.3950	g	
A011	VEGETABLES, MIXED	1	3/4 CUP	114
Nutrient		Value	Units	
Food Energy		57.6055	kcal	
Nutrient		Value	Units	
Carbohydrate		12.6733	g	
A066	CUCUMBER SALAD	1	3/4 CUP	8
Nutrient		Value	Units	
Food Energy		23.2985	kcal	
Nutrient		Value	Units	
Carbohydrate		5.8480	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
Nutrient		Value	Units	
Food Energy		7.2882	kcal	
Nutrient		Value	Units	
Carbohydrate		1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
Nutrient		Value	Units	
Food Energy		11.6147	kcal	
Nutrient		Value	Units	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
Nutrient		Value	Units	
Food Energy		8.1076	kcal	
Nutrient		Value	Units	
Carbohydrate		1.7522	g	

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Independence Central Office

Scheduled Menu Plans

A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	65.0014	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.0002	g	
1354	GRAPE RED LUNCH BUNCH 150 CT	1	BUNCH (1)	304
	Nutrient	Value	Units	
	Food Energy	58.5775	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.3819	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	38
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
	Nutrient	Value	Units	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2225	KETCHUP SRIRACHA	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
	Nutrient	Value	Units	
	Carbohydrate	6.6656	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8148	g	
2365	DRESSING RANCH OTT'S	1	Ounce	190
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.2922	g	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.6549	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Breakfast
Date: 8/29/2019
Base Menu Plan: 4,636 MS BIC AUG 19-20 W1D5
Menu Comments:

Serving Line: MAIN
Age Group: Grades K-8
Feeding Figure: 400

Stock Number	Description	Serving Size	Measure	Projected Quantity
A377	PANCAKE BLUEBERRY MINI #2426	1	1 PKG	256
	Nutrient	Value	Units	
	Food Energy	230.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	36.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.0001	g	
1394	POP TART WG BRN SUGAR	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	180.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	131
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	131
	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

2219	CHIP TORTILLA YELLOW ROUND IW	1	BAG (1)	152
	Nutrient	Value	Units	
	Food Energy	270.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.0000	g	
7045	SALSA	1	1/4 CUP	152
	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	23
	Nutrient	Value	Units	
	Food Energy	579.6664	kcal	
	Nutrient	Value	Units	
	Carbohydrate	81.8469	g	
a234	GRAB N GO YOGURT MEAL W/CINN	1	1 MEAL	14
	Nutrient	Value	Units	
	Food Energy	589.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	96.0001	g	
A070	CARROTS, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	33.7337	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.8712	g	
A012	PEAS	1	3/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	119.8392	kcal	
	Nutrient	Value	Units	
	Carbohydrate	20.6555	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	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	8
	Nutrient	Value	Units	
	Food Energy	82.4860	kcal	
	Nutrient	Value	Units	
	Carbohydrate	15.5007	g	
1347	PEACHES SLICD IN LS	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	121.5000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.6999	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	76
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/30/2019

Feeding Figure: 400

Base Menu Plan: 4,848 MS BIC 19-20 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2472	TOAST APPLE CINNAMON WG	1	PKG (1)	256
	Nutrient	Value	Units	
	Food Energy	260.0000	kcal	
			Carbohydrate	45.0000 g

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	209
	Nutrient	Value	Units	
	Food Energy	80.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	0.0000	g	
2064	NOTABLE LUCKY CHARMS BOWL	1	PKG (1)	131
	Nutrient	Value	Units	
	Food Energy	280.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	57.0000	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	131
	Nutrient	Value	Units	
	Food Energy	269.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	Nutrient	Value	Units	
	Food Energy	299.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	37.0000	g	
2079	APPLE GALA 138 CT	1	APPLE (1)	131
	Nutrient	Value	Units	
	Food Energy	74.8864	kcal	
	Nutrient	Value	Units	
	Carbohydrate	18.3074	g	
1333	BANANAS PREM 40LB	1	BANANA (1)	131
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	29.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	53
	Nutrient	Value	Units	
	Food Energy	31.2730	kcal	
	Nutrient	Value	Units	
	Carbohydrate	7.4273	g	
1468	JUICE BLUE RAZZ	1	CARTON (1)	183
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	172
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	11.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	178
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-8

Date: 8/30/2019

Feeding Figure: 750

Base Menu Plan: 5,050 MS 19-20 AUG LUNCH W3D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A453	LASAGNA ROLLUP WG	1	1 PIECE	380
	Nutrient	Value	Units	
	Food Energy	346.6368	kcal	
	Nutrient	Value	Units	
	Carbohydrate	32.1894	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	380
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	21.0000	g	
A467	CRUNCHERS, BUFFALO #2396	1	4 PIECES	228
	Nutrient	Value	Units	
	Food Energy	779.7307	kcal	
	Nutrient	Value	Units	
	Carbohydrate	59.9793	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	114
	Nutrient	Value	Units	
	Food Energy	349.9999	kcal	
	Nutrient	Value	Units	
	Carbohydrate	38.0000	g	
A075	GRAB N GO WG PB & J SANDWICH	1	1 SANDWICH/CHIPS	37
	Nutrient	Value	Units	
	Food Energy	739.8272	kcal	
	Nutrient	Value	Units	
	Carbohydrate	95.3950	g	
A372	GREEN BEANS-2017	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	26.3017	kcal	
	Nutrient	Value	Units	
	Carbohydrate	4.9984	g	
A359	CORN, COOKED	1	3/4 CUP	114
	Nutrient	Value	Units	
	Food Energy	149.0646	kcal	
	Nutrient	Value	Units	
	Carbohydrate	31.3233	g	
A003	SALAD, DARK GREENS	1	1 CUP	38
	Nutrient	Value	Units	
	Food Energy	7.2882	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.1662	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	11.6147	kcal	
	Nutrient	Value	Units	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	8.1076	kcal	
	Nutrient	Value	Units	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	8
	Nutrient	Value	Units	
	Food Energy	75.1369	kcal	
	Nutrient	Value	Units	
	Carbohydrate	13.7866	g	
a7074	BLUEBERRIES #7074	1	3/4 CUP	304
	Nutrient	Value	Units	
	Food Energy	57.8500	kcal	
	Nutrient	Value	Units	
	Carbohydrate	14.0444	g	
1320	APPLE GOLDEN 138	1	APPLE (1)	76
	Nutrient	Value	Units	
	Food Energy	130.0000	kcal	
	Nutrient	Value	Units	
	Carbohydrate	33.9999	g	

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Independence Central Office

Scheduled Menu Plans

2079	APPLE GALA 138 CT	1	APPLE (1)	152
	Nutrient	Value	Units	
	Food Energy	139.0768	kcal	
1333	BANANAS PREM 40LB	1	BANANA (1)	76
	Nutrient	Value	Units	
	Food Energy	110.0000	kcal	
1468	JUICE BLUE RAZZ	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1467	JUICE ROYAL GRAPE	1	CARTON (1)	190
	Nutrient	Value	Units	
	Food Energy	60.0001	kcal	
1086	SAUCE BBQ	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	29.1618	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	152
	Nutrient	Value	Units	
	Food Energy	33.3278	kcal	
2225	KETCHUP SRIRACHA	1	Ounce	38
	Nutrient	Value	Units	
	Food Energy	24.9959	kcal	
1097	MUSTARD	1	Ounce	23
	Nutrient	Value	Units	
	Food Energy	0.0000	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	29.3055	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	114
	Nutrient	Value	Units	
	Food Energy	85.8443	kcal	
1832	DRESSING CAESAR LITE	1	Ounce	8
	Nutrient	Value	Units	
	Food Energy	61.9469	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	152
	Nutrient	Value	Units	
	Food Energy	100.0000	kcal	

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Independence Central Office

Scheduled Menu Plans

2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	76
	Nutrient	Value	Units	
	Food Energy	120.0001	kcal	
	Nutrient	Value	Units	
	Carbohydrate	22.0001	g	

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