

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/01/2017														
6-8 LUNCH TRADITIONAL	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-HOT DOG ON A BUN	Hot Dog(s)	330	30	840	3.00	2.16	100.0	10	0.0	12.0	29.0	18.5	6.50	1.00
18-CHILI, HOT DOG	#16 Scoop	54	14	260	1.49	0.99	19.4	383	5.07	4.47	4.97	1.99	0.70	0.00
18-PORK, Barbecue WWSandwich	Each Sandw wich	292	46	765	4.01	2.89	120.2	111	0.0	22.16	29.03	7.55	2.52	0.00
18-LUNCH BOX, Yogurt	Box	545	10	339	5.47	3.33	274.9	224	4.14	20.33	62.99	22.0	4.33	0.00
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	1.52	0.00	0.00
17-COLESLAW, CABBAGE MIX	1/2 CUP	70	10	288	1.67	0.30	33.6	180	35.16	0.84	7.93	3.86	0.48	0.00
18-BEANS, BBQ Bake	1/2 Cup	173	0	366	8.14	1.83	61.1	0	0.0	7.12	34.6	0.51	0.00	0.00
17-PEACHES,FRESH (2.5")	1 Each	51	0	0	1.95	0.33	7.8	424	8.58	1.18	12.4	0.33	0.02	0.00
17-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
18-MELON, Cantaloup,HoneyDew	1/2 CUP	57	0	28	1.36	0.32	11.7	2348	41.71	1.01	14.45	0.23	0.07	0.00
18-APPLES, Fresh, Whole	1 Each	64	0	1	2.94	0.18	9.8	49	5.88	0.0	16.66	0.0	0.00	0.00
16-WATERMELON,RAW diced no rn	1/2 Cup	27	0	1	0.37	0.22	6.4	26	7.4	0.56	6.89	0.14	0.01	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2560	135	3984	36.95	14.35	2451.6	7041	129.41	121.18	367.16	64.06	16.79	1.00
% of Calories										18.9%	57.4%	22.5%	5.9%	0.4%
Nutrient Guideline		600-700		1360									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Cumberland County Schools

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Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/05/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	40	412	5.02	1.81	150.7	0	0.0	10.05	30.15	12.06	3.52	0.00
17-TACO SALAD-Elem/Mid	Servings	301	41	781	4.45	1.98	260.4	3641	12.64	19.29	27.48	13.37	4.16	0.00
17-BEANS,Pinto canned	1/2 cup	91	0	206	5.76	1.32	78.2	367	8.41	5.94	16.79	0.05	0.01	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
17-PEACHES,FRESH (2.5")	1 Each	51	0	0	1.95	0.33	7.8	424	8.58	1.18	12.4	0.33	0.02	0.00
17-PLUMS,FRESH	1 Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
17-GRAPES,FRESH	1/2 Cup	58	0	2	0.79	0.28	8.5	56	9.15	0.62	15.32	0.11	0.06	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
18-SANDWICH, WOW BUTTER	Sandwiches	424	0	388	2.00	2.88	20.0	0	0.0	11.0	57.9	17.0	3.00	0.00
18-CHEESE, Cheddar String 1oz	1 Each	110	30	200	0.00	0.00	204.0	284	0.0	7.0	0.0	9.0	6.00	0.00
18-CHEESE, Mozz String 1oz	1 Each	60	10	200	0.00	0.00	200.0	200	0.0	7.0	1.0	3.0	2.00	0.00
Weighted Daily Average		2341	161	3499	27.19	10.93	2749.7	8801	74.02	113.10	306.81	72.85	22.40	0.00
% of Calories										19.3%	52.4%	28.0%	8.6%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/06/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-PORK CHOP SAND WW bun	Each Sand wich	420	35	690	5.00	3.60	140.0	10	0.0	20.0	44.0	18.5	5.00	0.00
17-SPAGHETTI & MeatSauc USDA	1 Cup	342	52	261	4.82	5.04	47.2	980	17.5	22.58	38.65	12.48	4.56	0.65
18-BREADSTICK, GARLIC WW	1 Each	90	0	95	1.00	0.72	0.0	0	0.0	3.0	15.0	3.0	0.00	0.00
18-FLATBREAD	1 Each	180	0	330	3.00	1.76	34.2	0	0.06	6.0	29.0	5.0	1.00	0.00
17-SALAD, CAESAR CHICKEN	Salad	457	52	921	5.20	2.47	272.8	10124	5.61	24.0	31.64	26.61	6.49	0.00
17-SALAD, Chef Lett&Chees Base	Salad	100	15	494	2.46	0.77	226.4	8618	9.14	8.44	8.34	4.73	2.54	0.00
17-SALAD, Chef Egg Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.0	270	0.0	6.28	0.36	4.76	1.56	0.02
17-SALAD, ChefGrill ChicStrip	2 oz	67	37	141	0.00	1.73	32.0	160	0.0	9.6	0.0	3.2	1.60	0.00
16-SALAD, Chef, Turkey Deli	2.5 oz	88	38	525	0.00	0.90	0.0	6	0.0	15.0	1.25	1.25	0.00	0.00
18-BROCCOLI frzn	1/2 CUP	44	0	90	3.11	0.75	41.5	1266	70.26	3.09	5.2	1.86	0.85	0.00
17-CARROTS, Baby	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	0.45	5.84	0.09	0.02	0.00
17-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	0	125	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
17-PINEAPPLE TIDBITS, Canned	1/2 Cup	69	0	30	0.99	0.36	19.7	0	4.74	0.0	17.77	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea)	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-DRESSING, French FF 1.5	1 Each	80	0	410	1.00	0.00	0.0	300	0.0	0.0	11.0	3.5	0.50	0.00
18-DRESSING, Honey Dijon FF1.5	1 Each	69	0	227	0.00	0.36	19.8	0	0.0	0.99	14.83	0.0	0.00	0.00
18-DRESSING, Italian 1.5oz	1 Each	25	0	370	0.00	0.00	0.0	50	0.0	0.0	5.0	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
Weighted Daily Average		2968	459	6105	30.63	21.03	2684.5	34557	115.15	167.42	342.89	102.98	27.11	0.67
% of Calories										22.6%	46.2%	31.2%	8.2%	0.2%
Nutrient Guideline		600-700		1360									<10.00	

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6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN, Tenders WG	3 pieces/ser	210	35	420	1.00	1.08	20.0	100	0.0	10.01	13.01	10.01	1.00	0.00
17-WAFFLES,WG Elem	1 Waffle	110	0	150	2.50	0.90	30.0	0	0.0	2.0	17.5	4.0	0.50	0.00
18-SUB, Meatball w/SpagSaucE/M	SERVINGS	371	36	745	4.77	3.51	249.6	408	5.32	21.85	33.6	17.58	7.14	0.00
17-TATOR TOTS, Baked	1/2 Cup	92	0	164	1.02	0.37	0.0	0	0.0	1.02	14.34	3.58	0.00	0.00
16-MIXED VEGETABLES, Frozen	1/2 cup	64	0	188	3.99	0.91	20.5	5047	10.09	2.98	12.95	0.99	0.00	0.00
17-RAISELS, Orange 1.5oz	1 Each	130	0	0	1.00	0.72	20.0	0	60.0	1.0	35.0	0.0	0.00	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-LUNCH BOX, DELI Turkey	Box	306	34	985	2.50	0.95	222.6	304	0.03	20.48	31.57	11.6	3.53	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
18-SYRUP, 1.5oz cup	Each 1.5oz	120	0	0	0.00	0.00	0.0	0	0.0	0.0	31.0	0.0	0.00	0.00
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	0	75	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average		2451	164	5004	21.29	10.74	2585.4	9267	82.07	126.93	337.24	67.57	18.46	0.00
% of Calories										20.7%	55.0%	24.8%	6.8%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Fri - 09/08/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	300	25	490	3.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	0.00
18-SAUCE, MARINARAw/Spag Sauc	.25 Cup	23	0	182	1.01	0.54	10.1	252	4.54	1.01	4.03	0.76	0.00	0.00
17-CHICK FAJITA W/Chic Strips	SERVINGS	150	51	613	0.57	1.85	234.9	552	15.63	16.64	4.22	8.25	4.18	0.00
18-BEANS, Green Canned	1/2 cup	21	0	248	2.06	1.10	11.1	2	0.02	1.03	5.32	0.01	0.00	0.00
17-SQUASH, Fresh, sliced	1/2 cup	40	0	68	1.48	0.41	20.3	298	19.59	1.5	5.2	2.0	0.87	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
17-PEACHES Diced, cnd	1/2 Cup	61	0	10	1.01	0.00	0.0	202	1.21	1.01	14.14	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
17-LETTUCE, shredded	1/2 cup	4	0	4	0.37	0.13	7.5	112	1.34	0.37	1.12	0.0	0.00	0.00
Weighted Daily Average		1410	106	2591	12.99	7.82	2493.6	5408	223.58	91.53	188.95	32.01	13.05	0.00
% of Calories										26.0%	53.6%	20.4%	8.3%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2017														
6-8 LUNCH TRADITIONAL		Total												
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN FILLET WW BUN	Sandwich	380	30	580	4.00	3.24	120.0	110	1.2	17.0	38.0	17.5	3.50	0.00
18-SALISBURY STK w/ GY	Each 3 oz	214	45	446	1.00	1.80	41.1	0	1.2	14.0	6.04	14.0	6.00	0.00
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	0.00
18-POTATOES, MASHED	1/2 cup	76	0	351	0.85	0.31	3.1	0	7.63	1.7	14.42	1.27	0.00	0.00
18-GRAVY, Brown Mix	1/4 Cup	20	0	142	0.00	0.00	1.7	0	0.0	0.0	3.0	0.0	0.00	0.00
16-CARROTS, Savory frozen	1/2 cup	90	0	84	2.82	0.42	46.6	13277	2.29	0.97	17.62	1.82	0.83	0.00
18-FRUIT ICE, ROSATI, All flav	Each 4.4 oz	99	0	15	0.00	0.00	0.0	0	12.0	0.0	25.0	0.0	0.00	0.00
17-SALAD, CAESAR CHICKEN	Salad	457	52	921	5.20	2.47	272.8	10124	5.61	24.0	31.64	26.61	6.49	0.00
17-SALAD, Chef Lett&Chees Base	Salad	100	15	494	2.46	0.77	226.4	8618	9.14	8.44	8.34	4.73	2.54	0.00
17-SALAD, Chef Egg Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.0	270	0.0	6.28	0.36	4.76	1.56	0.02
17-SALAD, Chef Meat Faj Chick	2.75 oz	93	56	445	0.00	1.00	18.6	93	0.0	13.92	1.86	2.78	0.46	0.00
17-SALAD, Chef, Ham-Sliced	2 oz	70	25	630	0.00	0.36	0.0	0	0.0	10.0	1.0	3.0	1.00	0.00
18-DRESSING, French FF 1.5	1 Each	80	0	410	1.00	0.00	0.0	300	0.0	0.0	11.0	3.5	0.50	0.00
18-DRESSING, Honey Dijon FF1.5	1 Each	69	0	227	0.00	0.36	19.8	0	0.0	0.99	14.83	0.0	0.00	0.00
18-DRESSING, Italian 1.5oz	1 Each	25	0	370	0.00	0.00	0.0	50	0.0	0.0	5.0	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
Weighted Daily Average		2782	449	6545	24.33	13.16	2590.5	35882	50.06	151.28	312.11	98.36	26.78	0.02
% of Calories										21.8%	44.9%	31.8%	8.7%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/12/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-NACHOS W/ BEEF & CHEESE E	3/8 Cup	146	34	469	0.21	0.75	160.5	316	1.09	11.51	2.91	8.87	4.67	0.24
17-Nacho Cheese Sauce, SICh EM	3/8 cup	137	29	546	0.09	0.11	292.3	855	1.3	9.76	8.19	7.74	4.82	0.00
17-NACHO CHIPS, Tostitos E/M	Bag	110	0	125	2.00	0.36	20.0	0	0.0	2.0	19.0	2.5	0.00	0.00
18-PARFAIT LUN, Blueb Elem/Mid	Parfaits	372	5	205	4.90	1.00	212.8	1044	1.3	9.06	69.1	6.26	1.54	0.00
18-PARFAIT LUN, Peach Elem/Mid	Parfaits	420	5	218	3.06	0.56	199.8	1302	1.82	10.57	79.76	6.14	1.52	0.00
18-PARFAIT LUN, Pineapp EI/Mid	Parfaits	423	5	243	2.89	1.04	226.7	999	6.44	9.06	82.7	6.14	1.52	0.00
18-X CRACKER, Graham Goldfish	Each (0.9oz	120	0	135	1.00	1.44	100.0	200	1.2	2.0	19.0	4.0	1.00	0.00
17-BEANS,Pinto canned	1/2 cup	91	0	206	5.76	1.32	78.2	367	8.41	5.94	16.79	0.05	0.01	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
17-PEACHES Diced, cnd	1/2 Cup	61	0	10	1.01	0.00	0.0	202	1.21	1.01	14.14	0.0	0.00	0.00
17-LETTUCE, shredded	1/2 cup	4	0	4	0.37	0.13	7.5	112	1.34	0.37	1.12	0.0	0.00	0.00
Weighted Daily Average		2733	103	3017	26.79	9.04	3107.6	9251	208.96	113.26	445.66	51.60	17.71	0.24
% of Calories										16.6%	65.2%	17.0%	5.8%	0.1%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	25	860	4.00	3.60	250.0	500	0.0	17.0	40.0	14.0	6.00	0.00
16-LASAGNA ROLLUP CHEESE E/M	Roll-up	278	37	794	3.46	1.61	348.7	864	12.54	16.35	34.41	8.57	4.43	0.00
18-BREADSTICK, GARLIC WW	1 Each	90	0	95	1.00	0.72	0.0	0	0.0	3.0	15.0	3.0	0.00	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-LUNCH BOX, DELI Turkey	Box	306	34	985	2.50	0.95	222.6	304	0.03	20.48	31.57	11.6	3.53	0.00
17-SALAD, Spinach & Grape Toma	1 CUP	50	4	402	1.88	1.30	96.3	5396	16.85	3.46	9.25	1.7	0.89	0.00
16-MIXED VEGETABLES, Frozen	1/2 cup	64	0	188	3.99	0.91	20.5	5047	10.09	2.98	12.95	0.99	0.00	0.00
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	0	0	2.00	0.36	20.0	0	48.0	1.0	22.0	0.0	0.00	0.00
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	115	5	75	1.00	0.36	0.0	0	0.0	1.0	18.0	4.0	1.00	0.00
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	110	5	70	1.00	0.36	0.0	0	0.0	1.0	18.0	4.0	1.00	0.00
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	110	5	80	1.00	0.36	0.0	0	0.0	1.0	18.0	4.0	1.00	0.00
Weighted Daily Average		2555	174	5582	26.33	12.83	2980.7	15418	93.53	134.85	351.47	71.66	24.13	0.00
% of Calories										21.1%	55.0%	25.2%	8.5%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/14/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN, POPCORN WG	10 pieces/s erv	161	25	362	1.01	1.81	60.4	101	0.0	14.09	13.08	6.04	1.51	0.00
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	0.00
18-RIB B QUE on WW bun	Sandwich	310	30	690	4.00	2.88	140.0	110	1.2	18.0	34.0	12.5	4.00	0.00
17-SWEET POTATO CHUNKS	1/2 Cup	117	0	7	2.06	0.57	41.1	10696	13.84	1.77	24.9	1.43	0.22	0.00
18-BROCCOLI w/ CHEESE&SAUCE	1/2 CUP	74	11	218	3.09	0.74	147.0	1372	70.26	6.24	7.24	3.01	1.95	0.00
17-APPLESAUCE, Canned	1/2 cup	49	0	15	1.97	0.00	0.0	0	0.0	0.0	12.81	0.0	0.00	0.00
16-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	90	0	76	1.50	0.00	0.0	99	27.64	0.64	22.15	0.0	0.00	0.00
18-CHICKEN, Popcorn Buffalo WG	10 pieces/s erv	162	35	445	1.01	2.73	60.6	202	0.0	18.19	14.15	4.04	1.01	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1821	126	3057	21.64	10.30	2261.5	15720	124.53	112.93	259.33	37.41	11.59	0.00
% of Calories										24.8%	57.0%	18.5%	5.7%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/15/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
17-FISH NUGGET WG 4pc	4 nuggets	210	35	280	3.00	1.08	20.0	5	0.0	12.0	22.0	8.0	1.50	0.00
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	0.00
18-FLATBREAD, BUFFALO CHICKE	1 Each	365	50	994	3.00	3.13	265.8	373	0.42	20.29	32.28	17.24	6.12	0.00
18-BEANS, Green Canned	1/2 cup	21	0	248	2.06	1.10	11.1	2	0.02	1.03	5.32	0.01	0.00	0.00
17-SQUASH, Fresh, sliced	1/2 cup	40	0	68	1.48	0.41	20.3	298	19.59	1.5	5.2	2.0	0.87	0.00
17-PEARS, Diced, Canned	1/2 Cup	60	0	5	2.00	0.00	0.0	0	1.2	0.0	16.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	5	85	0.00	0.00	0.0	0	0.0	0.0	2.0	4.0	0.50	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-SANDWICH, WOW BUTTER	Sandwiches	424	0	388	2.00	2.88	20.0	0	0.0	11.0	57.9	17.0	3.00	0.00
18-CHEESE, Cheddar String 1oz	1 Each	110	30	200	0.00	0.00	204.0	284	0.0	7.0	0.0	9.0	6.00	0.00
18-CHEESE, Mozz String 1oz	1 Each	60	10	200	0.00	0.00	200.0	200	0.0	7.0	1.0	3.0	2.00	0.00
Weighted Daily Average		2209	160	3636	20.54	10.17	2553.6	4201	32.22	113.81	269.70	73.64	22.90	0.00
% of Calories										20.6%	48.8%	30.0%	9.3%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/18/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN NUGGETS, WG 5pc	5 pieces (3o	161	25	383	1.01	1.81	60.4	101	0.0	14.1	13.09	6.04	1.51	0.00
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	0.00
18-SANDWICH, ITAL GRILL CHEES	Sandwich	305	30	907	4.16	1.74	531.7	458	0.1	22.28	27.53	14.97	6.25	0.00
18-SAUCE, MARINARAw/Spag Sauc	.25 Cup	23	0	182	1.01	0.54	10.1	252	4.54	1.01	4.03	0.76	0.00	0.00
17-CUCUMBER, Sliced	1/2 Cup	11	0	2	0.59	0.20	12.2	63	2.82	0.53	1.9	0.13	0.00	0.00
18-CELERY STICKS	1/2 Cup	10	0	52	1.06	0.12	26.0	292	2.01	0.47	2.24	0.12	0.00	0.00
17-CARROTS, Baby	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	0.45	5.84	0.09	0.02	0.00
18-BROCCOLI frzn	1/2 CUP	44	0	90	3.11	0.75	41.5	1266	70.26	3.09	5.2	1.86	0.85	0.00
18-APPLES, Fresh, Whole	1 Each	64	0	1	2.94	0.18	9.8	49	5.88	0.0	16.66	0.0	0.00	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
18-GRAPES,FRESH	1/2 Cup	58	0	2	0.79	0.28	8.5	56	9.15	0.62	15.32	0.11	0.06	0.00
18-PLUMS,FRESH	1 Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	0	125	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
17-SALAD, CAESAR CHICKEN	Salad	457	52	921	5.20	2.47	272.8	10124	5.61	24.0	31.64	26.61	6.49	0.00
17-SALAD, Chef Lett&Chees Base	Salad	100	15	494	2.46	0.77	226.4	8618	9.14	8.44	8.34	4.73	2.54	0.00
17-SALAD, Chef Egg Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.0	270	0.0	6.28	0.36	4.76	1.56	0.02
17-SALAD, ChefGrill ChicStrip	2 oz	67	37	141	0.00	1.73	32.0	160	0.0	9.6	0.0	3.2	1.60	0.00
17-SALAD, Chef, Ham-Sliced	2 oz	70	25	630	0.00	0.36	0.0	0	0.0	10.0	1.0	3.0	1.00	0.00
18-DRESSING, French FF 1.5	1 Each	80	0	410	1.00	0.00	0.0	300	0.0	0.0	11.0	3.5	0.50	0.00
18-DRESSING, Honey Dijon FF1.5	1 Each	69	0	227	0.00	0.36	19.8	0	0.0	0.99	14.83	0.0	0.00	0.00
18-DRESSING, Italian 1.5oz	1 Each	25	0	370	0.00	0.00	0.0	50	0.0	0.0	5.0	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
Weighted Daily Average		2697	411	6674	35.10	14.73	3124.6	35247	135.33	155.88	326.81	88.29	26.27	0.02
% of Calories										23.1%	48.5%	29.5%	8.8%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-FISHWICH ON WW BUN	1 Each	330	35	540	5.00	2.52	120.0	10	0.0	17.0	42.0	10.5	2.00	0.00
18-TACO FILLING: Beef gd	1/4 Cup	170	51	55	0.41	1.81	17.8	167	1.08	14.31	1.64	11.46	4.34	0.65
17-TACO SHELLS, Hard	2 SHELLS	107	0	0	0.00	0.72	0.0	0	0.0	0.67	14.0	5.33	2.33	0.00
17-TORTILLA SHELL, Soft	1 Tortilla	110	0	220	3.00	0.00	50.0	0	0.0	4.0	22.0	1.0	0.00	0.00
18-CHEESE, Moz/Ched Shred 1oz	1 Each	101	23	182	0.00	0.04	205.0	225	0.0	7.09	0.51	7.59	4.30	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-RICE, MEXICAN w/Salsa	1/2 CUP	111	0	10	1.36	0.63	4.8	162	2.94	2.62	22.28	0.93	0.01	0.00
18-BEANS, BLACK TACO FIESTA	1/2 Cup	113	0	481	4.10	1.84	41.0	0	0.0	5.12	20.48	1.02	0.00	0.00
17-LETTUCE & SALSA	1/2 cup	25	0	152	0.37	0.90	49.8	1169	14.03	0.37	5.35	0.0	0.00	0.00
18-FRUIT PEARLS, Strawberry	1 Each	44	0	0	2.19	0.00	0.0	0	22.95	0.0	9.83	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	5	85	0.00	0.00	0.0	0	0.0	0.0	2.0	4.0	0.50	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
17-LETTUCE, shredded	1/2 cup	4	0	4	0.37	0.13	7.5	112	1.34	0.37	1.12	0.0	0.00	0.00
17-SAUCE, TACO 9g pk	Packs	5	0	55	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2185	173	3874	21.79	11.42	2528.3	5644	61.62	120.11	280.41	61.64	19.76	0.65
% of Calories										22.0%	51.3%	25.4%	8.1%	0.3%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-PIZZA, PEPPERONI HS	Slice	360	40	460	3.00	1.80	350.0	300	0.0	18.0	35.0	16.0	7.00	0.00
18-PIZZA, CHEESE 4X6	Slice	310	30	360	3.00	2.70	450.0	500	9.0	22.0	30.0	12.0	6.00	0.00
18-SALAD, Popcorn Chicken	1 Each	191	28	533	3.10	2.19	173.2	5784	11.94	16.18	17.3	7.28	2.48	0.00
18-FLATBREAD	1 Each	180	0	330	3.00	1.76	34.2	0	0.06	6.0	29.0	5.0	1.00	0.00
16-CARROTS, Glazed frozen	1/2 cup	98	0	101	2.86	0.39	43.3	13345	6.51	0.94	15.27	3.67	1.68	0.00
16-PEAS,Green frozen	1/2 Cup	91	0	172	4.79	1.55	19.3	2043	17.19	4.78	13.4	1.88	0.85	0.00
17-APPLESAUCE, Canned	1/2 cup	49	0	15	1.97	0.00	0.0	0	0.0	0.0	12.81	0.0	0.00	0.00
16-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	90	0	76	1.50	0.00	0.0	99	27.64	0.64	22.15	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
18-DRESSING, Italian 1.5oz	1 Each	25	0	370	0.00	0.00	0.0	50	0.0	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2184	138	3577	25.22	11.48	2870.0	25122	78.34	116.54	289.93	60.83	22.01	0.00
% of Calories										21.3%	53.1%	25.1%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN TERIYAKI w/Rice	2.85 OZ	394	63	535	2.45	9.02	18.2	148	0.58	18.86	57.09	8.98	2.45	0.00
17-CHEESEBURGER WW Bun	Sandwich	320	53	733	4.00	3.60	195.9	211	1.2	20.04	30.01	12.78	5.02	0.00
18-CALIFORNIA BLD, Stir Fry	1/2 cup	58	0	133	2.13	1.28	8.2	3743	28.48	1.35	9.69	1.13	0.19	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
17-PEACHES Diced, cnd	1/2 Cup	61	0	10	1.01	0.00	0.0	202	1.21	1.01	14.14	0.0	0.00	0.00
17-SAUCE, Soy pk	1 Each	7	0	607	0.00	0.00	0.0	0	0.0	1.32	0.66	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
17-WRAP, Deli Turkey & Ham E/M	1 Wrap	266	38	942	2.00	1.81	199.2	160	0.0	19.41	25.63	9.64	3.39	0.00
17-WRAP, GourTurkey & Cheese	1 Wrap	284	45	662	2.05	1.81	205.8	118	0.03	21.88	24.93	10.52	3.83	0.00
18-SANDWICH, Ham/Cheese cold	Sandwiches	225	33	1002	4.00	1.80	195.9	202	0.0	20.53	27.03	7.02	2.27	0.00
18-SANDWICH, Turkey/Chees cold	Sandwiches	231	39	746	4.00	2.07	195.9	202	0.0	24.52	27.77	5.77	1.27	0.00
17-CROISSANT, Ham & Cheese (1)	1 Each	193	23	757	1.00	0.94	95.9	301	0.0	12.14	16.62	8.61	4.13	0.00
18-X CHEEZ-IT CRACKERS	Each (.75 o	100	5	150	1.00	0.72	100.0	500	0.0	2.0	14.0	3.5	1.00	0.00
Weighted Daily Average		3017	329	7271	28.65	24.85	3015.3	9151	203.11	194.06	379.60	80.84	26.17	0.00
% of Calories										25.7%	50.3%	24.1%	7.8%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/22/2017														
6-8 LUNCH TRADITIONAL	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-HOT DOG ON A BUN	Hot Dog(s)	330	30	840	3.00	2.16	100.0	10	0.0	12.0	29.0	18.5	6.50	1.00
18-CHILI, HOT DOG	#16 Scoop	54	14	260	1.49	0.99	19.4	383	5.07	4.47	4.97	1.99	0.70	0.00
18-PORK, Barbecue WWSandwich	Each Sand w wich	292	46	765	4.01	2.89	120.2	111	0.0	22.16	29.03	7.55	2.52	0.00
18-LUNCH BOX, Yogurt	Box	545	10	339	5.47	3.33	274.9	224	4.14	20.33	62.99	22.0	4.33	0.00
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	1.52	0.00	0.00
17-COLESLAW, CABBAGE MIX	1/2 CUP	70	10	288	1.67	0.30	33.6	180	35.16	0.84	7.93	3.86	0.48	0.00
18-BEANS, BBQ Bake	1/2 Cup	173	0	366	8.14	1.83	61.1	0	0.0	7.12	34.6	0.51	0.00	0.00
18-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
18-APPLES, Fresh, Whole	1 Each	64	0	1	2.94	0.18	9.8	49	5.88	0.0	16.66	0.0	0.00	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
18-GRAPES,FRESH	1/2 Cup	58	0	2	0.79	0.28	8.5	56	9.15	0.62	15.32	0.11	0.06	0.00
18-PLUMS,FRESH	1 Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2562	135	3966	36.78	14.12	2444.5	4576	93.26	119.09	369.56	63.51	16.74	1.00
% of Calories										18.6%	57.7%	22.3%	5.9%	0.4%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	300	25	490	3.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	0.00
18-SAUCE, MARINARAw/Spag Sauc	.25 Cup	23	0	182	1.01	0.54	10.1	252	4.54	1.01	4.03	0.76	0.00	0.00
18-CHICK FAJITA W/Chic Strips	SERVINGS	275	52	697	3.76	2.16	294.5	633	15.68	21.13	26.12	10.24	4.76	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-LUNCH BOX, DELI Turkey	Box	306	34	985	2.50	0.95	222.6	304	0.03	20.48	31.57	11.6	3.53	0.00
17-SALAD, Spinach & Grape Toma	1 CUP	50	4	402	1.88	1.30	96.3	5396	16.85	3.46	9.25	1.7	0.89	0.00
16-PEAS & CARROTS	1/2 Cup	70	0	148	3.79	0.94	28.4	7660	9.69	2.85	10.42	1.78	0.81	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
17-LETTUCE, shredded	1/2 cup	4	0	4	0.37	0.13	7.5	112	1.34	0.37	1.12	0.0	0.00	0.00
Weighted Daily Average		2152	179	5116	22.30	11.02	3091.8	18655	229.40	138.87	268.72	59.88	22.26	0.00
% of Calories										25.8%	50.0%	25.0%	9.3%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/26/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	40	412	5.02	1.81	150.7	0	0.0	10.05	30.15	12.06	3.52	0.00
17-TACO SALAD-Elem/Mid	Servings	301	41	781	4.45	1.98	260.4	3641	12.64	19.29	27.48	13.37	4.16	0.00
18-SANDWICH, WOW BUTTER	Sandwiches	424	0	388	2.00	2.88	20.0	0	0.0	11.0	57.9	17.0	3.00	0.00
18-CHEESE, Mozz String 1oz	1 Each	60	10	200	0.00	0.00	200.0	200	0.0	7.0	1.0	3.0	2.00	0.00
18-CHEESE, Cheddar String 1oz	1 Each	110	30	200	0.00	0.00	204.0	284	0.0	7.0	0.0	9.0	6.00	0.00
18-RICE, MEXICAN w/Salsa	1/2 CUP	111	0	10	1.36	0.63	4.8	162	2.94	2.62	22.28	0.93	0.01	0.00
17-BEANS,Pinto canned	1/2 cup	91	0	206	5.76	1.32	78.2	367	8.41	5.94	16.79	0.05	0.01	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
18-APPLES, Fresh, Whole	1 Each	64	0	1	2.94	0.18	9.8	49	5.88	0.0	16.66	0.0	0.00	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
18-GRAPES,FRESH	1/2 Cup	58	0	2	0.79	0.28	8.5	56	9.15	0.62	15.32	0.11	0.06	0.00
18-PLUMS,FRESH	1 Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
Weighted Daily Average		2465	161	3510	29.54	11.41	2756.6	8588	74.26	114.54	333.35	73.45	22.38	0.00
% of Calories										18.6%	54.1%	26.8%	8.2%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2017														
6-8 LUNCH TRADITIONAL	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN, Tenders WG	3 pieces/ser	210	35	420	1.00	1.08	20.0	100	0.0	10.01	13.01	10.01	1.00	0.00
17-WAFFLES,WG Elem	1 Waffle	110	0	150	2.50	0.90	30.0	0	0.0	2.0	17.5	4.0	0.50	0.00
17-CROISSANT, Ham & Cheese (1)	1 Each	193	23	757	1.00	0.94	95.9	301	0.0	12.14	16.62	8.61	4.13	0.00
18-X CHEEZ-IT CRACKERS	Each (.75 o	100	5	150	1.00	0.72	100.0	500	0.0	2.0	14.0	3.5	1.00	0.00
17-CARROTS, Baby	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	0.45	5.84	0.09	0.02	0.00
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	0	125	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-SALAD, Broccoli w/Raisins	1/2 Cup	122	13	161	1.04	0.48	22.3	969	29.05	1.08	15.6	6.55	0.66	0.00
18-APPLES, Fresh, Whole	1 Each	64	0	1	2.94	0.18	9.8	49	5.88	0.0	16.66	0.0	0.00	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
18-GRAPES,FRESH	1/2 Cup	58	0	2	0.79	0.28	8.5	56	9.15	0.62	15.32	0.11	0.06	0.00
18-PLUMS,FRESH	1 Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-LUNCH BOX, DELI Turkey	Box	306	34	985	2.50	0.95	222.6	304	0.03	20.48	31.57	11.6	3.53	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
18-SYRUP, 1.5oz cup	Each 1.5oz	120	0	0	0.00	0.00	0.0	0	0.0	0.0	31.0	0.0	0.00	0.00
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	0	75	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average		2445	169	5167	22.04	8.82	2564.7	15737	64.97	116.39	348.22	64.29	17.18	0.00
% of Calories									19.0%	57.0%	23.7%	6.3%	0.0%	
Nutrient Guideline		600-700		1360									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/28/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-PORK CHOP SAND WW bun	Each Sand w wich	420	35	690	5.00	3.60	140.0	10	0.0	20.0	44.0	18.5	5.00	0.00
18-SPAGHETTI w/Canned Sauce	1 Cup	352	52	556	6.75	5.04	47.2	494	8.76	22.57	38.64	13.94	4.56	0.65
18-BREADSTICK, GARLIC WW	1 Each	90	0	95	1.00	0.72	0.0	0	0.0	3.0	15.0	3.0	0.00	0.00
18-BEANS, Green Canned	1/2 cup	21	0	248	2.06	1.10	11.1	2	0.02	1.03	5.32	0.01	0.00	0.00
17-FRIES,SWEET POTATO, Baked	1/2 Cup	112	0	107	1.02	0.00	0.0	2030	4.87	0.0	17.25	4.57	0.51	0.00
17-ORANGES, Mandarin lt syrup	1/2 cup	68	0	10	0.97	0.00	19.3	0	8.12	0.97	16.43	0.0	0.00	0.00
18-LUNCH BOX, Yogurt	Box	545	10	339	5.47	3.33	274.9	224	4.14	20.33	62.99	22.0	4.33	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average		2328	127	2954	24.26	14.87	2292.6	5760	31.91	115.90	303.63	72.01	16.40	0.65
% of Calories										19.9%	52.2%	27.8%	6.3%	0.3%
Nutrient Guideline		600-700		1360									<10.00	

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/29/2017														
6-8 LUNCH TRADITIONAL														
	Total													
18-MILK, PLAIN 1% 8oz	Cartons (8 o	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50	0.00
18-MILK, CHOCOLATE FF 8oz	Cartons (8 o	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz	110	5	125	0.00	0.00	300.0	500	1.2	8.0	19.0	0.0	0.00	0.00
17-MILK,SOY VANILLA 8.25oz	1 Each	140	0	110	2.00	1.08	300.0	500	0.0	8.0	17.0	4.5	0.50	0.00
17-MILK,Dairy Ease FF 8oz	Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
17-HAMBURGER WW Bun	Sandwich	280	45	510	4.00	3.60	120.0	110	1.2	17.0	29.0	10.5	3.50	0.00
18-POTATO, Chic&Cheese Fiesta	1 Potato	317	46	561	3.35	2.00	301.6	349	53.76	16.11	43.17	9.22	5.71	0.00
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	0.00
16-CALIFORNIA BLEND,FRZN	1/2 cup	25	0	53	1.68	1.20	0.3	3732	24.87	0.84	4.19	0.0	0.00	0.00
17-SQUASH, Fresh, sliced	1/2 cup	40	0	68	1.48	0.41	20.3	298	19.59	1.5	5.2	2.0	0.87	0.00
17-RAISELS, Orange 1.5oz	1 Each	130	0	0	1.00	0.72	20.0	0	60.0	1.0	35.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
18-LETTUCE, Leaf Green	1 lf	2	0	3	0.24	0.00	4.1	840	2.15	0.24	0.24	0.0	0.00	0.00
18-LETTUCE & TOMATO:1 lf,2 slc	1 lf,2 slc	6	0	4	0.52	0.06	6.4	1037	5.39	0.45	1.17	0.05	0.01	0.00
18-SANDWICH, Turkey/Chees cold	Sandwiches	231	39	746	4.00	2.07	195.9	202	0.0	24.52	27.77	5.77	1.27	0.00
18-SANDWICH, Ham/Cheese cold	Sandwiches	225	33	1002	4.00	1.80	195.9	202	0.0	20.53	27.03	7.02	2.27	0.00
Weighted Daily Average		2146	193	4147	27.76	13.97	2686.7	10302	191.20	137.15	304.68	47.96	16.52	0.00
% of Calories										25.6%	56.8%	20.1%	6.9%	0.0%
Nutrient Guideline		600-700		1360									<10.00	

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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