

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 1

Generated on: 8/31/2017 3:23:43 PM

| | 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 - 09/01/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-PIZZA BAGEL, GravyBrkfst IW | 1 Each | 170 | 15 | 420 | 2.00 | 1.08 | 150.0 | 300 | 0.0 | 10.0 | 21.0 | 6.0 | 2.00 | 0.00 |
| 18-DONUT,WG Yeast Raised | 1 Each | 326 | 0 | 300 | 2.64 | 0.80 | 13.7 | 11 | 0.0 | 5.0 | 41.34 | 16.0 | 7.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS,GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4287 | 195 | 3950 | 50.52 | 46.25 | 3262.3 | 11078 | 222.53 | 103.11 | 792.17 | 84.55 | 21.09 | 0.00 |
| % of Calories | | | | | | | | | | 9.6% | 73.9% | 17.8% | 4.4% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 2

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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 - 09/05/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-WAFFLE, Apple WG | 1 Each | 250 | 20 | 250 | 3.00 | 2.70 | 0.0 | 300 | 0.0 | 5.0 | 43.0 | 8.0 | 3.00 | 0.00 |
| 18-WAFFLE, Blueberry WG | 1 Each | 270 | 20 | 190 | 2.00 | 1.80 | 0.0 | 300 | 0.0 | 5.0 | 45.0 | 8.0 | 3.50 | 0.00 |
| 18-FRUDEL, Apple WW 2.29oz | 1 Each | 210 | 0 | 260 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | 5.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| 18-FRUDEL, Cherry WW 2.29oz | 1 Each | 210 | 0 | 260 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | 5.0 | 37.0 | 6.0 | 1.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 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-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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| | 4.5oz | | | | | | | | | | | | | |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 4

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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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-FLATBREAD, Ham & Cheese | 1 Each | 160 | 20 | 622 | 1.50 | 1.06 | 93.0 | 203 | 0.03 | 10.53 | 17.03 | 6.03 | 2.27 | 0.00 |
| 18-DONUTS, MINI POWDERED SU GAR | 1 Each | 243 | 0 | 207 | 1.80 | 0.65 | 54.0 | 0 | 0.0 | 3.6 | 36.9 | 9.9 | 2.70 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
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| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
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| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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-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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4288 | 200 | 4060 | 49.97 | 46.36 | 3254.1 | 11025 | 231.71 | 102.86 | 808.08 | 78.59 | 17.11 | 0.00 |
| % of Calories | | | | | | | | | | 9.6% | 75.4% | 16.5% | 3.6% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

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|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/07/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Sausage, Dgh&Patt | 1 each | 281 | 23 | 521 | 0.60 | 2.20 | 72.0 | 27 | 0.0 | 11.1 | 28.5 | 12.8 | 6.70 | 0.00 |
| 18-BISCUIT, SausageWG, 3.25oz | 1 Each | 220 | 10 | 660 | 1.00 | 0.72 | 40.0 | 0 | 0.0 | 5.0 | 24.0 | 11.0 | 2.50 | 0.00 |
| 18-BREAD, BANANA WG, IW 3.4oz | 1 Each | 280 | 35 | 210 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 5.0 | 47.0 | 7.0 | 1.50 | 0.00 |
| 18-BREAD,MIX BERRY WW IW 3.4o | 1 Each | 270 | 35 | 210 | 3.00 | 1.80 | 20.0 | 0 | 1.2 | 5.0 | 46.0 | 7.0 | 1.50 | 0.00 |
| 18-BREAD,PUMPKIN WW, IW 3.4oz | 1 Each | 280 | 35 | 210 | 3.00 | 1.80 | 40.0 | 500 | 0.0 | 5.0 | 47.0 | 8.0 | 1.50 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 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-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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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

9-12 BREAKFAST 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 - 09/08/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-PANCAKES, Banana Flav IW | 1 Each | 200 | 5 | 240 | 4.00 | 1.08 | 60.0 | 0 | 0.0 | 5.0 | 37.0 | 4.0 | 0.00 | 0.00 |
| 18-PANCAKES, Mini Maple WG IW | 1 Each | 220 | 5 | 340 | 3.00 | 1.44 | 60.0 | 0 | 0.0 | 5.0 | 36.0 | 7.0 | 1.00 | 0.00 |
| 18-DONUT,WG Yeast Raised | 1 Each | 326 | 0 | 300 | 2.64 | 0.80 | 13.7 | 11 | 0.0 | 5.0 | 41.34 | 16.0 | 7.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4572 | 190 | 4110 | 55.52 | 47.69 | 3232.3 | 10778 | 222.53 | 103.11 | 853.17 | 89.55 | 20.09 | 0.00 |
| % of Calories | | | | | | | | | | 9.0% | 74.6% | 17.6% | 4.0% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <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

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-PANCAKE, Ssg Stick WG 2.5oz | 1 Each | 160 | 25 | 400 | 1.00 | 1.44 | 40.0 | 0 | 0.0 | 8.0 | 18.0 | 6.0 | 2.00 | 0.00 |
| 18-CINNAMON ROLL, WG, IW | 1 Each | 230 | 0 | 240 | 3.00 | 1.80 | 40.0 | 2000 | 0.0 | 4.0 | 38.0 | 7.0 | 1.50 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4216 | 205 | 3870 | 49.88 | 47.61 | 3178.6 | 12767 | 222.53 | 100.11 | 794.83 | 75.55 | 15.59 | 0.00 |
| % of Calories | | | | | | | | | | 9.5% | 75.4% | 16.1% | 3.3% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

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 * - 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

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 9

Generated on: 8/31/2017 3:23:43 PM

| | 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 - 09/12/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Chicken, Dgh&Patt | 1 each | 274 | 0 | 598 | 1.08 | 2.90 | 89.2 | 50 | 0.02 | 12.11 | 35.33 | 12.11 | 5.31 | 0.00 |
| 18-BISCUIT, Chicken, WG 3.6oz | 1 Each | 220 | 0 | 720 | 1.00 | 1.80 | 80.0 | 0 | 0.0 | 12.0 | 29.0 | 11.0 | 1.50 | 0.00 |
| 18-BUN, HONEY WG | 1 Each | 200 | 0 | 200 | 2.00 | 2.70 | 80.0 | 200 | 0.0 | 4.0 | 30.0 | 7.0 | 2.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4520 | 180 | 4748 | 49.96 | 51.77 | 3347.8 | 11017 | 222.55 | 116.22 | 833.16 | 92.66 | 20.90 | 0.00 |
| % of Calories | | | | | | | | | | 10.3% | 73.7% | 18.5% | 4.2% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 10

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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 - 09/13/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 17-PARFAIT BRKFT BluBerry&GRAN | Partaits | 243 | 2 | 131 | 4.55 | 0.87 | 112.9 | 545 | 1.3 | 5.1 | 45.24 | 4.47 | 0.92 | 0.00 |
| 17-PARFAIT BRKFT, PEACH & GRA | Partaits | 250 | 2 | 138 | 2.20 | 0.43 | 99.9 | 800 | 1.2 | 6.1 | 49.68 | 4.35 | 0.90 | 0.00 |
| 18-DONUTS, MINI POWDERED SU GAR | 1 Each | 243 | 0 | 207 | 1.80 | 0.65 | 54.0 | 0 | 0.0 | 3.6 | 36.9 | 9.9 | 2.70 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-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 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 4562 | 185 | 3706 | 54.43 | 46.33 | 3365.3 | 12111 | 225.02 | 102.91 | 870.65 | 81.27 | 16.61 | 0.00 |
| % of Calories | | | | | | | | | | 9.0% | 76.3% | 16.0% | 3.3% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

| Thu - 09/14/2017 | | | | | | | | | | | | | | |
|-------------------------------|--------------|-----|-----|-----|------|------|-------|------|-------|-------|-------|-------|------|------|
| 9-12 BREAKFAST TRADITI | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Egg & Cheese | 1 Each | 290 | 123 | 652 | 0.50 | 2.16 | 155.9 | 402 | 0.0 | 10.53 | 31.02 | 13.53 | 7.27 | 0.00 |
| 18-FRENCH TOAST STICKS, WG, I | 1 Pouch | 240 | 10 | 260 | 2.00 | 0.72 | 40.0 | 0 | 0.0 | 6.0 | 38.0 | 7.0 | 1.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 12

Generated on: 8/31/2017 3:23:43 PM

| | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 4356 | 313 | 4141 | 48.38 | 47.25 | 3294.5 | 11169 | 222.53 | 104.64 | 807.86 | 83.08 | 20.36 | 0.00 |
| % of Calories | | | | | | | | | | 9.6% | 74.2% | 17.2% | 4.2% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

| Fri - 09/15/2017 | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|----|-----|------|------|-------|------|-------|------|-------|------|------|------|
| 9-12 BREAKFAST TRADITI | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-PIZZA, BREAKFAST, Red WG HS | 1 Each | 210 | 15 | 470 | 2.00 | 1.80 | 150.0 | 200 | 0.0 | 10.0 | 26.0 | 7.0 | 2.00 | 0.00 |
| 18-DONUT,WG Yeast Raised | 1 Each | 326 | 0 | 300 | 2.64 | 0.80 | 13.7 | 11 | 0.0 | 5.0 | 41.34 | 16.0 | 7.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BREAKFAST BITES, WG | Servings | 210 | 20 | 430 | 2.00 | 1.08 | 40.0 | 0 | 0.0 | 6.0 | 17.0 | 13.0 | 3.00 | 0.00 |
| 18-BREAD, BANANA WG, IW 3.4oz | 1 Each | 280 | 35 | 210 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 5.0 | 47.0 | 7.0 | 1.50 | 0.00 |
| 18-BREAD,MIX BERRY WW IW 3.4o | 1 Each | 270 | 35 | 210 | 3.00 | 1.80 | 20.0 | 0 | 1.2 | 5.0 | 46.0 | 7.0 | 1.50 | 0.00 |
| 18-BREAD,PUMPKIN WW, IW 3.4oz | 1 Each | 280 | 35 | 210 | 3.00 | 1.80 | 40.0 | 500 | 0.0 | 5.0 | 47.0 | 8.0 | 1.50 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS,GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 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 |

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

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Sausage, Dgh&Patt | 1 each | 281 | 23 | 521 | 0.60 | 2.20 | 72.0 | 27 | 0.0 | 11.1 | 28.5 | 12.8 | 6.70 | 0.00 |
| 18-BISCUIT, SausageWG, 3.25oz | 1 Each | 220 | 10 | 660 | 1.00 | 0.72 | 40.0 | 0 | 0.0 | 5.0 | 24.0 | 11.0 | 2.50 | 0.00 |
| 18-FRENCH TOAST STICKS, WG, I | 1 Pouch | 240 | 10 | 260 | 2.00 | 0.72 | 40.0 | 0 | 0.0 | 6.0 | 38.0 | 7.0 | 1.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-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 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 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 |
| Weighted Daily Average | | 4687 | 223 | 4671 | 49.48 | 48.01 | 3250.6 | 10794 | 222.53 | 110.21 | 860.33 | 93.35 | 22.29 | 0.00 |
| % of Calories | | | | | | | | | | 9.4% | 73.4% | 17.9% | 4.3% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 - 09/20/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-TACO, Egg Cheese,T Sausage | 1 Each | 140 | 50 | 360 | 1.00 | 1.08 | 60.0 | 100 | 0.0 | 7.0 | 17.0 | 5.0 | 1.50 | 0.00 |
| 18-DONUTS, MINI POWDERED SU GAR | 1 Each | 243 | 0 | 207 | 1.80 | 0.65 | 54.0 | 0 | 0.0 | 3.6 | 36.9 | 9.9 | 2.70 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Chicken, Dgh&Patt | 1 each | 274 | 0 | 598 | 1.08 | 2.90 | 89.2 | 50 | 0.02 | 12.11 | 35.33 | 12.11 | 5.31 | 0.00 |
| 18-BISCUIT, Chicken, WG 3.6oz | 1 Each | 220 | 0 | 720 | 1.00 | 1.80 | 80.0 | 0 | 0.0 | 12.0 | 29.0 | 11.0 | 1.50 | 0.00 |
| 18-CINNAMON ROLL, WG, IW | 1 Each | 230 | 0 | 240 | 3.00 | 1.80 | 40.0 | 2000 | 0.0 | 4.0 | 38.0 | 7.0 | 1.50 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-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 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4550 | 180 | 4788 | 50.96 | 50.87 | 3307.8 | 12817 | 222.55 | 116.22 | 841.16 | 92.66 | 20.40 | 0.00 |
| % of Calories | | | | | | | | | | 10.2% | 73.9% | 18.3% | 4.0% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 BREAKFAST TRADITIONAL

Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-PIZZA BAGEL, GravyBrkfst IW | 1 Each | 170 | 15 | 420 | 2.00 | 1.08 | 150.0 | 300 | 0.0 | 10.0 | 21.0 | 6.0 | 2.00 | 0.00 |
| 18-DONUT,WG Yeast Raised | 1 Each | 326 | 0 | 300 | 2.64 | 0.80 | 13.7 | 11 | 0.0 | 5.0 | 41.34 | 16.0 | 7.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4287 | 195 | 3950 | 50.52 | 46.25 | 3262.3 | 11078 | 222.53 | 103.11 | 792.17 | 84.55 | 21.09 | 0.00 |
| % of Calories | | | | | | | | | | 9.6% | 73.9% | 17.8% | 4.4% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-WAFFLE, Apple WG | 1 Each | 250 | 20 | 250 | 3.00 | 2.70 | 0.0 | 300 | 0.0 | 5.0 | 43.0 | 8.0 | 3.00 | 0.00 |
| 18-WAFFLE, Blueberry WG | 1 Each | 270 | 20 | 190 | 2.00 | 1.80 | 0.0 | 300 | 0.0 | 5.0 | 45.0 | 8.0 | 3.50 | 0.00 |
| 18-FRUDEL, Apple WW 2.29oz | 1 Each | 210 | 0 | 260 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | 5.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| 18-FRUDEL, Cherry WW 2.29oz | 1 Each | 210 | 0 | 260 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | 5.0 | 37.0 | 6.0 | 1.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS,GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 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-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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| | 4.5oz | | | | | | | | | | | | | |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Egg & Cheese | 1 Each | 290 | 123 | 652 | 0.50 | 2.16 | 155.9 | 402 | 0.0 | 10.53 | 31.02 | 13.53 | 7.27 | 0.00 |
| 18-FRENCH TOAST STICKS, WG, I | 1 Pouch | 240 | 10 | 260 | 2.00 | 0.72 | 40.0 | 0 | 0.0 | 6.0 | 38.0 | 7.0 | 1.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 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 |
| Weighted Daily Average | | 4476 | 313 | 4141 | 48.38 | 47.25 | 3294.5 | 11169 | 222.53 | 104.64 | 838.86 | 83.08 | 20.36 | 0.00 |
| % of Calories | | | | | | | | | | 9.4% | 75.0% | 16.7% | 4.1% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 24

Generated on: 8/31/2017 3:23:43 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-FLATBREAD, Ham & Cheese | 1 Each | 160 | 20 | 622 | 1.50 | 1.06 | 93.0 | 203 | 0.03 | 10.53 | 17.03 | 6.03 | 2.27 | 0.00 |
| 18-DONUTS, MINI POWDERED SU GAR | 1 Each | 243 | 0 | 207 | 1.80 | 0.65 | 54.0 | 0 | 0.0 | 3.6 | 36.9 | 9.9 | 2.70 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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-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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| | 4.5oz | | | | | | | | | | | | | |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:44 PM

| | 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 - 09/28/2017 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-BISCUIT, Sausage, Dgh&Patt | 1 each | 281 | 23 | 521 | 0.60 | 2.20 | 72.0 | 27 | 0.0 | 11.1 | 28.5 | 12.8 | 6.70 | 0.00 |
| 18-BISCUIT, SausageWG, 3.25oz | 1 Each | 220 | 10 | 660 | 1.00 | 0.72 | 40.0 | 0 | 0.0 | 5.0 | 24.0 | 11.0 | 2.50 | 0.00 |
| 18-BREAD, BANANA WG, IW 3.4oz | 1 Each | 280 | 35 | 210 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 5.0 | 47.0 | 7.0 | 1.50 | 0.00 |
| 18-BREAD,MIX BERRY WW IW 3.4o | 1 Each | 270 | 35 | 210 | 3.00 | 1.80 | 20.0 | 0 | 1.2 | 5.0 | 46.0 | 7.0 | 1.50 | 0.00 |
| 18-BREAD,PUMPKIN WW, IW 3.4oz | 1 Each | 280 | 35 | 210 | 3.00 | 1.80 | 40.0 | 500 | 0.0 | 5.0 | 47.0 | 8.0 | 1.50 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 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-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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/31/2017 3:23:44 PM

| | 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 | | | | | | | | | | | | | | |
| 9-12 BREAKFAST TRADITI | | | | | | | | | | | | | | |
| | 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-JUICE, 4oz Orange 100% | 1 Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Apple 100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Grape 100% | Each | 80 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz AppleCherry100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz FruitPunch100% | Each | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 18-JUICE, 4oz Org Pnpple100% | Each | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| 18-PANCAKES, Banana Flav IW | 1 Each | 200 | 5 | 240 | 4.00 | 1.08 | 60.0 | 0 | 0.0 | 5.0 | 37.0 | 4.0 | 0.00 | 0.00 |
| 18-PANCAKES, Mini Maple WG IW | 1 Each | 220 | 5 | 340 | 3.00 | 1.44 | 60.0 | 0 | 0.0 | 5.0 | 36.0 | 7.0 | 1.00 | 0.00 |
| 18-DONUT,WG Yeast Raised | 1 Each | 326 | 0 | 300 | 2.64 | 0.80 | 13.7 | 11 | 0.0 | 5.0 | 41.34 | 16.0 | 7.00 | 0.00 |
| 18-CEREAL, Cinn Toast WG, 1oz | Each | 110 | 0 | 160 | 3.00 | 3.60 | 200.0 | 400 | 4.8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| 18-CEREAL, Cocoa Puffs, Bowl | Each | 110 | 0 | 120 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 2.0 | 25.0 | 1.5 | 0.00 | 0.00 |
| 18-CEREAL, Cheerios WG 1oz | Each | 100 | 0 | 140 | 3.00 | 8.10 | 100.0 | 500 | 6.0 | 3.0 | 20.0 | 2.0 | 0.50 | 0.00 |
| 18-CEREAL, Rice Chex WG 28g | 1 Each | 110 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 1.0 | 23.0 | 2.0 | 0.00 | 0.00 |
| 18-CEREAL, Trix WG 1oz | 1 Each | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 1.0 | 24.0 | 1.5 | 0.00 | 0.00 |
| 18-CRACKERS, GRAHAM 3ct | Each | 90 | 0 | 95 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 2.0 | 17.0 | 2.5 | 0.00 | 0.00 |
| 18-MUFFIN, Apple, WG IW | Each | 260 | 45 | 240 | 2.00 | 1.44 | 60.0 | 100 | 0.0 | 5.0 | 42.0 | 9.0 | 1.50 | 0.00 |
| 18-MUFFIN, Banana WG, IW | Each | 250 | 35 | 200 | 2.00 | 1.44 | 40.0 | 0 | 1.2 | 4.0 | 43.0 | 7.0 | 1.00 | 0.00 |
| 18-MUFFIN, Blueberry WG IW | Each | 250 | 35 | 180 | 2.00 | 1.44 | 40.0 | 100 | 1.2 | 4.0 | 41.0 | 8.0 | 1.00 | 0.00 |
| 18-MUFFIN, ChocChip WG IW | Each | 270 | 40 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4.0 | 44.0 | 9.0 | 1.50 | 0.00 |
| 18-POPTART, CINNAMON 2 ct WG | Pkg (2 ct) | 370 | 0 | 380 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 5.0 | 75.0 | 5.0 | 2.00 | 0.00 |
| 18-POPTART, STRAWBERRY 2 ct | Pkg (2 ct) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 4.0 | 75.0 | 4.5 | 2.00 | 0.00 |
| 18-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 |
| 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-PEARS,FRESH 120 ct | 1 Each | 80 | 0 | 1 | 4.64 | 0.17 | 9.3 | 46 | 5.56 | 0.93 | 21.32 | 0.0 | 0.00 | 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 |
| 17-STRAWBERRY CUP, Frzn 4.5oz | Each Cup | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 48.0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| 16-JELLY, Grape .5 oz | 4.5oz 1 Each | 35 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 4572 | 190 | 4110 | 55.52 | 47.69 | 3232.3 | 10778 | 222.53 | 103.11 | 853.17 | 89.55 | 20.09 | 0.00 |
| % of Calories | | | | | | | | | | 9.0% | 74.6% | 17.6% | 4.0% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | <=30.0 | <10.00 | |

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