

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

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 - 09/01/2017														
9-12 BREAKFAST WILKINS/	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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/05/2017														
9-12 BREAKFAST WILKINS/	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
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9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/06/2017														
9-12 BREAKFAST WILKINS/		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
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	

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2017														
9-12 BREAKFAST WILKINS/	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

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 BREAKFAST WILKINS/CUMB PO

Generated on: 8/31/2017 3:25:35 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 - 09/08/2017														
9-12 BREAKFAST WILKINS/		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 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		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
 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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2017														
9-12 BREAKFAST WILKINS/	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 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		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	

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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/12/2017														
9-12 BREAKFAST WILKINS/	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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2017														
9-12 BREAKFAST WILKINS/	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
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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

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)
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 WILKINS/	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

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

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)
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 WILKINS/	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
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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/18/2017														
9-12 BREAKFAST WILKINS/	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 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

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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2017														
9-12 BREAKFAST WILKINS/														
	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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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 BREAKFAST WILKINS/CUMB PO

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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 - 09/20/2017														
9-12 BREAKFAST WILKINS/	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	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

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2017														
9-12 BREAKFAST WILKINS/	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	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		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 WILKINS/CUMB PO

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/22/2017														
9-12 BREAKFAST WILKINS/														
	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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2017														
9-12 BREAKFAST WILKINS/	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
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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 WILKINS/CUMB PO

Generated on: 8/31/2017 3:25:36 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 WILKINS/														
	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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2017														
9-12 BREAKFAST WILKINS/	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
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 WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/28/2017														
9-12 BREAKFAST WILKINS/	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

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/29/2017														
9-12 BREAKFAST WILKINS/	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 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		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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

This institution is an equal opportunity provider.