

# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 1

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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 <sup>1</sup> (g)
Fri - 09/01/2017														
6-8 BREAKFAST YEAR RO														
	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%	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-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, 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, Rice Chex WG 28g	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	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-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-SYRUP, 1.5oz cup	Each 1.5oz	120	0	0	0.00	0.00	0.0	0	0.0	0.0	31.0	0.0	0.00	0.00
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	0	75	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
16-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
18-APPLES, Fresh, Whole	Each	64	0	1	2.94	0.18	9.8	49	5.88	0.0	16.66	0.0	0.00	0.00
17-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
18-MUFFIN, Apple, WG IW	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	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

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 3

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Tue - 09/05/2017														
6-8 BREAKFAST YEAR RO														
	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%	1 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%	1 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%	1 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%	1 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%	1 Each	60	0	0	0.00	0.00	0.0	0	36.0	0.0	15.0	0.0	0.00	0.00
18-CEREAL, Cheerios WG 1oz	1 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, Cinn Toast WG, 1oz	1 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	1 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, 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	1 Each	90	0	95	1.00	0.72	100.0	500	0.0	2.0	17.0	2.5	0.00	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
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-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
	4.4oz													
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-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
17-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
18-MUFFIN, Apple, WG IW	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	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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Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 5

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Wed - 09/06/2017														
6-8 BREAKFAST YEAR RO														
	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%	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-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, 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, Rice Chex WG 28g	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	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-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
16-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
	4.4oz													
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
18-MUFFIN, Apple, WG IW	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
Weighted Daily Average		1909	100	1577	16.36	19.62	1560.1	3113	140.59	52.52	358.41	32.26	5.00	0.00
% of Calories										11.0%	75.1%	15.2%	2.4%	0.0%
Nutrient Guideline		450-500		540									<10.00	

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Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 6

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Thu - 09/07/2017														
6-8 BREAKFAST YEAR RO														
18-MILK, PLAIN 1% 8oz	Total 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%	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-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, 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, Rice Chex WG 28g	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	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	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
16-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
Weighted Daily Average		1699	100	1317	14.36	18.54	1560.1	3113	140.59	47.52	321.91	26.26	4.00	0.00
% of Calories										11.2%	75.8%	13.9%	2.1%	0.0%
Nutrient Guideline		450-500		540									<10.00	

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# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 7

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Fri - 09/08/2017														
6-8 BREAKFAST YEAR RO														
	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%	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-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, 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, Rice Chex WG 28g	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	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-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-SYRUP, 1.5oz cup	Each 1.5oz	120	0	0	0.00	0.00	0.0	0	0.0	0.0	31.0	0.0	0.00	0.00
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	0	75	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
16-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
17-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	0	0	2.00	0.36	20.0	0	48.0	1.0	22.0	0.0	0.00	0.00
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
18-MUFFIN, Apple, WG IW	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00

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# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 9

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Mon - 09/11/2017														
6-8 BREAKFAST YEAR RO														
	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%	1 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%	1 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%	1 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%	1 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%	1 Each	60	0	0	0.00	0.00	0.0	0	36.0	0.0	15.0	0.0	0.00	0.00
18-CEREAL, Cheerios WG 1oz	1 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, Cinn Toast WG, 1oz	1 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	1 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, 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	1 Each	90	0	95	1.00	0.72	100.0	500	0.0	2.0	17.0	2.5	0.00	0.00
18-DONUT, Super Plus RF 3oz	1 Each	240	0	300	2.00	9.00	250.0	2500	30.0	7.0	38.0	8.0	2.50	0.00
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
	4.4oz													
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-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
17-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
18-MUFFIN, Apple, WG IW	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00

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# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 10

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Weighted Daily Average		1925	100	1468	18.13	23.40	1698.5	4406	185.51	52.26	367.44	30.49	5.33	0.00
% of Calories										10.9%	76.4%	14.3%	2.5%	0.0%
Nutrient Guideline		450-500		540									<10.00	

Tue - 09/12/2017														
6-8 BREAKFAST YEAR RO	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%	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-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, 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, Rice Chex WG 28g	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	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-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
16-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
17-PEACH CUP, Frzn 4.4oz	Each Cup	80	0	0	1.00	0.36	0.0	300	162.0	1.0	19.0	0.0	0.00	0.00
	4.4oz													
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
18-MUFFIN, Apple, WG IW	1 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	1 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	1 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	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	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

6-8 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 11

Generated on: 8/31/2017 3:26:03 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 <sup>1</sup> (g)
Weighted Daily Average		1784	108	1527	15.36	19.08	1635.1	3263	140.59	52.52	332.41	29.26	5.00	0.00
% of Calories										11.8%	74.5%	14.8%	2.5%	0.0%
Nutrient Guideline		450-500		540									<10.00	

Wed - 09/13/2017														
6-8 BREAKFAST YEAR RO	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%	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-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, 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, Rice Chex WG 28g	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	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-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
16-RAISINS Indiv. Box	1 Box (37.7	110	0	0	1.00	0.72	20.0	0	0.0	1.0	30.0	0.0	0.00	0.00
18-CRAISINS Indiv.	Each (1.16	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
18-APPLE, Fresh Wedges	3 Wedges	49	0	9	1.72	0.18	10.3	26	6.39	0.04	12.82	0.03	0.00	0.00
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	4.4oz													
18-APPLESAUCE, CUP	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
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18-MUFFIN, ChocChip WG IW	1 Each	270	40	190	2.00	1.80	40.0	0	0.0	4.0	44.0	9.0	1.50	0.00
18-YOGURT, Straw/Banana 4oz ea	1 Each	80	5	65	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00
18-YOGURT, Strawberry 4oz ea	1 Each	110	10	40	0.00	0.00	150.0	0	0.0	10.0	15.0	0.0	0.00	0.00
18-YOGURT, Vanilla 4oz ea	1 Each	80	5	60	0.00	0.00	150.0	0	0.0	4.0	16.0	0.0	0.00	0.00

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