

# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/01/2017														
K-5 BREAKFAST TRADITIO														
	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-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
Weighted Daily Average		1442	33	1088	14.63	17.91	1248.5	3356	145.31	35.76	293.44	17.99	4.83	0.00
% of Calories										9.9%	81.4%	11.2%	3.0%	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

K-5 BREAKFAST TRADITIONAL

Generated on: 8/31/2017 3:29:23 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														
K-5 BREAKFAST TRADITIO														
	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 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
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-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
Weighted Daily Average		1282	13	1190	13.63	16.74	1298.5	3056	169.31	37.26	258.94	15.49	2.33	0.00
% of Calories										11.6%	80.8%	10.9%	1.6%	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  
 \* - 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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/06/2017														
K-5 BREAKFAST TRADITIO														
	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-CHEESE, Cheddar String 1oz	1 Each	110	30	200	0.00	0.00	204.0	284	0.0	7.0	0.0	9.0	6.00	0.00
18-CHEESE, Mozz String 1oz	1 Each	60	10	200	0.00	0.00	200.0	200	0.0	7.0	1.0	3.0	2.00	0.00
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
Weighted Daily Average		1344	33	1289	12.36	16.56	1447.1	3255	139.39	42.02	250.41	21.76	6.50	0.00
% of Calories										12.5%	74.5%	14.6%	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  
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Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/07/2017														
K-5 BREAKFAST TRADITIO														
	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-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	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
Weighted Daily Average		1564	90	1234	14.36	18.54	1335.1	3113	140.59	38.52	298.41	26.26	4.00	0.00
% of Calories										9.8%	76.3%	15.1%	2.3%	0.0%
Nutrient Guideline		450-500		540								<=30.0	<10.00	

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This institution is an equal opportunity provider.

# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/08/2017														
K-5 BREAKFAST TRADITIO														
	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	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
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													
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
Weighted Daily Average		2574	35	1994	24.72	32.04	2550.3	6026	326.79	67.03	527.83	26.53	4.00	0.00
% of Calories										10.4%	82.0%	9.3%	1.4%	0.0%
Nutrient Guideline		450-500		540								<=30.0	<10.00	

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# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/11/2017														
K-5 BREAKFAST TRADITIO														
	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
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-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
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-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
Weighted Daily Average		1275	13	980	14.13	20.34	1383.5	4306	184.31	34.76	258.94	13.99	2.83	0.00
% of Calories										10.9%	81.2%	9.9%	2.0%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/12/2017														
K-5 BREAKFAST TRADITIO														
	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 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	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	4.4oz 1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		1134	20	1039	11.36	16.02	1320.1	3163	139.39	35.02	223.91	12.76	2.50	0.00
% of Calories										12.3%	78.9%	10.1%	2.0%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/13/2017														
K-5 BREAKFAST TRADITIO														
	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 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	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	4.4oz 1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		1119	38	1009	10.86	16.02	1275.1	3063	139.39	33.52	221.91	12.26	2.25	0.00
% of Calories										12.0%	79.3%	9.9%	1.8%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/14/2017														
K-5 BREAKFAST TRADITIO														
	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-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-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	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
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													
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
Weighted Daily Average		2754	35	2314	29.72	33.84	2630.3	6026	326.79	71.03	562.83	30.53	4.00	0.00
% of Calories										10.3%	81.7%	10.0%	1.3%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/15/2017														
K-5 BREAKFAST TRADITIO														
	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-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-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	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
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													
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-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
Weighted Daily Average		2665	45	2165	28.26	32.75	2557.1	6113	338.62	68.52	537.89	32.98	6.15	0.00
% of Calories										10.3%	80.7%	11.1%	2.1%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/18/2017														
K-5 BREAKFAST TRADITIO														
	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-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-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
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													
18-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
18-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
Weighted Daily Average		1307	25	1068	13.63	16.56	1278.5	3056	169.31	35.26	269.44	12.99	2.58	0.00
% of Calories										10.8%	82.4%	8.9%	1.8%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/19/2017														
K-5 BREAKFAST TRADITIO														
	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-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
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-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
Weighted Daily Average		1579	65	1264	16.36	19.08	1305.1	4263	139.99	39.52	302.41	24.26	4.50	0.00
% of Calories										10.0%	76.6%	13.8%	2.6%	0.0%
Nutrient Guideline		450-500		540								<=30.0	<10.00	

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This institution is an equal opportunity provider.

# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/20/2017														
K-5 BREAKFAST TRADITIO														
	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-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
18-X BUG BITES CINN GRAHAM CR	Each (28 g)	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	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 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	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	4.4oz													
	1 Each	60	0	0	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		1244	23	969	10.86	15.84	1520.1	3263	139.39	40.02	247.41	11.51	2.00	0.00
% of Calories										12.9%	79.5%	8.3%	1.4%	0.0%
Nutrient Guideline		450-500		540								<=30.0	<10.00	

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# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/21/2017														
K-5 BREAKFAST TRADITIO														
	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-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
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
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-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
Weighted Daily Average		2444	35	2319	23.72	32.04	2550.3	6026	326.79	66.03	481.83	30.53	5.50	0.00
% of Calories										10.8%	78.9%	11.2%	2.0%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/22/2017														
K-5 BREAKFAST TRADITIO														
	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	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
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													
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-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
Weighted Daily Average		1442	33	1088	14.63	17.91	1248.5	3356	145.31	35.76	293.44	17.99	4.83	0.00
% of Calories										9.9%	81.4%	11.2%	3.0%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2017														
K-5 BREAKFAST TRADITIO														
	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 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-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-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
18-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
Weighted Daily Average		1282	13	1190	13.63	16.74	1298.5	3056	169.31	37.26	258.94	15.49	2.33	0.00
% of Calories										11.6%	80.8%	10.9%	1.6%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/26/2017														
K-5 BREAKFAST TRADITIO														
	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-CHEESE, Cheddar String 1oz	1 Each	110	30	200	0.00	0.00	204.0	284	0.0	7.0	0.0	9.0	6.00	0.00
18-CHEESE, Mozz String 1oz	1 Each	60	10	200	0.00	0.00	200.0	200	0.0	7.0	1.0	3.0	2.00	0.00
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
Weighted Daily Average		1344	33	1289	12.36	16.56	1447.1	3255	139.39	42.02	250.41	21.76	6.50	0.00
% of Calories										12.5%	74.5%	14.6%	4.4%	0.0%
Nutrient Guideline		450-500		540								<=30.0	<10.00	

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# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/27/2017														
K-5 BREAKFAST TRADITIO														
	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-CHEESE, Cheddar String 1oz	1 Each	110	30	200	0.00	0.00	204.0	284	0.0	7.0	0.0	9.0	6.00	0.00
18-CHEESE, Mozz String 1oz	1 Each	60	10	200	0.00	0.00	200.0	200	0.0	7.0	1.0	3.0	2.00	0.00
18-PIZZA, BREAKFAST, Rd,IW E/M	1 Each	240	15	490	3.00	1.80	150.0	200	2.4	11.0	31.0	7.0	2.50	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
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
Weighted Daily Average		1254	40	1274	11.86	16.38	1522.1	3355	140.59	42.52	229.41	19.26	6.75	0.00
% of Calories										13.6%	73.2%	13.8%	4.8%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/28/2017														
K-5 BREAKFAST TRADITIO														
	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-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	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
Weighted Daily Average		1564	90	1234	14.36	18.54	1335.1	3113	140.59	38.52	298.41	26.26	4.00	0.00
% of Calories										9.8%	76.3%	15.1%	2.3%	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

K-5 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/29/2017														
K-5 BREAKFAST TRADITIO														
	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	110	0	0	3.00	0.00	0.0	0	0.0	0.0	28.0	0.0	0.00	0.00
	oz)													
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													
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
Weighted Daily Average		2574	35	1994	24.72	32.04	2550.3	6026	326.79	67.03	527.83	26.53	4.00	0.00
% of Calories										10.4%	82.0%	9.3%	1.4%	0.0%
Nutrient Guideline		450-500		540								<=30.0	<10.00	

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\*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.