

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 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)
Fri - 09/01/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-FLATBREAD, BUFFALO CHICKE	1 Each	365	50	994	3.00	3.13	265.8	373	0.42	20.29	32.28	17.24	6.12	0.00
18-RIB B QUE on WW bun	Sandwich	310	30	690	4.00	2.88	140.0	110	1.2	18.0	34.0	12.5	4.00	0.00
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	3.5	0.14	0.00
18-BEANS, BBQ Bake	1/2 Cup	173	0	366	8.14	1.83	61.1	0	0.0	7.12	34.6	0.51	0.00	0.00
18-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
17-ORANGES, Mandarin lt syrup	1/2 cup	68	0	10	0.97	0.00	19.3	0	8.12	0.97	16.43	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1860	110	3241	22.66	9.64	2293.0	3770	31.22	97.88	266.55	44.20	12.41	0.00
% of Calories										21.1%	57.3%	21.4%	6.0%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

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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 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-TACO FILLING: Beef gd	1/4 Cup	170	51	55	0.41	1.81	17.8	167	1.08	14.31	1.64	11.46	4.34	0.65
18-TACO SHELLS, Hard	2 SHELLS	107	0	0	0.00	0.72	0.0	0	0.0	0.67	14.0	5.33	2.33	0.00
18-CHEESE, Moz/Ched Shred 1oz	1 Each	101	23	182	0.00	0.04	205.0	225	0.0	7.09	0.51	7.59	4.30	0.00
18-CHICK FAJITA W/Chic Strips	SERVINGS	275	52	697	3.76	2.16	294.5	633	15.68	21.13	26.12	10.24	4.76	0.00
18-RICE, MEXICAN w/Salsa	1/2 CUP	111	0	10	1.36	0.63	4.8	162	2.94	2.62	22.28	0.93	0.01	0.00
18-BEANS, BLACK TACO FIESTA	1/2 Cup	113	0	481	4.10	1.84	41.0	0	0.0	5.12	20.48	1.02	0.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
17-LETTUCE, shredded	1/2 cup	4	0	4	0.37	0.13	7.5	112	1.34	0.37	1.12	0.0	0.00	0.00
17-PEACHES Diced, cnd	1/2 Cup	61	0	10	1.01	0.00	0.0	202	1.21	1.01	14.14	0.0	0.00	0.00
17-PEACHES Sliced, cnd	1/2 Cup	59	0	10	0.00	0.00	0.0	297	1.19	0.0	13.87	0.0	0.00	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
17-SOUR CREAM 1oz	Each (1 oz)	25	0	30	0.00	0.00	60.7	202	0.0	2.03	4.05	0.0	0.00	0.00
17-SAUCE, TACO 9g pk	Packs	5	0	55	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1836	156	2727	16.44	9.12	2451.0	5741	48.57	103.32	243.79	46.58	17.74	0.65
% of Calories										22.5%	53.1%	22.8%	8.7%	0.3%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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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9-12 LUNCH ABWHS/CUMB POLYTECH

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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 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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-PARFAIT LUN, Blueberry HS	Parfaits	444	5	259	5.83	1.32	213.1	1045	1.33	10.19	80.16	8.82	1.82	0.00
17-PARFAIT LUN, Peach HS	Parfaits	460	5	269	3.61	0.86	199.8	1362	1.45	11.4	87.5	8.7	1.80	0.00
17-PARFAIT LUN, Straw-Blue HS	Parfaits	437	5	258	4.25	1.16	209.5	1026	30.88	10.79	78.56	8.98	1.81	0.00
17-PARFAIT LUN, StrawberrFZ HS	Parfaits	440	5	259	4.44	1.63	216.5	1046	42.25	10.19	79.58	8.7	1.80	0.00
17-PARFAIT LUN, Pineapple HS	Parfaits	494	5	297	3.74	1.35	226.7	999	6.44	10.19	93.51	8.7	1.80	0.00
17-MEATBALLS and GRAVY	5 ea	217	35	371	1.00	1.44	41.7	100	1.2	14.0	8.25	15.06	6.00	0.00
18-CHICKEN NUGGETS, WG 5pc	5 pieces (3o	161	25	383	1.01	1.81	60.4	101	0.0	14.1	13.09	6.04	1.51	0.00
18-ROLL, WG Wheat Roll, HS	Roll	158	0	279	3.00	1.80	40.0	40	6.0	5.0	30.0	2.89	0.40	0.00
16-COLLARD GREENS,Frozen, Marg	1/2 cup	55	0	156	4.02	1.09	199.9	9261	40.04	3.01	6.44	2.18	0.99	0.00
18-POTATOES, MASHED	1/2 cup	76	0	351	0.85	0.31	3.1	0	7.63	1.7	14.42	1.27	0.00	0.00
16-CARROTS, Glazed frozen	1/2 cup	98	0	101	2.86	0.39	43.3	13345	6.51	0.94	15.27	3.67	1.68	0.00
17-PINEAPPLE TIDBITS, Canned	1/2 Cup	69	0	30	0.99	0.36	19.7	0	4.74	0.0	17.77	0.0	0.00	0.00
18-GRAPES,FRESH	1/2 Cup	58	0	2	0.79	0.28	8.5	56	9.15	0.62	15.32	0.11	0.06	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		3907	115	4333	38.38	14.87	3282.2	31681	164.22	140.13	647.88	85.13	21.67	0.00
% of Calories									14.3%		66.3%	19.6%	5.0%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	25	860	4.00	3.60	250.0	500	0.0	17.0	40.0	14.0	6.00	0.00
17-SPAGHETTI & MeatSauc USDA	1 Cup	342	52	261	4.82	5.04	47.2	980	17.5	22.58	38.65	12.48	4.56	0.65
17-SPAGHETTI & MeaSau	1 Cup	345	52	439	6.65	4.60	45.9	388	4.58	22.5	39.06	12.47	4.56	0.65
18-BREADSTICK, GARLIC WW	1 Each	90	0	95	1.00	0.72	0.0	0	0.0	3.0	15.0	3.0	0.00	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-LUNCH BOX, DELI Turkey	Box	306	34	985	2.50	0.95	222.6	304	0.03	20.48	31.57	11.6	3.53	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
17-CABBAGE, seasoned	1/2 cup	25	0	68	1.66	0.30	26.9	106	24.3	0.83	3.92	0.97	0.41	0.00
17-RAISELS, Orange 1.5oz	1 Each	130	0	0	1.00	0.72	20.0	0	60.0	1.0	35.0	0.0	0.00	0.00
18-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-MELON, CANTALOUPE	1/2 CUP	46	0	22	1.22	0.27	12.2	4602	49.94	1.09	11.97	0.27	0.14	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2802	226	5173	30.71	19.20	2659.3	12798	207.69	159.06	373.93	80.72	26.17	1.31
% of Calories										22.7%	53.4%	25.9%	8.4%	0.4%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-PORK, Barbecue WWSandwich	Each Sandw wich	292	46	765	4.01	2.89	120.2	111	0.0	22.16	29.03	7.55	2.52	0.00
18-PIZZA, 6" RD Supreme HS	1 Each	380	45	660	4.00	2.70	300.0	400	18.0	22.0	31.0	18.0	7.00	0.00
17-FRIES,SWEET POTATO, Fried	1/2 cup	130	0	107	1.02	0.00	0.0	2030	4.87	0.0	17.25	6.73	0.66	0.00
17-FRIES,SWEET POTATO, Baked	1/2 Cup	112	0	107	1.02	0.00	0.0	2030	4.87	0.0	17.25	4.57	0.51	0.00
18-BEANS, BBQ Bake	1/2 Cup	173	0	366	8.14	1.83	61.1	0	0.0	7.12	34.6	0.51	0.00	0.00
17-COLESLAW, CABBAGE MIX	1/2 CUP	70	10	288	1.67	0.30	33.6	180	35.16	0.84	7.93	3.86	0.48	0.00
18-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
17-ORANGES, Mandarin It syrup	1/2 cup	68	0	10	0.97	0.00	19.3	0	8.12	0.97	16.43	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2071	131	3463	26.36	9.16	2341.0	8037	88.85	102.57	288.56	51.66	13.32	0.00
% of Calories										19.8%	55.7%	22.5%	5.8%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-NACHOS W/ BEEF & CHEESE H	1/2 Cup	195	46	626	0.28	0.99	214.0	421	1.45	15.35	3.88	11.83	6.22	0.33
18-CHICKEN, Fillet Spicy	Sandwich	320	25	500	4.00	4.50	140.0	260	0.0	20.0	41.0	8.5	1.50	0.00
18-SALAD, Tomato & Corn	1/2 CUP	71	4	83	1.22	0.34	57.4	381	6.59	2.84	4.96	4.38	1.24	0.00
17-BEANS,Pinto canned	1/2 cup	91	0	206	5.76	1.32	78.2	367	8.41	5.94	16.79	0.05	0.01	0.00
17-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	0	4	0.52	0.06	6.4	1037	5.39	0.45	1.17	0.05	0.01	0.00
18-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-FRUIT ICE, ROSATI, All flav	Each 4.4 oz	99	0	15	0.00	0.00	0.0	0	12.0	0.0	25.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1602	105	2755	18.42	8.47	2305.3	5812	46.00	93.50	222.13	34.81	10.98	0.33
% of Calories										23.4%	55.5%	19.6%	6.2%	0.2%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/12/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-BISCUIT, Sausage,Egg&Cheese	1 Each	361	146	778	0.60	2.56	167.9	429	0.0	16.63	31.53	18.33	8.97	0.00
18-CHICKEN, Tenders WG	3 pieces/ser	210	35	420	1.00	1.08	20.0	100	0.0	10.01	13.01	10.01	1.00	0.00
17-WAFFLES,WG	2 Waffles	220	0	300	5.00	1.80	60.0	0	0.0	4.0	35.0	8.0	1.00	0.00
17-SQUASH, Fresh, sliced	1/2 cup	40	0	68	1.48	0.41	20.3	298	19.59	1.5	5.2	2.0	0.87	0.00
18-BROCCOLI frzn	1/2 CUP	44	0	90	3.11	0.75	41.5	1266	70.26	3.09	5.2	1.86	0.85	0.00
17-APPLESAUCE, Canned	1/2 cup	49	0	15	1.97	0.00	0.0	0	0.0	0.0	12.81	0.0	0.00	0.00
18-PLUMS,FRESH	Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
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		1714	211	2830	16.16	7.86	2109.7	5543	101.85	83.22	223.74	50.19	14.68	0.00
% of Calories										19.4%	52.2%	26.3%	7.7%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 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)
Wed - 09/13/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-CHICKEN, THAI SWEET w/Rice	2.85 OZ	358	45	491	2.39	1.59	8.0	144	0.57	15.73	57.02	6.85	1.91	0.00
18-FLATBREAD, Turkey & Ham HS	1 Wrap	292	43	1008	3.00	1.79	133.4	151	0.06	21.39	33.21	10.48	3.52	0.00
18-DRESSING, Honey Dijon FF1.5	1 Each	69	0	227	0.00	0.36	19.8	0	0.0	0.99	14.83	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
18-SALAD, Popcorn Chicken	1 Each	191	28	533	3.10	2.19	173.2	5784	11.94	16.18	17.3	7.28	2.48	0.00
18-ROLL, WG Wheat Roll, HS	Roll	158	0	279	3.00	1.80	40.0	40	6.0	5.0	30.0	2.89	0.40	0.00
18-DRESSING, French FF 1.5	1 Each	80	0	410	1.00	0.00	0.0	300	0.0	0.0	11.0	3.5	0.50	0.00
18-DRESSING, Honey Dijon FF1.5	1 Each	69	0	227	0.00	0.36	19.8	0	0.0	0.99	14.83	0.0	0.00	0.00
18-DRESSING, Italian 1.5oz	1 Each	25	0	370	0.00	0.00	0.0	50	0.0	0.0	5.0	0.0	0.00	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
18-CALIFORNIA BLD, Stir Fry	1/2 cup	58	0	133	2.13	1.28	8.2	3743	28.48	1.35	9.69	1.13	0.19	0.00
17-SWEET POTATO CHUNKS	1/2 Cup	117	0	7	2.06	0.57	41.1	10696	13.84	1.77	24.9	1.43	0.22	0.00
17-PINEAPPLE TIDBITS, Canned	1/2 Cup	69	0	30	0.99	0.36	19.7	0	4.74	0.0	17.77	0.0	0.00	0.00
18-MELON, CANTALOUPE	1/2 CUP	46	0	22	1.22	0.27	12.2	4602	49.94	1.09	11.97	0.27	0.14	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
17-SAUCE, Soy pk	1 Each	7	0	607	0.00	0.00	0.0	0	0.0	1.32	0.66	0.0	0.00	0.00
Weighted Daily Average		2484	175	6224	20.90	11.64	2275.5	28710	121.56	113.81	370.21	59.82	13.36	0.00
% of Calories										18.3%	59.6%	21.7%	4.8%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 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)
Thu - 09/14/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-CHICKEN,ULT BREAST Fil Sand	Sandwich	370	65	790	4.00	3.60	140.0	110	0.0	27.0	41.0	10.5	2.00	0.00
18-FISHWICH ON WW BUN	1 Each	330	35	540	5.00	2.52	120.0	10	0.0	17.0	42.0	10.5	2.00	0.00
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	3.5	0.14	0.00
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	1.52	0.00	0.00
16-CARROTS, Savory frozen	1/2 cup	90	0	84	2.82	0.42	46.6	13277	2.29	0.97	17.62	1.82	0.83	0.00
17-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	0	4	0.52	0.06	6.4	1037	5.39	0.45	1.17	0.05	0.01	0.00
17-LETTUCE, Leaf Green	1 lf	2	0	3	0.24	0.00	4.1	840	2.15	0.24	0.24	0.0	0.00	0.00
17-PICKLE,Dill Slice 2 ea	2 Each	0	0	149	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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
17-PEARS, Diced, Canned	1/2 Cup	60	0	5	2.00	0.00	0.0	0	1.2	0.0	16.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	115	5	75	1.00	0.36	0.0	0	0.0	1.0	18.0	4.0	1.00	0.00
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	110	5	70	1.00	0.36	0.0	0	0.0	1.0	18.0	4.0	1.00	0.00
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	110	5	80	1.00	0.36	0.0	0	0.0	1.0	18.0	4.0	1.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	5	85	0.00	0.00	0.0	0	0.0	0.0	2.0	4.0	0.50	0.00
Weighted Daily Average		2204	150	3087	24.55	9.66	2126.8	18524	30.20	100.69	323.03	53.89	10.47	0.00
% of Calories									18.3%		58.6%	22.0%	4.3%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 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)
Fri - 09/15/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
16-LASAGNA ROLLUP CHEESE HS	Roll-up	327	53	809	3.46	2.08	352.1	865	12.54	20.56	34.41	11.98	5.73	0.20
18-BREADSTICK, GARLIC WW	1 Each	90	0	95	1.00	0.72	0.0	0	0.0	3.0	15.0	3.0	0.00	0.00
18-PORK CHOP SAND WW bun	Each Sand w wich	420	35	690	5.00	3.60	140.0	10	0.0	20.0	44.0	18.5	5.00	0.00
18-SALAD, Mixed Garden	1 CUP	14	0	9	1.26	0.35	13.4	4174	5.19	0.68	2.99	0.08	0.01	0.00
17-BEANS, Green Canned	1/2 cup	21	0	285	2.02	0.73	20.8	297	2.39	1.01	4.24	0.01	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
17-ORANGES, Mandarin lt syrup	1/2 cup	68	0	10	0.97	0.00	19.3	0	8.12	0.97	16.43	0.0	0.00	0.00
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	0	125	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-DRESSING, Italian 12G	PK (12 G)	5	0	105	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea)	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1815	118	3450	19.24	8.91	2352.4	8733	46.66	95.70	259.14	44.01	12.89	0.20
% of Calories										21.1%	57.1%	21.8%	6.4%	0.1%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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9-12 LUNCH ABWHS/CUMB POLYTECH

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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 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-PIZZA, 6" RD MEATEATERS HS	1 Each	310	40	590	3.00	1.80	300.0	500	12.0	22.0	30.0	11.0	5.00	0.00
17-TACO SALAD-HS	Servings	396	41	840	5.98	2.18	265.7	4975	15.04	20.55	38.55	17.87	5.16	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
17-CARROTS, Baby	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	0.45	5.84	0.09	0.02	0.00
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	0	125	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-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
17-STRAWBERRY:WHOLE UNSWE ET FZ	1/2 cup	27	0	1	1.39	0.52	11.4	32	28.73	0.0	6.95	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea)	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1660	111	2956	21.07	6.74	2409.1	18690	73.39	93.93	221.68	41.86	12.81	0.00
% of Calories										22.6%	53.4%	22.7%	6.9%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-SUB, Meatball w/SpagSaHS	SERVINGS	398	43	708	3.96	2.36	197.4	418	9.14	23.63	37.25	18.88	7.84	0.00
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	300	25	490	3.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	0.00
17-SAUCE, MARINARAw/Spag Sauc	.25 Cup	18	0	28	0.00	0.55	10.1	505	9.09	1.01	4.04	0.0	0.00	0.00
18-SALAD, Southwest Chick	1 Each	135	44	404	2.68	2.63	156.7	8016	8.44	14.66	7.31	5.9	2.89	0.00
18-DRESSING, Ranch 1.5 oz	1 Each	110	15	360	0.00	0.00	0.0	0	0.0	0.0	9.0	8.0	1.00	0.00
18-DRESSING, French FF 1.5	1 Each	80	0	410	1.00	0.00	0.0	300	0.0	0.0	11.0	3.5	0.50	0.00
18-DRESSING, Honey Dijon FF1.5	1 Each	69	0	227	0.00	0.36	19.8	0	0.0	0.99	14.83	0.0	0.00	0.00
18-DRESSING, Italian 1.5oz	1 Each	25	0	370	0.00	0.00	0.0	50	0.0	0.0	5.0	0.0	0.00	0.00
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	3.5	0.14	0.00
18-SALAD, Broccoli w/Raisins	1/2 Cup	122	13	161	1.04	0.48	22.3	969	29.05	1.08	15.6	6.55	0.66	0.00
17-PINEAPPLE TIDBITS, Canned	1/2 Cup	69	0	30	0.99	0.36	19.7	0	4.74	0.0	17.77	0.0	0.00	0.00
18-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-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2199	170	4367	17.63	10.30	2633.8	14082	78.68	112.56	282.37	67.65	21.06	0.00
% of Calories										20.5%	51.4%	27.7%	8.6%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-CHICKEN TERIYAKI w/Rice	2.85 OZ	394	63	535	2.45	9.02	18.2	148	0.58	18.86	57.09	8.98	2.45	0.00
18-HOAGIE, Ham/Cheese	1 Sandwich	293	45	840	3.00	1.44	171.9	405	0.0	18.4	37.4	10.89	4.70	0.00
18-CALIFORNIA BLD, Stir Fry	1/2 cup	58	0	133	2.13	1.28	8.2	3743	28.48	1.35	9.69	1.13	0.19	0.00
17-SALAD, Spinach & Grape Toma	1 CUP	50	4	402	1.88	1.30	96.3	5396	16.85	3.46	9.25	1.7	0.89	0.00
18-FRUIT PEARLS, Strawberry	1 Each	44	0	0	2.19	0.00	0.0	0	22.95	0.0	9.83	0.0	0.00	0.00
18-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-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
17-SAUCE, Soy pk	1 Each	7	0	607	0.00	0.00	0.0	0	0.0	1.32	0.66	0.0	0.00	0.00
Weighted Daily Average		1634	142	3679	16.59	14.30	2104.4	12940	80.73	91.39	244.59	32.69	10.22	0.00
% of Calories										22.4%	59.9%	18.0%	5.6%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	40	412	5.02	1.81	150.7	0	0.0	10.05	30.15	12.06	3.52	0.00
18-SALISBURY STK w/ GY	Each 3 oz	214	45	446	1.00	1.80	41.1	0	1.2	14.0	6.04	14.0	6.00	0.00
18-ROLL, WG Wheat Roll, HS	Roll	158	0	279	3.00	1.80	40.0	40	6.0	5.0	30.0	2.89	0.40	0.00
17-SWEET POTATO CHUNKS	1/2 Cup	117	0	7	2.06	0.57	41.1	10696	13.84	1.77	24.9	1.43	0.22	0.00
17-BEANS, Green Canned	1/2 cup	21	0	285	2.02	0.73	20.8	297	2.39	1.01	4.24	0.01	0.00	0.00
16-MIXED FRUIT:can,ex lt syrup	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	0.0	14.77	0.0	0.00	0.00
18-MELON W/ BLUEBERRIES	1/2 CUP	39	0	11	1.28	0.21	7.8	2316	27.67	0.75	10.02	0.23	0.08	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1603	115	2606	17.38	8.35	2101.5	16648	60.64	80.58	224.12	40.61	12.22	0.00
% of Calories										20.1%	55.9%	22.8%	6.9%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH ABWHS/CUMB POLYTECH

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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 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-FLATBREAD, BUFFALO CHICKE	1 Each	365	50	994	3.00	3.13	265.8	373	0.42	20.29	32.28	17.24	6.12	0.00
18-RIB B QUE on WW bun	Sandwich	310	30	690	4.00	2.88	140.0	110	1.2	18.0	34.0	12.5	4.00	0.00
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	3.5	0.14	0.00
18-BEANS, BBQ Bake	1/2 Cup	173	0	366	8.14	1.83	61.1	0	0.0	7.12	34.6	0.51	0.00	0.00
18-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
17-ORANGES, Mandarin lt syrup	1/2 cup	68	0	10	0.97	0.00	19.3	0	8.12	0.97	16.43	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1860	110	3241	22.66	9.64	2293.0	3770	31.22	97.88	266.55	44.20	12.41	0.00
% of Calories										21.1%	57.3%	21.4%	6.0%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-CHICKEN AND RICE w/BRD CRM	2/3 CUP	284	73	646	1.36	0.67	274.2	1391	0.41	17.37	21.44	11.17	5.68	0.00
18-ROLL, WG Wheat Roll, HS	Roll	158	0	279	3.00	1.80	40.0	40	6.0	5.0	30.0	2.89	0.40	0.00
17-CHEESEBURGER WW Bun	Sandwich	320	53	733	4.00	3.60	195.9	211	1.2	20.04	30.01	12.78	5.02	0.00
18-ONION, Slices	1/8 cup	7	0	1	0.31	0.03	4.2	0	1.34	0.2	1.69	0.02	0.01	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	0	20	1.01	0.36	0.0	0	3.65	2.02	14.17	3.5	0.14	0.00
17-COLESLAW, CABBAGE MIX	1/2 CUP	70	10	288	1.67	0.30	33.6	180	35.16	0.84	7.93	3.86	0.48	0.00
16-PEAS,Green frozen	1/2 Cup	91	0	172	4.79	1.55	19.3	2043	17.19	4.78	13.4	1.88	0.85	0.00
18-PLUMS,FRESH	1 Each	30	0	0	1.00	0.18	0.0	250	6.0	0.0	8.0	0.0	0.00	0.00
17-STRAWBERRY:WHOLE UNSWE ET FZ	1/2 cup	27	0	1	1.39	0.52	11.4	32	28.73	0.0	6.95	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, BBQ 12g	1 Each	15	0	160	0.00	0.00	0.0	100	0.6	0.0	4.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1898	165	3483	22.54	10.47	2378.7	7511	109.88	100.25	250.62	48.99	15.22	0.00
% of Calories										21.1%	52.8%	23.2%	7.2%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 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 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-TACO FILLING: Beef gd	1/4 Cup	170	51	55	0.41	1.81	17.8	167	1.08	14.31	1.64	11.46	4.34	0.65
18-TACO SHELLS, Hard	2 SHELLS	107	0	0	0.00	0.72	0.0	0	0.0	0.67	14.0	5.33	2.33	0.00
18-CHEESE, Moz/Ched Shred 1oz	1 Each	101	23	182	0.00	0.04	205.0	225	0.0	7.09	0.51	7.59	4.30	0.00
18-CHICK FAJITA W/Chic Strips	SERVINGS	275	52	697	3.76	2.16	294.5	633	15.68	21.13	26.12	10.24	4.76	0.00
18-RICE, MEXICAN w/Salsa	1/2 CUP	111	0	10	1.36	0.63	4.8	162	2.94	2.62	22.28	0.93	0.01	0.00
18-BEANS, BLACK TACO FIESTA	1/2 Cup	113	0	481	4.10	1.84	41.0	0	0.0	5.12	20.48	1.02	0.00	0.00
17-SALSA, Mild	1/4 cup	17	0	32	0.49	0.53	9.8	491	13.25	0.98	3.92	0.0	0.00	0.00
17-LETTUCE, shredded	1/2 cup	4	0	4	0.37	0.13	7.5	112	1.34	0.37	1.12	0.0	0.00	0.00
17-PEACHES Diced, cnd	1/2 Cup	61	0	10	1.01	0.00	0.0	202	1.21	1.01	14.14	0.0	0.00	0.00
17-PEACHES Sliced, cnd	1/2 Cup	59	0	10	0.00	0.00	0.0	297	1.19	0.0	13.87	0.0	0.00	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
17-SOUR CREAM 1oz	Each (1 oz)	25	0	30	0.00	0.00	60.7	202	0.0	2.03	4.05	0.0	0.00	0.00
17-SAUCE, TACO 9g pk	Packs	5	0	55	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1836	156	2727	16.44	9.12	2451.0	5741	48.57	103.32	243.79	46.58	17.74	0.65
% of Calories										22.5%	53.1%	22.8%	8.7%	0.3%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

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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 LUNCH ABWHS/CUMB	Total													
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, 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, 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
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
17-MILK,SOY VANILLA 8.25oz	3959 Each	554256	0	435492	7919.3	4273.9	118769	197949	0.0	31668.	67305.	17814.	1975.3	0.00
17-MILK,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
17-PARFAIT LUN, Blueberry HS	Parfaits	444	5	259	5.83	1.32	213.1	1045	1.33	10.19	80.16	8.82	1.82	0.00
17-PARFAIT LUN, Peach HS	Parfaits	460	5	269	3.61	0.86	199.8	1362	1.45	11.4	87.5	8.7	1.80	0.00
17-PARFAIT LUN, Straw-Blue HS	Parfaits	437	5	258	4.25	1.16	209.5	1026	30.88	10.79	78.56	8.98	1.81	0.00
18-HOAGIE, Ham/Cheese	1 Sandwich	293	45	840	3.00	1.44	171.9	405	0.0	18.4	37.4	10.89	4.70	0.00
18-HOAGIE, Turk&Cheese Ciab	Sandwiches	291	40	753	3.00	1.94	171.9	405	0.0	21.25	35.47	8.95	3.03	0.00
17-CARROTS, Baby	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	0.45	5.84	0.09	0.02	0.00
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	0	125	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-SALAD, Broccoli w/Raisins	1/2 Cup	122	13	161	1.04	0.48	22.3	969	29.05	1.08	15.6	6.55	0.66	0.00
17-APPLESAUCE, CUP	1 Each	50	0	15	1.00	0.00	0.0	0	60.0	0.0	14.0	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-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		557041	144	439254	7947.7	4281.9	119021	199722	136.11	31782.	67768.	17872.	1990.6	0.00
% of Calories										22.8%	48.7%	28.9%	3.2%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

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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 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	25	860	4.00	3.60	250.0	500	0.0	17.0	40.0	14.0	6.00	0.00
17-SPAGHETTI & MeatSauc USDA	1 Cup	342	52	261	4.82	5.04	47.2	980	17.5	22.58	38.65	12.48	4.56	0.65
17-SPAGHETTI & MeaSau	1 Cup	345	52	439	6.65	4.60	45.9	388	4.58	22.5	39.06	12.47	4.56	0.65
18-BREADSTICK, GARLIC WW	1 Each	90	0	95	1.00	0.72	0.0	0	0.0	3.0	15.0	3.0	0.00	0.00
18-LUNCH BOX, DELI Ham	Box	313	34	1233	2.50	1.22	222.6	308	0.03	19.59	31.28	12.8	4.28	0.00
18-LUNCH BOX, DELI Turkey	Box	306	34	985	2.50	0.95	222.6	304	0.03	20.48	31.57	11.6	3.53	0.00
17-CORN, Canned	1/2 Cup	73	0	24	2.01	0.36	0.1	63	3.61	2.0	9.02	2.9	0.63	0.00
17-CABBAGE, seasoned	1/2 cup	25	0	68	1.66	0.30	26.9	106	24.3	0.83	3.92	0.97	0.41	0.00
17-RAISELS, Orange 1.5oz	1 Each	130	0	0	1.00	0.72	20.0	0	60.0	1.0	35.0	0.0	0.00	0.00
18-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-MELON, CANTALOUPE	1/2 CUP	46	0	22	1.22	0.27	12.2	4602	49.94	1.09	11.97	0.27	0.14	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2802	226	5173	30.71	19.20	2659.3	12798	207.69	159.06	373.93	80.72	26.17	1.31
% of Calories										22.7%	53.4%	25.9%	8.4%	0.4%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=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 LUNCH ABWHS/CUMB POLYTECH

Generated on: 8/31/2017 3:32:36 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)
Fri - 09/29/2017														
9-12 LUNCH ABWHS/CUMB	Total													
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, 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, 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,Dairy Ease FF 8oz	1 Each	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	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
18-PORK, Barbecue WWSandwich	Each Sand w wich	292	46	765	4.01	2.89	120.2	111	0.0	22.16	29.03	7.55	2.52	0.00
18-PIZZA, 6" RD Supreme HS	1 Each	380	45	660	4.00	2.70	300.0	400	18.0	22.0	31.0	18.0	7.00	0.00
17-FRIES,SWEET POTATO, Fried	1/2 cup	130	0	107	1.02	0.00	0.0	2030	4.87	0.0	17.25	6.73	0.66	0.00
17-FRIES,SWEET POTATO, Baked	1/2 Cup	112	0	107	1.02	0.00	0.0	2030	4.87	0.0	17.25	4.57	0.51	0.00
18-BEANS, BBQ Bake	1/2 Cup	173	0	366	8.14	1.83	61.1	0	0.0	7.12	34.6	0.51	0.00	0.00
17-COLESLAW, CABBAGE MIX	1/2 CUP	70	10	288	1.67	0.30	33.6	180	35.16	0.84	7.93	3.86	0.48	0.00
17-PUDDING, Chocolate	1/2 cup	145	0	186	1.03	0.74	62.0	0	0.0	2.07	24.81	3.62	0.52	0.00
17-PUDDING, Vanilla	1/2 cup	145	0	207	0.00	0.00	62.0	0	0.0	2.07	22.74	5.17	0.52	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
17-ORANGES, Mandarin lt syrup	1/2 cup	68	0	10	0.97	0.00	19.3	0	8.12	0.97	16.43	0.0	0.00	0.00
18-KETCHUP: individual	1 pks (9g ea	10	0	25	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
18-MAYONNAISE FF 12g	1 Each	30	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	3.0	0.00	0.00
18-MUSTARD 5.5g portion	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
18-SAUCE, HOT, Packet 7g	1 Each	0	0	190	0.00	0.00	0.0	200	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2360	131	3856	27.39	9.90	2465.0	8037	88.85	106.70	336.10	60.45	14.36	0.00
% of Calories										18.1%	57.0%	23.1%	5.5%	0.0%
Nutrient Guideline		750-850		1420		3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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