

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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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 - 09/01/2017														
K-5 LUNCH YEAR ROUND														
	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-HOT DOG ON A BUN	Hot Dog(s)	330	30	840	3.00	2.16	100.0	10	0.0	12.0	29.0	18.5	6.50	1.00
18-CHILI, HOT DOG	#16 Scoop	54	14	260	1.49	0.99	19.4	383	5.07	4.47	4.97	1.99	0.70	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-LUNCH BOX, Yogurt	Box	545	10	339	5.47	3.33	274.9	224	4.14	20.33	62.99	22.0	4.33	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
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-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-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
17-BANANAS 100-120 CT	1 Each	121	0	1	3.54	0.35	6.8	87	11.83	1.48	31.06	0.45	0.15	0.00
18-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-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
16-WATERMELON,RAW diced no rn	1/2 Cup	27	0	1	0.37	0.22	6.4	26	7.4	0.56	6.89	0.14	0.01	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-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		2545	135	3992	35.73	14.35	2452.1	7018	129.92	121.22	363.33	64.09	16.79	1.00
% of Calories										19.1%	57.1%	22.7%	5.9%	0.4%
Nutrient Guideline		550-650		1230									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/05/2017														
K-5 LUNCH YEAR ROUND														
	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-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
17-TACO SALAD-Elem/Mid	Servings	301	41	781	4.45	1.98	260.4	3641	12.64	19.29	27.48	13.37	4.16	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-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-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-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
17-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-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-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-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
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
18-SANDWICH, WOW BUTTER	Sandwiches	424	0	388	2.00	2.88	20.0	0	0.0	11.0	57.9	17.0	3.00	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
Weighted Daily Average		2341	161	3499	27.19	10.93	2749.7	8801	74.02	113.10	306.81	72.85	22.40	0.00
% of Calories										19.3%	52.4%	28.0%	8.6%	0.0%
Nutrient Guideline		550-650		1230									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/06/2017														
K-5 LUNCH YEAR ROUND														
	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-PORK CHOP SAND WW bun	Each Sand wich	420	35	690	5.00	3.60	140.0	10	0.0	20.0	44.0	18.5	5.00	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
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-FLATBREAD	1 Each	180	0	330	3.00	1.76	34.2	0	0.06	6.0	29.0	5.0	1.00	0.00
17-SALAD, CAESAR CHICKEN	Salad	457	52	921	5.20	2.47	272.8	10124	5.61	24.0	31.64	26.61	6.49	0.00
17-SALAD, Chef Lett&Chees Base	Salad	100	15	494	2.46	0.77	226.4	8618	9.14	8.44	8.34	4.73	2.54	0.00
17-SALAD, Chef Egg Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.0	270	0.0	6.28	0.36	4.76	1.56	0.02
17-SALAD, ChefGrill ChicStrip	2 oz	67	37	141	0.00	1.73	32.0	160	0.0	9.6	0.0	3.2	1.60	0.00
16-SALAD, Chef, Turkey Deli	2.5 oz	88	38	525	0.00	0.90	0.0	6	0.0	15.0	1.25	1.25	0.00	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-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
17-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
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-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-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
Weighted Daily Average		2968	459	6105	30.63	21.03	2684.5	34557	115.15	167.42	342.89	102.98	27.11	0.67
% of Calories										22.6%	46.2%	31.2%	8.2%	0.2%
Nutrient Guideline		550-650		1230									<10.00	

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K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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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 - 09/07/2017														
K-5 LUNCH YEAR ROUND														
	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-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 Elem	1 Waffle	110	0	150	2.50	0.90	30.0	0	0.0	2.0	17.5	4.0	0.50	0.00
18-SUB, Meatball w/SpagSaucE/M	SERVINGS	371	36	745	4.77	3.51	249.6	408	5.32	21.85	33.6	17.58	7.14	0.00
17-TATOR TOTS, Baked	1/2 Cup	92	0	164	1.02	0.37	0.0	0	0.0	1.02	14.34	3.58	0.00	0.00
16-MIXED VEGETABLES, Frozen	1/2 cup	64	0	188	3.99	0.91	20.5	5047	10.09	2.98	12.95	0.99	0.00	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-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
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-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-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
Weighted Daily Average		2451	164	5004	21.29	10.74	2585.4	9267	82.07	126.93	337.24	67.57	18.46	0.00
% of Calories										20.7%	55.0%	24.8%	6.8%	0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Fri - 09/08/2017														
K-5 LUNCH YEAR ROUND														
	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-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
18-SAUCE, MARINARAw/Spag Sauc	.25 Cup	23	0	182	1.01	0.54	10.1	252	4.54	1.01	4.03	0.76	0.00	0.00
17-CHICK FAJITA W/Chic Strips	SERVINGS	150	51	613	0.57	1.85	234.9	552	15.63	16.64	4.22	8.25	4.18	0.00
18-BEANS, Green Canned	1/2 cup	21	0	248	2.06	1.10	11.1	2	0.02	1.03	5.32	0.01	0.00	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
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-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
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-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
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
Weighted Daily Average		1410	106	2591	12.99	7.82	2493.6	5408	223.58	91.53	188.95	32.01	13.05	0.00
% of Calories										26.0%	53.6%	20.4%	8.3%	0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2017														
K-5 LUNCH YEAR ROUND														
	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-CHICKEN FILLET WW BUN	Sandwich	380	30	580	4.00	3.24	120.0	110	1.2	17.0	38.0	17.5	3.50	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, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	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
18-GRAVY, Brown Mix	1/4 Cup	20	0	142	0.00	0.00	1.7	0	0.0	0.0	3.0	0.0	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
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
17-SALAD, CAESAR CHICKEN	Salad	457	52	921	5.20	2.47	272.8	10124	5.61	24.0	31.64	26.61	6.49	0.00
17-SALAD, Chef Lett&Chees Base	Salad	100	15	494	2.46	0.77	226.4	8618	9.14	8.44	8.34	4.73	2.54	0.00
17-SALAD, Chef Egg Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.0	270	0.0	6.28	0.36	4.76	1.56	0.02
17-SALAD, Chef Meat Faj Chick	2.75 oz	93	56	445	0.00	1.00	18.6	93	0.0	13.92	1.86	2.78	0.46	0.00
17-SALAD, Chef, Ham-Sliced	2 oz	70	25	630	0.00	0.36	0.0	0	0.0	10.0	1.0	3.0	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-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
Weighted Daily Average		2782	449	6545	24.33	13.16	2590.5	35882	50.06	151.28	312.11	98.36	26.78	0.02
% of Calories										21.8%	44.9%	31.8%	8.7%	0.0%
Nutrient Guideline		550-650		1230									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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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 - 09/12/2017														
K-5 LUNCH YEAR ROUND														
	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-NACHOS W/ BEEF & CHEESE E	3/8 Cup	146	34	469	0.21	0.75	160.5	316	1.09	11.51	2.91	8.87	4.67	0.24
17-Nacho Cheese Sauce, SICh EM	3/8 cup	137	29	546	0.09	0.11	292.3	855	1.3	9.76	8.19	7.74	4.82	0.00
17-NACHO CHIPS, Tostitos E/M	Bag	110	0	125	2.00	0.36	20.0	0	0.0	2.0	19.0	2.5	0.00	0.00
18-PARFAIT LUN, Blueb Elem/Mid	Parfaits	372	5	205	4.90	1.00	212.8	1044	1.3	9.06	69.1	6.26	1.54	0.00
18-PARFAIT LUN, Peach Elem/Mid	Parfaits	420	5	218	3.06	0.56	199.8	1302	1.82	10.57	79.76	6.14	1.52	0.00
18-PARFAIT LUN, Pineapp EI/Mid	Parfaits	423	5	243	2.89	1.04	226.7	999	6.44	9.06	82.7	6.14	1.52	0.00
18-X CRACKER, Graham Goldfish	Each (0.9oz	120	0	135	1.00	1.44	100.0	200	1.2	2.0	19.0	4.0	1.00	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-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-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-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-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-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
Weighted Daily Average		2733	103	3017	26.79	9.04	3107.6	9251	208.96	113.26	445.66	51.60	17.71	0.24
% of Calories										16.6%	65.2%	17.0%	5.8%	0.1%
Nutrient Guideline		550-650		1230									<10.00	

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Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2017														
K-5 LUNCH YEAR ROUND														
	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-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-FISH NUGGET WG 4pc	4 nuggets	210	35	280	3.00	1.08	20.0	5	0.0	12.0	22.0	8.0	1.50	0.00
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	0	199	5.00	0.49	12.4	41	4.99	6.0	24.0	3.39	0.91	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
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-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
Weighted Daily Average		1857	100	2454	22.11	8.44	2144.0	4812	129.25	90.09	268.20	46.25	14.25	0.00
% of Calories										19.4%	57.8%	22.4%	6.9%	0.0%
Nutrient Guideline		550-650		1230									<10.00	

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