

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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)
Fri - 09/01/2017														
9-12 LUNCH RAMSEY ST/M														
18-MILK, CHOCOLATE FF 8oz	Total													
18-MILK, PLAIN 1% 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	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
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
16-BEANS, Baked 2/3 cup	2/3 cup	172	0	168	6.33	2.59	93.2	123	1.73	7.47	34.0	0.17	0.02	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		2031	110	3409	28.99	12.23	2386.2	3892	32.95	105.35	300.55	44.37	12.43	0.00
% of Calories										20.7%	59.2%	19.7%	5.5%	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 RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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 - 09/05/2017														
9-12 LUNCH RAMSEY ST/M	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
 * - 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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Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

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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 RAMSEY ST/M	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 RAMSEY ST/MASSEY HI

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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														
9-12 LUNCH RAMSEY ST/M	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2017														
9-12 LUNCH RAMSEY ST/M	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 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
16-BEANS, Baked 2/3 cup	2/3 cup	172	0	168	6.33	2.59	93.2	123	1.73	7.47	34.0	0.17	0.02	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 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		2242	131	3631	32.69	11.75	2434.2	8160	90.58	110.04	322.56	51.83	13.34	0.00
% of Calories										19.6%	57.5%	20.8%	5.4%	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 RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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 RAMSEY ST/M	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	

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

Page 7

Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

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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														
9-12 LUNCH RAMSEY ST/M	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 RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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 RAMSEY ST/M	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

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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)
Thu - 09/14/2017														
9-12 LUNCH RAMSEY ST/M	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 RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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 RAMSEY ST/M	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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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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)
Mon - 09/18/2017														
9-12 LUNCH RAMSEY ST/M	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	

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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 RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2017														
9-12 LUNCH RAMSEY ST/M	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-CHIPS, Tostitos IW High	Bag	200	0	160	3.00	0.36	20.0	0	0.0	3.0	29.0	7.0	1.00	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-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		2399	170	4527	20.63	10.66	2653.8	14082	78.68	115.56	311.37	74.65	22.06	0.00
% of Calories										19.3%	51.9%	28.0%	8.3%	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

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 8/31/2017 3:32:04 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)
Wed - 09/20/2017														
9-12 LUNCH RAMSEY ST/M	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 RAMSEY ST/MASSEY HI

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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 RAMSEY ST/M	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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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

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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 - 09/22/2017														
9-12 LUNCH RAMSEY ST/M	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
16-BEANS, Baked 2/3 cup	2/3 cup	172	0	168	6.33	2.59	93.2	123	1.73	7.47	34.0	0.17	0.02	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		2031	110	3409	28.99	12.23	2386.2	3892	32.95	105.35	300.55	44.37	12.43	0.00
% of Calories										20.7%	59.2%	19.7%	5.5%	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 RAMSEY ST/MASSEY HI

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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)
Mon - 09/25/2017														
9-12 LUNCH RAMSEY ST/M	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

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

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 - 09/26/2017														
9-12 LUNCH RAMSEY ST/M	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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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

9-12 LUNCH RAMSEY ST/MASSEY HI

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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 RAMSEY ST/M	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 RAMSEY ST/MASSEY HI

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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 - 09/28/2017														
9-12 LUNCH RAMSEY ST/M	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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 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.

Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

	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 RAMSEY ST/M	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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