

# Cumberland County Schools

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

Page 1

Generated on: 8/31/2017 3:30:56 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 <sup>1</sup> (g)
Fri - 09/01/2017														
9-12 LUNCH YEAR ROUND														
	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-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
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		2240	155	3901	26.66	12.34	2593.0	4170	49.22	119.88	297.55	62.20	19.41	0.00
% of Calories										21.4%	53.1%	25.0%	7.8%	0.0%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 2

Generated on: 8/31/2017 3:30:56 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/05/2017														
9-12 LUNCH YEAR ROUND														
	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-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-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-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
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		2214	221	3674	21.20	12.78	2601.5	7729	56.11	131.01	286.20	57.13	19.75	0.65
% of Calories										23.7%	51.7%	23.2%	8.0%	0.3%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 3

Generated on: 8/31/2017 3:30:56 PM

	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 <sup>1</sup> (g)
Wed - 09/06/2017														
9-12 LUNCH YEAR ROUND														
	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
18-PIZZA, PEPPERONI HS	Slice	360	40	460	3.00	1.80	350.0	300	0.0	18.0	35.0	16.0	7.00	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
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		4602	200	5357	47.06	19.66	3808.9	39997	172.66	175.79	719.18	114.03	32.56	0.00
% of Calories										15.3%	62.5%	22.3%	6.4%	0.0%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 4

Generated on: 8/31/2017 3:30:56 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/07/2017														
9-12 LUNCH YEAR ROUND	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
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
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-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
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		3180	291	6120	35.47	22.86	2809.8	14786	215.23	186.75	416.34	91.27	28.18	1.31
% of Calories										23.5%	52.4%	25.8%	8.0%	0.4%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 5

Generated on: 8/31/2017 3:30:56 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/08/2017														
9-12 LUNCH YEAR ROUND														
	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-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 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 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		2455	175	4563	30.85	12.31	2460.4	8430	93.92	119.04	322.53	72.15	20.52	1.00
% of Calories										19.4%	52.6%	26.5%	7.5%	0.4%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 6

Generated on: 8/31/2017 3:30:57 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 <sup>1</sup> (g)
Mon - 09/11/2017														
9-12 LUNCH YEAR ROUND														
	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-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
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		1912	145	3345	21.42	10.27	2605.3	6312	58.00	115.50	252.13	45.81	15.98	0.33
% of Calories										24.2%	52.8%	21.6%	7.5%	0.2%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 7

Generated on: 8/31/2017 3:30:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/12/2017														
9-12 LUNCH YEAR ROUND														
	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
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-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
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-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
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-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-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-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		2737	335	5719	28.61	14.87	2456.7	16099	119.04	130.56	347.42	85.14	22.08	0.00
% of Calories										19.1%	50.8%	28.0%	7.3%	0.0%
Nutrient Guideline		750-850		1420									<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.

**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 YEAR ROUND

Portion Values - Detailed

Page 8

Generated on: 8/31/2017 3:30:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/13/2017														
9-12 LUNCH YEAR ROUND														
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	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	90	0	130	0.00	0.00	300.0	500	0.0	8.0	13.0	0.0	0.00	0.00
18-CHICKEN, THAI SWEET w/Rice	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, Turkey & Ham HS	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-DRESSING, Honey Dijon FF1.5	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, Ranch 1.5 oz	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-PIZZA, PEPPERONI HS	1 Each	360	40	460	3.00	1.80	350.0	300	0.0	18.0	35.0	16.0	7.00	0.00
18-CALIFORNIA BLD, Stir Fry	Slice	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-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-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
18-PEARS,FRESH 120 ct	Each	80	0	1	4.64	0.17	9.3	46	5.56	0.93	21.32	0.0	0.00	0.00
18-KETCHUP: individual	1 Each	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 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	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-SAUCE, HOT, Packet 7g	Pk	5	0	60	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
17-SAUCE, Soy pk	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	1 Each	7	0	607	0.00	0.00	0.0	0	0.0	1.32	0.66	0.0	0.00	0.00
% of Calories		2338	173	4485	24.15	9.34	2399.3	18578	71.12	109.47	352.07	53.88	15.83	0.00
Nutrient Guideline		750-850		1420						18.7%	60.2%	20.7%	6.1%	0.0%

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.