

# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/08/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-WAFFLE, Apple WG	Each	250	43.0
18-WAFFLE, Blueberry WG	Each	270	45.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	10.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLESAUCE, CUP	1 Each	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
Weighted Daily Average		1519	313.22
% of Calories			82.5%
Nutrient Guideline		350-500	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/09/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
17-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	1 Each	60	14.0
18-JUICE, 4oz Apple 100%	1 Each	60	14.0
18-JUICE, 4oz Grape 100%	1 Each	80	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	110	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	110	23.0
18-CEREAL, Trix WG 1oz	1 Each	110	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	90	17.0
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	160	18.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	10.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-APPLESAUCE, CUP	1 Each	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		1324	273.69
% of Calories			82.7%
Nutrient Guideline		350-500	

\*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 3

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/10/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-BREAD, BANANA WG, IW 3.4oz	1 Each	280	47.0
18-BREAD,MIX BERRY WW IW 3.4oz	1 Each	270	46.0
18-BREAD,PUMPKIN WW, IW 3.4oz	1 Each	280	47.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLESAUCE, CUP	1 Each	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		1541	303.19
% of Calories			78.7%
Nutrient Guideline		350-500	

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/11/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-BISCUIT, Sausage, 3.25oz	1 Each	220	24.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLESAUCE, CUP	1 Each	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		2597	521.37
% of Calories			80.3%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet  
Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/12/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-CINNAMON ROLL, WG, IW	1 Each	230	38.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	1 Each	60	14.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS, FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		1302	267.72
% of Calories			82.3%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/17/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-PIZZA, BREAKFAST, Rd,IW E/M	1 Each	240	31.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-APPLESAUCE, CUP	1 Each	60	14.0
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-ORANGES 125 ct	Each (125 ct)	74	18.22
Weighted Daily Average		1206	239.19
% of Calories			79.3%
Nutrient Guideline		350-500	

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/18/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-MUFFIN, Apple, WG IW	1 Each	260	42.0
18-MUFFIN, Banana WG, IW	1 Each	250	43.0
18-MUFFIN, Blueberry WG IW	1 Each	250	41.0
18-MUFFIN, ChocChip WG IW	1 Each	270	44.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	1 Each	60	14.0
18-ORANGES 125 ct	Each (125 ct)	74	18.22
Weighted Daily Average		1601	307.53
% of Calories			76.8%
Nutrient Guideline		350-500	

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Portion Values - Detailed

Page 8

Jan 1, 2018 thru Jan 31, 2018

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	Portion Size	Cals (kcal)	Carb (g)
<b>Fri - 01/19/2018</b>			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	38.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
18-BANANAS 100-120 CT	1 Each	121	31.06
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-PEARS, FRESH 120 ct	1 Each	80	21.32
18-ORANGES 125 ct	Each (125 ct)	74	18.22
Weighted Daily Average		2593	533.44
% of Calories			82.3%
Nutrient Guideline		350-500	

<b>Mon - 01/22/2018</b>			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-PIZZA BAGEL, GravyBrkfst IW	1 Each	170	21.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1040	201.00 77.3%
Nutrient Guideline		350-500	

Tue - 01/23/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	1 Each	60	14.0
18-JUICE, 4oz Apple 100%	1 Each	60	14.0
18-JUICE, 4oz Grape 100%	1 Each	80	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	110	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	110	23.0
18-CEREAL, Trix WG 1oz	1 Each	110	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	90	17.0
18-PANCAKES, Banana Flav IW	1 Each	200	37.0
18-PANCAKES, Mini Maple WG IW	1 Each	220	36.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
Weighted Daily Average % of Calories		1265	252.00 79.7%
Nutrient Guideline		350-500	

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<sup>1</sup> - 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

Page 10

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/24/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-TACO, Egg Cheese,T Sausage	1 Each	140	17.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-APPLESAUCE, CUP	1 Each	60	14.0
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		1156	232.19
% of Calories			80.3%
Nutrient Guideline		350-500	

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# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 11

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/25/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	1 Each	60	14.0
18-JUICE, 4oz Apple 100%	1 Each	60	14.0
18-JUICE, 4oz Grape 100%	1 Each	80	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	110	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	110	23.0
18-CEREAL, Trix WG 1oz	1 Each	110	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	90	17.0
18-DONUT, Super Plus RF 3oz	1 Each	240	38.0
18-APPLESAUCE, CUP	1 Each	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
Weighted Daily Average		1145	226.00
% of Calories			79.0%
Nutrient Guideline		350-500	

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/26/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-BREAKFAST BITES, WG	Servings	210	17.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLESAUCE, CUP	1 Each	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-BANANAS 100-120 CT	1 Each	121	31.06
Weighted Daily Average		2550	505.89
% of Calories			79.4%
Nutrient Guideline		350-500	

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/29/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-WAFFLE, Apple WG	Each	250	43.0
18-WAFFLE, Blueberry WG	Each	270	45.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	10.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
18-APPLESAUCE, CUP	1 Each	60	14.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
Weighted Daily Average		1479	303.72
% of Calories			82.1%
Nutrient Guideline		350-500	

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/30/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
17-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	1 Each	60	14.0
18-JUICE, 4oz Apple 100%	1 Each	60	14.0
18-JUICE, 4oz Grape 100%	1 Each	80	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	110	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	110	23.0
18-CEREAL, Trix WG 1oz	1 Each	110	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	90	17.0
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	160	18.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	25	10.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		1294	266.69
% of Calories			82.5%
Nutrient Guideline		350-500	

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# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 15

Jan 1, 2018 thru Jan 31, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 12/12/2017 10:23:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/31/2018			
K-5 BREAKFAST YEAR RO	Total		
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
18-JUICE, 4oz Orange 100%	Each	60	14.0
18-JUICE, 4oz Apple 100%	Each	60	14.0
18-JUICE, 4oz Grape 100%	Each	80	19.0
18-JUICE, 4oz AppleCherry100%	Each	60	15.0
18-JUICE, 4oz FruitPunch100%	Each	60	14.0
18-JUICE, 4oz Org Pnpple100%	Each	60	15.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Rice Chex WG 28g	Each	110	23.0
18-CEREAL, Trix WG 1oz	Each	110	24.0
18-CRACKERS, GRAHAM 3ct	Each	90	17.0
18-CINNAMON ROLL, WG, IW	1 Each	230	38.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	110	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	1 Each	60	14.0
18-APPLE, Fresh Wedges	3 Wedges	49	12.82
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
Weighted Daily Average		1302	267.72
% of Calories			82.3%
Nutrient Guideline		350-500	

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