

# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

Generated on: 12/12/2017 10:34:52 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/08/2018			
K-5 LUNCH YEAR ROUND	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-PIZZA, PEPPERONI 4X6	Slice	300	33.0
18-CHICKEN AND RICE w/BRD CRMB	2/3 CUP	284	21.44
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	24.0
18-PIZZA, CHEESE 4X6	Slice	310	30.0
18-BROCCOLI frzn	1/2 CUP	44	5.2
18-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
18-APPLES, Cinnamon, can apple	1/2 CUP	91	23.6
Weighted Daily Average		1928	251.65
% of Calories			52.2%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/09/2018			
K-5 LUNCH YEAR ROUND	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-FISHWICH ON WW BUN	1 Each	330	42.0
18-TACO, Hard w/Turkey Filling	2 Shells	327	19.73
18-TACO FILLING: Beef gd	1/4 Cup	170	1.64
17-TORTILLA SHELL, Soft	1 Tortilla	110	22.0
18-CHEESE, Moz/Ched Shred 1oz	1 Each	101	0.51
18-RICE, MEXICAN w/Salsa	1/2 CUP	111	22.28
18-BEANS, BLACK TACO FIESTA	1/2 Cup	113	20.48
17-LETTUCE & SALSA	1/2 cup	25	5.35
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
18-LUNCH BOX, DELI Turkey	Box	306	31.57
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-SALSA, Mild	1/4 cup	18	4.01
17-LETTUCE, shredded	1/2 cup	4	1.12
18-CHEESE, Slice American	Slice	40	1.01
Weighted Daily Average		2627	330.07
% of Calories			50.3%
Nutrient Guideline		550-650	

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Base Menu Spreadsheet

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Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/10/2018			
K-5 LUNCH YEAR ROUND	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-CHICKEN, POPCORN WG	10 pieces/serv	161	13.08
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	24.0
17-SOUP,CHILI W/BEANS/PINTO	3/4 CUP	282	20.98
18-CRACKERS, Capt Wafer WG 2pk	2 Packages	60	9.0
17-POTATO, BAKED 100 ct	1/2 Cup	131	29.83
18-SALAD, Mixed Garden	1 CUP	14	2.99
18-PEACHES Diced, cnd	1/2 Cup	82	21.46
16-MARGARINE SPREAD 5g each	Each 5 gram	20	0.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
18-DRESSING, Italian 12G	PK (12 G)	5	1.0
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-DRESSING, SM Srirac Ranch	1 fl oz	75	2.93
17-WRAP, GourTurkey & Cheese	1 Wrap	284	24.93
Weighted Daily Average		1982	259.20
% of Calories			52.3%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/11/2018			
K-5 LUNCH YEAR ROUND	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-CHICK ALFREDO w/Rotin Pasta	1 CUP	328	25.79
18-BREADSTICK, GARLIC WW	1 Each	90	15.0
17-HAMBURGER WW Bun	Sandwich	280	29.0
18-BEANS, Green Canned	1/2 cup	21	5.32
16-CARROTS AU GRATIN	2/3 Cup	284	24.34
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	27	6.95
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-CHEESE, Slice American	Slice	40	1.01
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
18-LETTUCE, Leaf Green	1 lf	2	0.24
18-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
Weighted Daily Average		1893	234.82
% of Calories			49.6%
Nutrient Guideline		550-650	

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/12/2018			
K-5 LUNCH YEAR ROUND	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-HOT DOG ON A BUN	Hot Dog(s)	330	29.0
18-CHILI, HOT DOG	#16 Scoop	54	4.97
18-PORK, Barbecue WWSandwich	Each Sandwich	292	29.03
18-SANDWICH, WOW BUTTER	Sandwiches	424	57.9
18-CHEESE, Mozz String 1oz	1 Each	60	1.0
18-CHEESE, Cheddar String 1oz	1 Each	110	0.0
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.17
18-BEANS, BBQ Bake	1/2 Cup	173	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	70	7.93
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
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
Weighted Daily Average		2613	365.04
% of Calories			55.9%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/17/2018			
K-5 LUNCH YEAR ROUND	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-CHICKEN, Tenders WG	3 pieces/serv	210	13.01
18-WAFFLES,WG Elem	1 Waffle	210	35.0
18-SLOPPY JOE ON WW BUN	Each-(1/3 c)	361	36.46
17-FRIES,SWEET POTATO, Baked	1/2 Cup	112	17.25
18-SALAD, Mixed Garden	1 CUP	14	2.99
18-PEARS, Baked	1/2 CUP	119	24.2
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
18-DRESSING, Italian 12G	PK (12 G)	5	1.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
18-DRESSING, SM Srirac Ranch	1 fl oz	75	2.93
18-SANDWICH, BAHN MI FLATBREAD	1 Each	353	40.58
Weighted Daily Average		2299	313.41
% of Calories			54.5%
Nutrient Guideline		550-650	

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
<b>Thu - 01/18/2018</b>			
K-5 LUNCH YEAR ROUND	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-PORK CHOP SAND WW bun	Each Sandwich	420	44.0
18-CHICKEN TERIYAKI w/Rice	2.85 OZ	394	57.09
18-CALIFORNIA BLD, Stir Fry	1/2 cup	61	11.9
18-BEANS, Green Canned	1/2 cup	21	5.32
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	70	17.89
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
18-LETTUCE, Leaf Green	1 lf	2	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
17-SAUCE, Soy pk	1 Each	7	0.66
18-SAUCE, Sweet & Sour 1oz	1 Each	46	12.15
Weighted Daily Average		1750	254.42
% of Calories			58.1%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
<b>Fri - 01/19/2018</b>			
K-5 LUNCH YEAR ROUND	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-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	300	30.0
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	23	4.03
18-PORK, BBQ West Sandwich	Each Sandwich	392	52.51
18-CORN, Canned	1/2 Cup	60	9.02
18-BEANS, BBQ Bake	1/2 Cup	173	34.6
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
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-LUNCH BOX, Yogurt	Box	545	62.99
Weighted Daily Average		2496	377.60
% of Calories			60.5%
Nutrient Guideline		550-650	

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Base Menu Spreadsheet  
Portion Values - Detailed

Page 5

Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/22/2018			
K-5 LUNCH YEAR ROUND	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-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	161	13.09
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	24.0
18-SUB, Meatball w/SpagSaucE/M	SERVINGS	371	33.6
18-BROCCOLI w/ CHEESE&SAUCE	1/2 CUP	74	7.24
17-SWEET POTATO CHUNKS	1/2 Cup	117	24.9
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-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
Weighted Daily Average		1814	263.20
% of Calories			58.1%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/23/2018			
K-5 LUNCH YEAR ROUND	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-RIB B QUE on WW bun	Sandwich	332	39.28
18-TACO, Hard w/Turkey Filling	2 Shells	327	19.73
18-TACO FILLING: Beef gd	1/4 Cup	170	1.64
17-TORTILLA SHELL, Soft	1 Tortilla	110	22.0
18-CHEESE, Moz/Ched Shred 1oz	1 Each	101	0.51
18-RICE, MEXICAN w/Salsa	1/2 CUP	111	22.28
18-BEANS, BLACK TACO FIESTA	1/2 Cup	113	20.48
17-LETTUCE & SALSA	1/2 cup	25	5.35
18-APPLESAUCE, Canned	1/2 cup	50	13.13
18-SALSA, Mild	1/4 cup	18	4.01
17-SAUCE, TACO 9g pk	Packs	5	1.0
17-LETTUCE, shredded	1/2 cup	4	1.12
18-SALAD, Southwest Chick	1 Each	135	7.31
18-NACHO CHIPS, Tostito IW E/M	Bag	120	18.0
18-DRESSING, SM Srirac Ranch	1 fl oz	75	2.93
18-DRESSING, 1.5 Ranch	1 Each	110	9.0
Weighted Daily Average		2485	288.75
% of Calories			46.5%
Nutrient Guideline		550-650	

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Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/24/2018			
K-5 LUNCH YEAR ROUND	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-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	40.0
18-LASAGNA ROLLUP CHEESE E/M	Roll-ups	338	37.22
18-BREADSTICK, GARLIC WW	1 Each	90	15.0
17-SALAD, Caesar w/ Dressing	1 Cup	116	2.46
18-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
18-PEACHES Diced, cnd	1/2 Cup	82	21.46
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	115	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	110	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	110	18.0
18-LUNCH BOX, DELI Turkey	Box	306	31.57
18-MUSTARD 5.5g portion	Pk	5	0.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
Weighted Daily Average		2413	319.14
% of Calories			52.9%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/25/2018			
K-5 LUNCH YEAR ROUND	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-CHICKEN FILLET WW BUN	Sandwich	380	38.0
18-SALISBURY STK w/ GY	Each 3 oz	214	6.04
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	24.0
18-POTATOES, MASHED	1/2 cup	76	14.42
18-GRAVY, Brown Mix	1/4 Cup	20	3.0
16-COLLARD GREENS,Frozen, Marg	1/2 cup	55	6.44
17-ORANGES, Mandarin lt syrup	1/2 cup	68	16.43
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
18-CHEESE, Slice American	Slice	40	1.01
Weighted Daily Average		1740	217.34
% of Calories			49.9%
Nutrient Guideline		550-650	

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Page 7

Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/26/2018			
K-5 LUNCH YEAR ROUND	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
17-FISH NUGGET WG 4pc	4 nuggets	210	22.0
18-HUSHPUPPIES, WG	Servings	140	18.0
17-SOUP, VEGETABLE BEEF	1 Cup	214	18.03
18-SANDWICH, CheeseGrill White	1 Each	268	32.05
18-BEANS, Green Canned	1/2 cup	21	5.32
18-CARROTS, Baby	1/2 Cup	25	5.84
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	59	14.77
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-SANDWICH, WOW BUTTER	Sandwiches	424	57.9
18-CHEESE, Mozz String 1oz	1 Each	60	1.0
18-CHEESE, Cheddar String 1oz	1 Each	110	0.0
Weighted Daily Average		2301	280.91
% of Calories			48.8%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/29/2018			
K-5 LUNCH YEAR ROUND	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-PIZZA, PEPPERONI 4X6	Slice	300	33.0
18-CHICKEN AND RICE w/BRD CRMB	2/3 CUP	284	21.44
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	24.0
18-PIZZA, CHEESE 4X6	Slice	310	30.0
18-BROCCOLI frzn	1/2 CUP	44	5.2
18-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
18-PEACHES Diced, cnd	1/2 Cup	82	21.46
Weighted Daily Average		1919	249.52
% of Calories			52.0%
Nutrient Guideline		550-650	

\*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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Jan 1, 2018 thru Jan 31, 2018

K-5 LUNCH YEAR ROUND

Generated on: 12/12/2017 10:34:53 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/30/2018			
K-5 LUNCH YEAR ROUND	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-NACHOS W/ BEEF & CHEESE EM	#10 Scoop	167	3.33
18-NACHO CHIPS, Tostito IW E/M	Bag	120	18.0
18-WRAP, GourTurkey&Cheese HS	1 Wrap	298	31.68
18-BEANS,Pinto canned	1/2 cup	84	16.19
18-CORN, Canned	1/2 Cup	60	9.02
18-SALSA, Mild	1/4 cup	18	4.01
16-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	90	22.15
18-Nacho Cheese Sauce, SICh EM	3/8 cup	144	8.6
17-LETTUCE, shredded	1/2 cup	4	1.12
18-MUSTARD 5.5g portion	Pk	5	0.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
Weighted Daily Average		1709	218.10
% of Calories			51.0%
Nutrient Guideline		550-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/31/2018			
K-5 LUNCH YEAR ROUND	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-CHICKEN, POPCORN WG	10 pieces/serv	161	13.08
18-ROLL, Wheat Frozen 1.5oz EM	Roll	148	24.0
17-SOUP,CHILI W/BEANS/PINTO	3/4 CUP	282	20.98
18-CRACKERS, Capt Wafer WG 2pk	2 Packages	60	9.0
17-POTATO, BAKED 100 ct	1/2 Cup	131	29.83
18-SALAD, Mixed Garden	1 CUP	14	2.99
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
16-BROWNIE, MIX	2" X 2"	98	18.7
18-SANDWICH, BAHN MI FLATBREAD	1 Each	353	40.58
16-MARGARINE SPREAD 5g each	Each 5 gram	20	0.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
18-DRESSING, Italian 12G	PK (12 G)	5	1.0
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-DRESSING, SM Srirac Ranch	1 fl oz	75	2.93
18-CHEESE, Moz/Ched Shred 1oz	1 Each	101	0.51
Weighted Daily Average		2371	324.97
% of Calories			54.8%
Nutrient Guideline		550-650	

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