

Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/02/2018			
9-12 BREAKFAST TRADITI	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%	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-PANCAKE, Ssg Stick WG 2.5oz	1 Each	160	18.0
18-BUN, HONEY WG	1 Each	200	30.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		4522	870.21
% of Calories			77.0%
Nutrient Guideline		450-600	

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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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/03/2018			
9-12 BREAKFAST TRADITI	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%	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-TACO, Egg Cheese,T Sausage	1 Each	140	17.0
18-DONUTS, MINI POWDERED SUGAR	1 Each	243	36.9
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-BANANAS 100-120 CT	1 Each	121	31.06
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-CRAISINS Individ.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4546	876.17
% of Calories			77.1%
Nutrient Guideline		450-600	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/04/2018			
9-12 BREAKFAST TRADITI	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%	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-BISCUIT, Chicken, Dgh&Patt	1 each	274	35.33
18-BISCUIT, Chicken, 3.6oz	1 Each	220	29.0
18-CINNAMON ROLL, WG, IW	1 Each	230	38.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS, FRESH 120 ct	1 Each	80	21.32
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		4886	924.54
% of Calories			75.7%
Nutrient Guideline		450-600	

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/05/2018			
9-12 BREAKFAST TRADITI	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%	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-PIZZA, BREAKFAST, Red WG HS	1 Each	210	26.0
18-DONUT,WG Yeast Raised	1 Each	326	41.34
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
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-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Individ.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4699	889.61
% of Calories			75.7%
Nutrient Guideline		450-600	

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/08/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-BREAKFAST BITES, WG	Servings	210	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
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		5323	1010.2
% of Calories			75.9%
Nutrient Guideline		450-600	

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Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/09/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-BISCUIT, Sausage, Dgh&Patt	1 each	281	28.5
18-BISCUIT, Sausage, 3.25oz	1 Each	220	24.0
18-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	38.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
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-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		5024	943.77
% of Calories			75.1%
Nutrient Guideline		450-600	

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9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/10/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-PARFAIT BRKFT BluBerry&GRAN	Parfaits	227	42.7
18-PARFAIT BRKFT, PEACH & GRAN	Parfaits	243	46.15
18-DONUTS, MINI POWDERED SUGAR	1 Each	243	36.9
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-BANANAS 100-120 CT	1 Each	121	31.06
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4876	948.02
% of Calories			77.8%
Nutrient Guideline		450-600	

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9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/11/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-BISCUIT, Chicken, Dgh&Patt	1 each	274	35.33
18-BISCUIT, Chicken, 3.6oz	1 Each	220	29.0
18-CINNAMON ROLL, WG, IW	1 Each	230	38.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-BANANAS 100-120 CT	1 Each	121	31.06
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4887	924.60
% of Calories			75.7%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/12/2018			
9-12 BREAKFAST TRADITI	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%	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-PIZZA, BREAKFAST, Red WG HS	1 Each	210	26.0
18-DONUT,WG Yeast Raised	1 Each	326	41.34
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
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-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Individ.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4699	889.61
% of Calories			75.7%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/16/2018			
9-12 BREAKFAST TRADITI	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%	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-WAFFLE, Apple WG	1 Each	250	43.0
18-WAFFLE, Blueberry WG	1 Each	270	45.0
18-FRUDEL, Apple WW 2.29oz	1 Each	210	36.0
18-FRUDEL, Cherry WW 2.29oz	1 Each	210	37.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4798	905.98
% of Calories			75.5%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/17/2018			
9-12 BREAKFAST TRADITI	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%	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-FLATBREAD, Ham & Cheese	1 Each	160	17.03
18-DONUTS, MINI POWDERED SUGAR	1 Each	243	36.9
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4446	845.13
% of Calories			76.0%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/18/2018			
9-12 BREAKFAST TRADITI	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%	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-BISCUIT, Sausage, Dgh&Patt	1 each	281	28.5
18-BISCUIT, Sausage, 3.25oz	1 Each	220	24.0
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
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		5373	983.71
% of Calories			73.2%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/19/2018			
9-12 BREAKFAST TRADITI	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%	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-PANCAKES, Mini Maple WG IW	1 Each	220	36.0
18-PANCAKES, Banana Flav IW	1 Each	200	37.0
18-DONUT,WG Yeast Raised	1 Each	326	41.34
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
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-APPLESAUCE, CUP	Each Cup	60	14.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4909	936.61
% of Calories			76.3%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/23/2018			
9-12 BREAKFAST TRADITI	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%	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-PANCAKE, Ssg Stick WG 2.5oz	1 Each	160	18.0
18-CINNAMON ROLL, WG, IW	1 Each	230	38.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		4673	909.27
% of Calories			77.8%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/24/2018			
9-12 BREAKFAST TRADITI	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%	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-TACO, Egg Cheese,T Sausage	1 Each	140	17.0
18-DONUTS, MINI POWDERED SUGAR	1 Each	243	36.9
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-BANANAS 100-120 CT	1 Each	121	31.06
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-CRAISINS Individ.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4546	876.17
% of Calories			77.1%
Nutrient Guideline		450-600	

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 16

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/25/2018			
9-12 BREAKFAST TRADITI	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%	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-BISCUIT, Chicken, Dgh&Patt	1 each	274	35.33
18-BISCUIT, Chicken, 3.6oz	1 Each	220	29.0
18-BUN, HONEY WG	1 Each	200	30.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-APPLESAUCE, CUP	Each Cup	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-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4857	916.60
% of Calories			75.5%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 12/12/2017 10:27:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/26/2018			
9-12 BREAKFAST TRADITI	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%	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-PIZZA, BREAKFAST, Red WG HS	1 Each	210	26.0
18-DONUT,WG Yeast Raised	1 Each	326	41.34
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
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-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Individ.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4699	889.61
% of Calories			75.7%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 1/2/2018 3:16:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/29/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-BREAKFAST BITES, WG	Servings	210	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
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-BANANAS 100-120 CT	1 Each	121	31.06
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		5323	1010.2
% of Calories			75.9%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 1/2/2018 3:16:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/30/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-BISCUIT, Sausage, Dgh&Patt	1 each	281	28.5
18-BISCUIT, Sausage, 3.25oz	1 Each	220	24.0
18-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	38.0
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
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-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
Weighted Daily Average		5024	943.77
% of Calories			75.1%
Nutrient Guideline		450-600	

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jan 1, 2018 thru Jan 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 1/2/2018 3:16:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/31/2018			
9-12 BREAKFAST TRADITI	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	1 Each	90	13.0
18-JUICE, 4oz Orange 100%	1 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-PARFAIT BRKFT BluBerry&GRAN	Parfaits	227	42.7
18-PARFAIT BRKFT, PEACH & GRAN	Parfaits	243	46.15
18-DONUTS, MINI POWDERED SUGAR	1 Each	243	36.9
18-CEREAL, Cinn Toast WG, 1oz	Each	110	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	110	25.0
18-CEREAL, Cheerios WG 1oz	Each	100	20.0
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	Each	90	17.0
18-MUFFIN, Apple, WG IW	Each	260	42.0
18-MUFFIN, Banana WG, IW	Each	250	43.0
18-MUFFIN, Blueberry WG IW	Each	250	41.0
18-MUFFIN, ChocChip WG IW	Each	270	44.0
18-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	75.0
18-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	75.0
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-BANANAS 100-120 CT	1 Each	121	31.06
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-PEARS, FRESH 120 ct	1 Each	80	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
18-APPLESAUCE, CUP	Each Cup	60	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
Weighted Daily Average		4876	948.02
% of Calories			77.8%
Nutrient Guideline		450-600	

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