

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 12/12/2017 10:39:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/02/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICKEN, Tenders WG	3 pieces/serv	210	13.01
18-WAFFLES,WG HS	2 Waffle	420	70.0
18-SYRUP, 1.5oz cup	Each 1.5oz	120	31.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	30.15
18-CARROTS, Glazed frozen	1/2 cup	110	18.35
18-BEANS, Green Canned	1/2 cup	21	5.32
18-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
18-PEACHES Diced, cnd	1/2 Cup	82	21.46
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
18-CHEESE, Slice American	Slice	40	1.01
Weighted Daily Average		2088	316.96
% of Calories			60.7%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/03/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICKEN, THAI SWEET w/Rice	2.85 OZ	358	57.02
18-PORK CHOP SAND WW bun	Each Sandwich	420	44.0
18-CALIFORNIA BLD, Stir Fry	1/2 cup	61	11.9
18-CORN, Canned	1/2 Cup	60	9.02
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	27	6.95
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
17-SAUCE, Soy pk	1 Each	7	0.66
Weighted Daily Average		1752	258.87
% of Calories			59.1%
Nutrient Guideline		750-850	

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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 LUNCH RAMSEY ST/MASSEY HI

Generated on: 12/12/2017 10:39:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/04/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
17-CHEESEBURGER WW Bun	Sandwich	320	30.01
17-HAMBURGER WW Bun	Sandwich	280	29.0
17-SOUP, TACO/ChicStripPintos	1 Cup	165	18.24
18-QUESADILLA, CheeseFlatbread	SERVINGS	302	31.55
17-FRIES,SWEET POTATO, Fried	1/2 cup	130	17.25
17-FRIES,SWEET POTATO, Baked	1/2 Cup	112	17.25
18-BROCCOLI frzn	1/2 CUP	44	5.2
18-SALSA, Mild	1/4 cup	18	4.01
18-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	59	14.77
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-CHEESE, Slice American	Slice	40	1.01
Weighted Daily Average		2274	292.94
% of Calories			51.5%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/05/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-FLATBREAD, BUFFALO CHICKEN	1 Each	365	32.28
18-RIB B QUE on WW bun	Sandwich	332	39.28
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.17
18-BEANS, BBQ Bake	1/2 Cup	173	34.6
17-COLESRAW, CABBAGE MIX	1/2 CUP	70	7.93
18-BANANAS 100-120 CT	1 Each	121	31.06
17-ORANGES, Mandarin lt syrup	1/2 cup	68	16.43
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		2047	297.94
% of Calories			58.2%
Nutrient Guideline		750-850	

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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 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/08/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-PIZZA, 6" RD MEATEATERS HS	1 Each	310	30.0
18-CHICKEN, Fillet Spicy	Sandwich	320	41.0
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.17
18-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
18-LETTUCE, Leaf Green	1 lf	2	0.24
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	70	17.89
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		1777	261.39
% of Calories			58.8%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/09/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	300	30.0
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	23	4.03
18-SLOPPY JOE ON WW BUN	Each-(1/3 c)	361	36.46
18-CHICKEN,ULT BREAST Fil Sand	Sandwich	370	41.0
17-SWEET POTATO CHUNKS	1/2 Cup	117	24.9
18-BEANS, BBQ Bake	1/2 Cup	173	34.6
18-PEACHES Diced, cnd	1/2 Cup	82	21.46
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		2229	317.12
% of Calories			56.9%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/10/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICKEN TERIYAKI w/Rice	2.85 OZ	394	57.09
18-SUB, Meatball w/SpagSaHS	SERVINGS	398	37.25
18-CALIFORNIA BLD, Stir Fry	1/2 cup	61	11.9
18-BEANS, Green Canned	1/2 cup	21	5.32
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	59	14.77
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
17-SAUCE, Soy pk	1 Each	7	0.66
Weighted Daily Average		1739	249.20
% of Calories			57.3%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/11/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	30.15
18-BEEFARONI w/ Cheddar Cheese	1/2 CUP	290	22.13
18-ROLL, WG Wheat Roll, HS	Roll	158	30.0
18-CARROTS, Glazed frozen	1/2 cup	110	18.35
18-CORN, Canned	1/2 Cup	60	9.02
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	27	6.95
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		1719	241.26
% of Calories			56.1%
Nutrient Guideline		750-850	

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Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 12/12/2017 10:39:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/12/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	161	13.09
18-SALISBURY STK w/ GY	Each 3 oz	214	6.04
18-ROLL, WG Wheat Roll, HS	Roll	158	30.0
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
18-BANANAS 100-120 CT	1 Each	121	31.06
17-ORANGES, Mandarin lt syrup	1/2 cup	68	16.43
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		1612	228.48
% of Calories			56.7%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/16/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-SPAGHETTI & MeaSau	1 Cup	346	39.05
18-SPAGHETTI w/Canned Sauce	1 Cup	352	38.64
18-BREADSTICK, GARLIC WW	1 Each	90	15.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	30.15
18-CORN, Canned	1/2 Cup	60	9.02
18-BROCCOLI frzn	1/2 CUP	44	5.2
18-PEACHES Diced, cnd	1/2 Cup	82	21.46
18-APPLES, Fresh, Whole	1 Each	64	16.66
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		2048	283.18
% of Calories			55.3%
Nutrient Guideline		750-850	

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Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/17/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
17-SOUP, VEGETABLE BEEF	1 Cup	214	18.03
18-SANDWICH, CheeseGrill White	1 Each	268	32.05
18-CRACKERS, Capt Wafer WG 2pk	2 Packages	60	9.0
18-PORK CHOP SAND WW bun	Each Sandwich	420	44.0
17-SWEET POTATO CHUNKS	1/2 Cup	117	24.9
18-PEAS,Green frozen	1/2 Cup	91	13.04
18-LETTUCE & TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	59	14.77
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
Weighted Daily Average		2048	283.18
% of Calories			55.3%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/18/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICK ALFREDO w/Rotin Pasta	1 CUP	328	25.79
18-BREADSTICK, GARLIC WW	1 Each	90	15.0
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	40.0
16-CARROTS, Glazed frozen	1/2 cup	98	15.27
18-BEANS, Green Canned	1/2 cup	21	5.32
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	70	17.89
17-RAISELS, Orange 1.5oz	1 Each	130	35.0
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		1826	262.27
% of Calories			57.4%
Nutrient Guideline		750-850	

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Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 12/12/2017 10:39:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/19/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-PORK, BBQ West Sandwich	Each Sandwich	392	52.51
18-PIZZA, 6" RD Supreme HS	1 Each	380	31.0
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	14.17
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-BANANAS 100-120 CT	1 Each	121	31.06
17-ORANGES, Mandarin lt syrup	1/2 cup	68	16.43
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average		2122	309.88
% of Calories			58.4%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/23/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-NACHOS W/ BEEF & CHEESE HS	1/2 Cup	381	32.88
18-CHICKEN,ULT BREAST Fil Sand	Sandwich	370	41.0
18-CORN, Canned	1/2 Cup	60	9.02
18-BEANS, BLACK TACO FIESTA	1/2 Cup	113	20.48
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
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	27	6.95
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-SOUR CREAM 1oz	Each (1 oz)	25	4.05
18-SALSA, Mild	1/4 cup	18	4.01
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
17-SAUCE, TACO 9g pk	Packs	5	1.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
16-JELLY, Grape .5 oz	1 Each	35	9.0
18-SOUR CREAM 1oz	Each (1 oz)	25	4.05

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1886	263.17 55.8%
Nutrient Guideline		750-850	

Wed - 01/24/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICKEN, THAI SWEET w/Rice	2.85 OZ	358	57.02
17-SANDWICH, HamChees Grill HS	Sandwiches	301	26.65
18-PIZZA, PEPPERONI HS	Slice	360	35.0
18-CALIFORNIA BLD, Stir Fry	1/2 cup	61	11.9
18-SALAD, Mixed Garden	1 CUP	14	2.99
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
18-DRESSING, Italian 12G	PK (12 G)	5	1.0
18-PEARS, Baked	1/2 CUP	119	24.2
18-APPLES, Fresh, Whole	1 Each	64	16.66
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-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
17-SAUCE, Soy pk	1 Each	7	0.66
Weighted Daily Average % of Calories		2373	340.06 57.3%
Nutrient Guideline		750-850	

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Cumberland County Schools

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Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/25/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
17-CHEESEBURGER WW Bun	Sandwich	320	30.01
17-HAMBURGER WW Bun	Sandwich	280	29.0
17-SOUP, TACO/ChicStripPintos	1 Cup	165	18.24
18-QUESADILLA, CheeseFlatbread	SERVINGS	302	31.55
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.17
18-CARROTS, Baby	1/2 Cup	25	5.84
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	10	2.0
18-DRESSING, SM Srirac Ranch	1 fl oz	75	2.93
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
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-APPLESAUCE, Canned	1/2 cup	50	13.13
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-CHEESE, Slice American	Slice	40	1.01
Weighted Daily Average		2268	289.69
% of Calories			51.1%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/26/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-FLATBREAD, BUFFALO CHICKEN	1 Each	365	32.28
18-RIB B QUE on WW bun	Sandwich	332	39.28
17-FRIES,SWEET POTATO, Fried	1/2 cup	130	17.25
18-BROCCOLI frzn	1/2 CUP	44	5.2
18-BANANAS 100-120 CT	1 Each	121	31.06
17-ORANGES, Mandarin lt syrup	1/2 cup	68	16.43
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
Weighted Daily Average		1784	245.50
% of Calories			55.0%
Nutrient Guideline		750-850	

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Cumberland County Schools

Base Menu Spreadsheet

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Jan 1, 2018 thru Jan 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1799	249.50 55.5%
Nutrient Guideline		750-850	

Mon - 01/29/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-PIZZA, 6" RD MEATEATERS HS	1 Each	310	30.0
18-CHICKEN, Fillet Spicy	Sandwich	320	41.0
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	98	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.17
18-CARROTS, Glazed frozen	1/2 cup	110	18.35
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
18-LETTUCE, Leaf Green	1 lf	2	0.24
18-PLUMS,FRESH	1 Each	30	8.0
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	70	17.89
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0
Weighted Daily Average % of Calories		1765	253.00 57.3%
Nutrient Guideline		750-850	

Tue - 01/30/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
17-SOUP,CHILI W/BEANS/PINTO	3/4 CUP	282	20.98
18-SANDWICH, CheeseGrill White	1 Each	268	32.05
18-CRACKERS, Capt Wafer WG 2pk	2 Packages	60	9.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	271	30.15
18-POTATO, BAKED 90 ct	1/2 Cup	164	37.25
18-CALIFORNIA BLEND,FRZN	1/2 cup	30	7.15
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	59	14.77
18-PEARS,FRESH 120 ct	1 Each	80	21.32
18-SOUR CREAM 1oz	Each (1 oz)	25	4.05
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
18-SAUCE, BBQ 12g	1 Each	15	4.0

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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 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1979	284.72 57.6%
Nutrient Guideline		750-850	

Wed - 01/31/2018			
9-12 LUNCH RAMSEY ST/M	Total		
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
17-MILK,SOY VANILLA 8.25oz	1 Each	140	17.0
18-CHICKEN, POPCORN WG	10 pieces/serv	161	13.08
18-CHICKEN, Popcorn Buffalo WG	10 pieces/serv	162	14.15
18-ROLL, WG Wheat Roll, HS	Roll	158	30.0
18-SUB, Meatball w/SpagSaHS	SERVINGS	398	37.25
18-BROCCOLI frzn	1/2 CUP	44	5.2
18-SALAD, Tomato & Corn	1/2 CUP	71	4.96
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	27	6.95
18-ORANGES 125 ct	Each (125 ct)	74	18.22
18-SAUCE, BBQ 12g	1 Each	15	4.0
18-KETCHUP: individual	1 pks (9g ea)	10	2.0
18-MAYONNAISE FF 12g	1 Each	30	1.0
18-MUSTARD 5.5g portion	Pk	5	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0	0.0
Weighted Daily Average % of Calories		1835	237.81 51.8%
Nutrient Guideline		750-850	

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