

# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

Generated on: 4/23/2018 4:05:56 PM

	Portion Size	Carb (g)
Tue - 05/01/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-TACO, Hard w/Turkey Filling	2 Shells	19.73
17-FISH NUGGET WG 4pc	4 nuggets	22.0
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-BEANS,Pinto canned	1/2 cup	16.19
18-CORN, Canned	1/2 Cup	9.02
17-LETTUCE & SALSA	1/2 cup	5.35
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	6.95
17-LETTUCE, shredded	1/2 cup	1.12
18-SALSA, Mild	1/4 cup	4.01
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	2.0
18-SOUR CREAM 1oz	Each (1 oz)	4.05
17-SAUCE, TACO 9g pk	Packs	1.0
18-CHICKEN SALAD	Serving	4.66
18-CRACKERS, Capt Wafer WG 2pk	2 Packages	9.0
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
Weighted Daily Average		257.07
% of Calories		50.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/02/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-CHICKEN, POPCORN WG	10 pieces/serv	13.08
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-SLOPPY JOE ON WW BUN	Each-(1/3 c)	36.46
18-SALAD, Spinach & Grape Toma	1 CUP	9.25
18-PEAS,Green frozen	1/2 Cup	13.04
18-APPLESAUCE, Canned	1/2 cup	13.13
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-CHICKEN, Popcorn Buffalo WG	10 pieces/serv	14.15
Weighted Daily Average		231.11
% of Calories		52.5%
Nutrient Guideline		

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

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<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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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Thu - 05/03/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CHICK ALFREDO w/Rotin Pasta	1 CUP	25.79
18-BREADSTICK, GARLIC WW	1 Each	15.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
18-BROCCOLI frzn	1/2 CUP	5.2
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
Weighted Daily Average		265.18
% of Calories		53.3%
Nutrient Guideline		

Fri - 05/04/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-HOT DOG ON A BUN	Hot Dog(s)	29.0
18-CHILI, HOT DOG	#16 Scoop	4.97
18-PORK, Barbecue WWSandwich	Each Sandwich	29.03
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
18-CHEESE, Mozz String 1oz	1 Each	1.0
18-CHEESE, Cheddar String 1oz	1 Each	0.0
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESRAW, CABBAGE MIX	1/2 CUP	7.93
18-APPLES, Fresh, Whole	1 Each	16.66
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-PLUMS,FRESH	Each	8.0
18-GRAPES,FRESH	1/2 Cup	15.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Weighted Daily Average		373.95
% of Calories		56.6%
Nutrient Guideline		

Mon - 05/07/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CHICKEN, Tenders WG	3 pieces/serv	13.01
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-SUB, Meatball w/SpagSaucE/M	SERVINGS	33.6
18-POTATOES, MASHED	1/2 cup	14.42
18-GRAVY, Brown Mix	1/4 Cup	3.0
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-MAYONNAISE FF 12g	1 Each	1.0
Weighted Daily Average		293.79
% of Calories		59.9%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Tue - 05/08/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	30.15
18-TACO SALAD-Elem/Mid	Servings	26.48
18-BROCCOLI w/ CHEESE&SAUCE	1/2 CUP	7.24
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-SALAD, Chef Chicken Diced	1 oz	0.0
Weighted Daily Average		336.12
% of Calories		52.1%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Wed - 05/09/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-PORK CHOP SAND WW bun	Each Sandwich	44.0
18-CHICKEN, BBQ ROASTED	Serving	11.73
18-BISCUIT, Buttermilk	1 Each	28.0
18-VEGGIE CUP	1/2 Cup	4.43
18-PEAS,Green frozen	1/2 Cup	13.04
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-DRESSING, SM Ranch	1 fl oz	2.93
18-LUNCH BOX, DELI Ham	Box	31.28
18-LUNCH BOX, DELI Turkey	Box	31.57
Weighted Daily Average		296.66
% of Calories		42.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/10/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
18-CHICKEN TERIYAKI w/Rice 1/2	2.85 OZ	35.57
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-CALIFORNIA BLD, Stir Fry	1/2 cup	11.9
18-BEANS, Green Canned	1/2 cup	5.32
17-RAISELS, Orange 1.5oz	1 Each	35.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
17-SAUCE, Soy pk	1 Each	0.66
18-SAUCE, Sweet & Sour 1oz	1 Each	12.15

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Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Weighted Daily Average		257.01
% of Calories		59.5%
Nutrient Guideline		

Fri - 05/11/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.0
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	4.03
18-PORK, BBQ Carolina2	2 oz	1.12
18-HUSHPUPIES, WG	Servings	18.0
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
18-CHEESE, Cheddar String 1oz	1 Each	0.0
18-CHEESE, Mozz String 1oz	1 Each	1.0
18-CORN, Canned	1/2 Cup	9.02
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	6.95
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
Weighted Daily Average		265.63
% of Calories		50.7%
Nutrient Guideline		

Mon - 05/14/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	40.0
18-RIB B QUE on WW bun	Sandwich	39.28
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-BROCCOLI frzn	1/2 CUP	5.2
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-GRAPES,FRESH	1/2 Cup	15.32
18-ORANGES 125 ct	Each (125 ct)	18.22
Weighted Daily Average		279.03
% of Calories		52.5%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Tue - 05/15/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CHICKEN FILLET WW BUN	Sandwich	38.0
18-CHICKEN, Fillet Spicy	Sandwich	41.0
18-MEATBALLS, MEGA w/MARIARA	1 Each	13.5
18-POTATO, WESTERN CHEESE Ham	1/2 CUP	48.94
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-BEANS, Green Canned	1/2 cup	5.32
18-SALAD, Mixed Garden	1 CUP	2.99
18-APPLESAUCE, Cinnamon,	1/2 CUP	13.39
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-DRESSING, SM Ranch	1 fl oz	2.93
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-CHEESE, Slice American	Slice	1.01
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Ranch	1 Each	9.0
Weighted Daily Average		354.53
% of Calories		46.7%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Wed - 05/16/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-NACHOS W/ BEEF & CHEESE EM	#10 Scoop	3.33
18-Nacho Cheese Sauce, SICH EM	3/8 cup	8.6
18-NACHO CHIPS, Tostito IW E/M	Bag	18.0
18-FISHWICH ON WW BUN	1 Each	42.0
18-CHEESE, Slice American	Slice	1.01
18-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-CORN, Canned	1/2 Cup	9.02
18-SALSA, Mild	1/4 cup	4.01
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
17-LETTUCE, shredded	1/2 cup	1.12
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	2.0
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
Weighted Daily Average		351.92
% of Calories		58.1%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 9

May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Thu - 05/17/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	13.09
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-PARFAIT LUN, Blueb Elem/Mid	Parfaits	69.1
18-PARFAIT LUN, Strw/Blu FZ EM	Parfaits	69.38
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-X CRACKER, Graham Goldfish	Each (0.9oz)	19.0
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
18-VEGGIE CUP	1/2 Cup	4.43
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
Weighted Daily Average		377.23
% of Calories		64.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/18/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-SALISBURY STK w/ GY	Each 3 oz	6.04
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-CROISSANT, Turk & Cheese(1)	1 Each	18.42
18-X CHEEZ-IT CRACKERS	Each (.75 oz)	14.0
18-POTATOES, MASHED	1/2 cup	14.42
18-GRAVY, Brown Mix	1/4 Cup	3.0
16-COLLARD GREENS,Frozen, Marg	1/2 cup	6.44
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-LUNCH BOX, Yogurt	Box	62.99
Weighted Daily Average		332.08
% of Calories		55.5%
Nutrient Guideline		

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# Cumberland County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
<b>Mon - 05/21/2018</b>		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-PIZZA, PEPPERONI HS	Slice	35.0
18-CHICKEN AND RICE w/BRD CRMB	2/3 CUP	21.44
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-PIZZA, CHEESE 4X6	Slice	30.0
18-BEANS, Green Canned	1/2 cup	5.32
18-CARROTS, Savory frozen	1/2 cup	17.62
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
Weighted Daily Average		318.72
% of Calories		57.5%
Nutrient Guideline		

<b>Tue - 05/22/2018</b>		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-CHICKEN, POPCORN WG	10 pieces/serv	13.08
18-CHICKEN, Popcorn Buffalo WG	10 pieces/serv	14.15
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-SLOPPY JOE ON WW BUN	Each-(1/3 c)	36.46
17-FRIES,SWEET POTATO, Baked	1/2 Cup	17.25
18-APPLESAUCE, Canned	1/2 cup	13.13
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		226.07
% of Calories		52.2%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Wed - 05/23/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-TACO, Hard w/Turkey Filling	2 Shells	19.73
17-FISH NUGGET WG 4pc	4 nuggets	22.0
18-HUSHPUPIES, WG	Servings	18.0
18-BEANS,Pinto canned	1/2 cup	16.19
18-CORN, Canned	1/2 Cup	9.02
17-LETTUCE & SALSA	1/2 cup	5.35
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	6.95
17-LETTUCE, shredded	1/2 cup	1.12
18-SALSA, Mild	1/4 cup	4.01
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, TARTAR IND 12 gr	PK (12 GR)	2.0
18-SOUR CREAM 1oz	Each (1 oz)	4.05
17-SAUCE, TACO 9g pk	Packs	1.0
18-LUNCH BOX, DELI Turkey	Box	31.57
18-SANDWICH, BAHN MI FLATBREAD	1 Each	40.58
Weighted Daily Average		285.57
% of Calories		48.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/24/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
17-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CHICK ALFREDO w/Rotin Pasta	1 CUP	25.79
18-BREADSTICK, GARLIC WW	1 Each	15.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
18-BROCCOLI frzn	1/2 CUP	5.2
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-LETTUCE & TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PICKLE,Dill Slice 2 ea	2 Each	0.0

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		265.18 53.3%
Nutrient Guideline		

Fri - 05/25/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK, SOY VANILLA 8.25oz	1 Each	17.0
18-MILK, Dairy Ease FF 8oz	Each	13.0
18-HOT DOG ON A BUN	Hot Dog(s)	29.0
18-CHILI, HOT DOG	#16 Scoop	4.97
18-PORK, BBQ Carolina2	2 oz	1.12
18-BISCUIT, Buttermilk	1 Each	28.0
18-HUSHPUPIES, WG	Servings	18.0
18-BREAD, Hamburger Buns 51% W	1 each	26.0
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
18-CHEESE, Mozz String 1oz	1 Each	1.0
18-CHEESE, Cheddar String 1oz	1 Each	0.0
18-FRIES, FRENCH CRINKLE, Baked	1/2 Cup	14.17
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
18-APPLES, Fresh, Whole	1 Each	16.66
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS, FRESH 120 ct	1 Each	21.32
18-GRAPES, FRESH	1/2 Cup	15.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average % of Calories		410.04 56.4%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 13

May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Tue - 05/29/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	30.15
18-BROCCOLI frzn	1/2 CUP	5.2
18-APPLES, Fresh, Whole	1 Each	16.66
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-GRAPES,FRESH	1/2 Cup	15.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-DRESSING, SM Ranch	1 fl oz	2.93
Weighted Daily Average		208.22
% of Calories		58.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/30/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-PORK CHOP SAND WW bun	Each Sandwich	44.0
18-BEANS, BBQ Bake	1/2 Cup	34.6
18-BEANS,Pinto canned	1/2 cup	16.19
18-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
Weighted Daily Average		240.03
% of Calories		60.0%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 14

May 1, 2018 thru May 31, 2018

6-8 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Thu - 05/31/2018		
6-8 LUNCH TRADITIONAL	Total	
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
18-CORN, Canned	1/2 Cup	9.02
17-FRIES,SWEET POTATO, Baked	1/2 Cup	17.25
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
18-CARROTS, Savory frozen	1/2 cup	17.62
18-CARROTS, Glazed frozen	1/2 cup	18.35
16-CARROTS AU GRATIN	2/3 Cup	24.34
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-PUDDING, Vanilla	1/2 cup	22.74
17-PUDDING, Chocolate	1/2 cup	24.81
16-BROWNIE, MIX	2" X 2"	18.7
16-CAKE, Yellow	piece	38.57
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
Weighted Daily Average		424.19
% of Calories		60.2%
Nutrient Guideline		

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