

# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 4/23/2018 4:00:30 PM

|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Tue - 05/01/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Sausage, Dgh&Patt  | 1 each         | 28.5     |
| 18-BISCUIT, Sausage, 3.25oz    | 1 Each         | 24.0     |
| 18-FRENCH TOAST STICKS, WG, IW | 1 Pouch        | 38.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 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-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 868.71   |
| % of Calories                  |                | 75.0%    |
| Nutrient Guideline             |                |          |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Wed - 05/02/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PARFAIT BRKFT BluBerry&GRAN | Parfaits       | 42.7     |
| 18-PARFAIT BRKFT, PEACH & GRAN | Parfaits       | 46.15    |
| 18-DONUTS, MINI POWDERED SUGAR | 1 Each         | 36.9     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS, FRESH 120 ct         | 1 Each         | 21.32    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 872.96   |
| % of Calories                  |                | 77.9%    |
| Nutrient Guideline             |                |          |

\*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

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 4/23/2018 4:00:30 PM

|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Thu - 05/03/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Chicken, Dgh&Patt  | 1 each         | 35.33    |
| 18-BISCUIT, Chicken, 3.6oz     | 1 Each         | 29.0     |
| 18-CINNAMON ROLL, WG, IW       | 1 Each         | 38.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 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-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 849.54   |
| % of Calories                  |                | 75.6%    |
| Nutrient Guideline             |                |          |

\*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

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Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Fri - 05/04/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PIZZA BAGEL, GravyBrkfst IW | 1 Each         | 21.0     |
| 18-DONUT,WG Yeast Raised       | 1 Each         | 41.34    |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 840.61   |
| % of Calories                  |                | 76.6%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Mon - 05/07/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-WAFFLE, Apple WG            | 1 Each         | 43.0     |
| 18-WAFFLE, Blueberry WG        | 1 Each         | 45.0     |
| 18-FRUDEL, Apple WW 2.29oz     | 1 Each         | 36.0     |
| 18-FRUDEL, Cherry WW 2.29oz    | 1 Each         | 37.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 924.04   |
| % of Calories                  |                | 77.5%    |
| Nutrient Guideline             |                |          |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Tue - 05/08/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Egg & Cheese       | 1 Each         | 31.02    |
| 18-FRENCH TOAST STICKS, WG, IW | 1 Pouch        | 38.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 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-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 847.23   |
| % of Calories                  |                | 76.6%    |
| Nutrient Guideline             |                |          |

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Wed - 05/09/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-FLATBREAD, Ham & Cheese     | 1 Each         | 17.03    |
| 18-DONUTS, MINI POWDERED SUGAR | 1 Each         | 36.9     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS, FRESH 120 ct         | 1 Each         | 21.32    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5oz           | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 801.13   |
| % of Calories                  |                | 76.7%    |
| Nutrient Guideline             |                |          |

\*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

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Thu - 05/10/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Sausage, Dgh&Patt  | 1 each         | 28.5     |
| 18-BISCUIT, Sausage, 3.25oz    | 1 Each         | 24.0     |
| 18-BREAD, BANANA WG, IW 3.4oz  | 1 Each         | 47.0     |
| 18-BREAD,MIX BERRY WW IW 3.4oz | 1 Each         | 46.0     |
| 18-BREAD,PUMPKIN WW, IW 3.4oz  | 1 Each         | 47.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 939.71   |
| % of Calories                  |                | 73.7%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Fri - 05/11/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PANCAKES, Mini Maple WG IW  | 1 Each         | 36.0     |
| 18-PANCAKES, Banana Flav IW    | 1 Each         | 37.0     |
| 18-DONUT,WG Yeast Raised       | 1 Each         | 41.34    |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS,GRAHAM 3ct         | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 892.61   |
| % of Calories                  |                | 77.0%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Mon - 05/14/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PANCAKE, Ssg Stick WG 2.5oz | 1 Each         | 18.0     |
| 18-CINNAMON ROLL, WG, IW       | 1 Each         | 38.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS, FRESH 120 ct         | 1 Each         | 21.32    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 865.27   |
| % of Calories                  |                | 78.6%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Tue - 05/15/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Chicken, Dgh&Patt  | 1 each         | 35.33    |
| 18-BISCUIT, Chicken, 3.6oz     | 1 Each         | 29.0     |
| 18-BREAD, BANANA WG, IW 3.4oz  | 1 Each         | 47.0     |
| 18-BREAD,MIX BERRY WW IW 3.4oz | 1 Each         | 46.0     |
| 18-BREAD,PUMPKIN WW, IW 3.4oz  | 1 Each         | 47.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPART, CINNAMON 2 ct WG    | Pkg (2 ct)     | 75.0     |
| 18-POPART, STRAWBERRY 2 ct WG  | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 982.54   |
| % of Calories                  |                | 75.3%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Wed - 05/16/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-TACO, Egg Cheese,T Sausage  | 1 Each         | 17.0     |
| 18-DONUTS, MINI POWDERED SUGAR | 1 Each         | 36.9     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 17-SAUCE, TACO 9g pk           | Packs          | 1.0      |
| Weighted Daily Average         |                | 802.11   |
| % of Calories                  |                | 77.1%    |
| Nutrient Guideline             |                |          |

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# Cumberland County Schools

Base Menu Spreadsheet  
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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Thu - 05/17/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-CROISSANT, Ham & Cheese (1) | 1 Each         | 18.1     |
| 18-BUN, HONEY WG               | 1 Each         | 30.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 795.30   |
| % of Calories                  |                | 76.4%    |
| 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

9-12 BREAKFAST TRADITIONAL

Generated on: 4/23/2018 4:00:31 PM

|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Fri - 05/18/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PIZZA, BREAKFAST, Red WG HS | 1 Each         | 26.0     |
| 18-DONUT,WG Yeast Raised       | 1 Each         | 41.34    |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS, FRESH 120 ct         | 1 Each         | 21.32    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 845.61   |
| % of Calories                  |                | 76.4%    |
| Nutrient Guideline             |                |          |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Mon - 05/21/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BREAKFAST BITES, WG         | Servings       | 17.0     |
| 18-BREAD, BANANA WG, IW 3.4oz  | 1 Each         | 47.0     |
| 18-BREAD,MIX BERRY WW IW 3.4oz | 1 Each         | 46.0     |
| 18-BREAD,PUMPKIN WW, IW 3.4oz  | 1 Each         | 47.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 966.27   |
| % of Calories                  |                | 76.5%    |
| Nutrient Guideline             |                |          |

\*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

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Tue - 05/22/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Sausage, Dgh&Patt  | 1 each         | 28.5     |
| 18-BISCUIT, Sausage, 3.25oz    | 1 Each         | 24.0     |
| 18-FRENCH TOAST STICKS, WG, IW | 1 Pouch        | 38.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 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-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 868.71   |
| % of Calories                  |                | 75.0%    |
| Nutrient Guideline             |                |          |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Wed - 05/23/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PARFAIT BRKFT BluBerry&GRAN | Parfaits       | 42.7     |
| 18-PARFAIT BRKFT, PEACH & GRAN | Parfaits       | 46.15    |
| 18-DONUTS, MINI POWDERED SUGAR | 1 Each         | 36.9     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS, FRESH 120 ct         | 1 Each         | 21.32    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 872.96   |
| % of Calories                  |                | 77.9%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Thu - 05/24/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Chicken, Dgh&Patt  | 1 each         | 35.33    |
| 18-BISCUIT, Chicken, 3.6oz     | 1 Each         | 29.0     |
| 18-CINNAMON ROLL, WG, IW       | 1 Each         | 38.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 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-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 849.54   |
| % of Calories                  |                | 75.6%    |
| 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

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Fri - 05/25/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-PIZZA BAGEL, GravyBrkfst IW | 1 Each         | 21.0     |
| 18-DONUT,WG Yeast Raised       | 1 Each         | 41.34    |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 840.61   |
| % of Calories                  |                | 76.6%    |
| Nutrient Guideline             |                |          |

\*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

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May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

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|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Tue - 05/29/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-WAFFLE, Apple WG            | 1 Each         | 43.0     |
| 18-WAFFLE, Blueberry WG        | 1 Each         | 45.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-BANANAS 100-120 CT          | 1 Each         | 31.06    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| 18-SYRUP, 1.5oz cup            | Each 1.5oz     | 31.0     |
| Weighted Daily Average         |                | 851.04   |
| % of Calories                  |                | 78.3%    |
| Nutrient Guideline             |                |          |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 4/23/2018 4:00:31 PM

|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Wed - 05/30/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-DONUTS, MINI POWDERED SUGAR | 1 Each         | 36.9     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS,FRESH 120 ct          | 1 Each         | 21.32    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 784.11   |
| % of Calories                  |                | 78.1%    |
| Nutrient Guideline             |                |          |

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

May 1, 2018 thru May 31, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 4/23/2018 4:00:31 PM

|                                | Portion Size   | Carb (g) |
|--------------------------------|----------------|----------|
| Thu - 05/31/2018               |                |          |
| 9-12 BREAKFAST TRADITI         | 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-JUICE, 4oz Orange 100%      | 1 Each         | 14.0     |
| 18-JUICE, 4oz Apple 100%       | Each           | 14.0     |
| 18-JUICE, 4oz Grape 100%       | Each           | 19.0     |
| 18-JUICE, 4oz AppleCherry100%  | Each           | 15.0     |
| 18-JUICE, 4oz FruitPunch100%   | Each           | 14.0     |
| 18-JUICE, 4oz Org Pnpple100%   | Each           | 15.0     |
| 18-BISCUIT, Sausage, Dgh&Patt  | 1 each         | 28.5     |
| 18-BISCUIT, Sausage, 3.25oz    | 1 Each         | 24.0     |
| 18-CEREAL, Cinn Toast WG, 1oz  | Each           | 22.0     |
| 18-CEREAL, Cocoa Puffs, Bowl   | Each           | 25.0     |
| 18-CEREAL, Cheerios WG 1oz     | Each           | 20.0     |
| 18-CEREAL, Rice Chex WG 28g    | 1 Each         | 23.0     |
| 18-CEREAL, Trix WG 1oz         | 1 Each         | 24.0     |
| 18-CRACKERS, GRAHAM 3ct        | Each           | 17.0     |
| 18-MUFFIN, Apple, WG IW        | Each           | 42.0     |
| 18-MUFFIN, Banana WG, IW       | Each           | 43.0     |
| 18-MUFFIN, Blueberry WG IW     | Each           | 41.0     |
| 18-POPTART, CINNAMON 2 ct WG   | Pkg (2 ct)     | 75.0     |
| 18-POPTART, STRAWBERRY 2 ct WG | Pkg (2 ct)     | 75.0     |
| 18-APPLES, Fresh, Whole        | 1 Each         | 16.66    |
| 18-PEARS, FRESH 120 ct         | 1 Each         | 21.32    |
| 18-ORANGES 125 ct              | Each (125 ct)  | 18.22    |
| 18-STRAWBERRY CUP, Frzn 4.5oz  | Each Cup 4.5oz | 22.0     |
| 18-APPLESAUCE, CUP             | Each Cup       | 14.0     |
| 17-PEACH CUP, Frzn 4.4oz       | Each Cup 4.4oz | 19.0     |
| 18-CRAISINS Indiv.             | Each (1.16 oz) | 28.0     |
| 16-JELLY, Grape .5 oz          | 1 Each         | 9.0      |
| Weighted Daily Average         |                | 799.71   |
| % of Calories                  |                | 74.9%    |
| Nutrient Guideline             |                |          |

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