

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:35 PM

	Portion Size	Carb (g)
Tue - 05/01/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-CINNAMON ROLL, WG, IW	1 Each	38.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLESAUCE, CUP	1 Each	14.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-GRAPES,FRESH	1/2 Cup	15.32
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		359.26
% of Calories		78.2%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 2

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:35 PM

	Portion Size	Carb (g)
Wed - 05/02/2018		
6-8 BREAKFAST YEAR RO	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-JUICE, 4oz Orange 100%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-WAFFLE, Apple WG	Each	43.0
18-WAFFLE, Blueberry WG	Each	45.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	10.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
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-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		386.10
% of Calories		78.0%
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

Page 3

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Thu - 05/03/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-BREAKFAST BITES, WG	Servings	17.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
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-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		691.21
% of Calories		76.2%
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

Page 4

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Fri - 05/04/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-DONUT, WG Yeast Raised	1 Each	41.34
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		643.06
% of Calories		74.5%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 5

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Mon - 05/07/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-BISCUIT, Chicken, 3.6oz	1 Each	29.0
16-JELLY, Grape .5 oz	1 Each	9.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		345.47
% of Calories		76.9%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 6

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Tue - 05/08/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-FRUDEL, Apple WW 2.29oz	1 Each	36.0
18-FRUDEL, Cherry WW 2.29oz	1 Each	37.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	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-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		365.76
% of Calories		77.5%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 7

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Wed - 05/09/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-PIZZA, BREAKFAST, Rd,IW E/M	1 Each	31.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLESAUCE, CUP	Each Cup	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		337.10
% of Calories		76.2%
Nutrient Guideline		

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Page 8

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Thu - 05/10/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-POPTART, CINNAMON 1ct WG	Each (1ct)	37.0
18-POPTART, STRAWBERRY 1ct WG	Each (1ct)	38.0
18-CHEESE, Mozz String 1oz	1 Each	1.0
18-CHEESE, Cheddar String 1oz	1 Each	0.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		689.21
% of Calories		74.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 9

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Fri - 05/11/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-FRENCH TOAST STICKS, WG, IW	1 Pouch	38.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		340.13
% of Calories		77.1%
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
 † - 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 10

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Mon - 05/14/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-PIZZA BAGEL, GravyBrkfst IW	1 Each	21.0
18-APPLESAUCE, CUP	1 Each	14.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	Each	16.66
18-PEARS,FRESH 120 ct	1 Each	21.32
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		323.13
% of Calories		76.1%
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

Page 11

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Tue - 05/15/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-PANCAKES, Banana Flav IW	1 Each	37.0
18-PANCAKES, Mini Maple WG IW	1 Each	36.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		351.60
% 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

Page 12

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Wed - 05/16/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-TACO, Egg Cheese,T Sausage	1 Each	17.0
17-SAUCE, TACO 9g pk	Packs	1.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	Each	16.66
18-PEARS,FRESH 120 ct	1 Each	21.32
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		315.60
% of Calories		75.8%
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

Page 13

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Thu - 05/17/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLESAUCE, CUP	Each Cup	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		331.10
% of Calories		76.4%
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

Page 14

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Fri - 05/18/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-DONUT, Super Plus RF 3oz	1 Each	38.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	Each	16.66
18-PEARS,FRESH 120 ct	1 Each	21.32
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
Weighted Daily Average		340.63
% of Calories		76.2%
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

Page 15

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Mon - 05/21/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-BISCUIT, Sausage, 3.25oz	1 Each	24.0
16-JELLY, Grape .5 oz	1 Each	9.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLESAUCE, CUP	1 Each	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-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		707.94
% of Calories		76.9%
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

Page 16

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Tue - 05/22/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-CINNAMON ROLL, WG, IW	1 Each	38.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLESAUCE, CUP	1 Each	14.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-GRAPES,FRESH	1/2 Cup	15.32
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		359.26
% of Calories		78.2%
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

Page 17

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

Generated on: 4/23/2018 4:01:36 PM

	Portion Size	Carb (g)
Wed - 05/23/2018		
6-8 BREAKFAST YEAR RO	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-JUICE, 4oz Orange 100%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-WAFFLE, Apple WG	Each	43.0
18-WAFFLE, Blueberry WG	Each	45.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
16-SYRUP, Sugar Free 1.1oz	Each 1.1 oz	10.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		386.10
% of Calories		78.0%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 18

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Thu - 05/24/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-BREAKFAST BITES, WG	Servings	17.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		691.21
% of Calories		76.2%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Fri - 05/25/2018		
6-8 BREAKFAST YEAR RO	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%	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-CEREAL, Cheerios WG 1oz	Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	Each	25.0
18-CEREAL, Rice Chex WG 28g	Each	23.0
18-CEREAL, Trix WG 1oz	Each	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
18-DONUT, WG Yeast Raised	1 Each	41.34
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		661.28
% of Calories		75.0%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Tue - 05/29/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-FRUDEL, Apple WW 2.29oz	1 Each	36.0
18-FRUDEL, Cherry WW 2.29oz	1 Each	37.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		358.10
% of Calories		77.1%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 21

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Wed - 05/30/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-BISCUIT, Chicken, 3.6oz	1 Each	29.0
16-JELLY, Grape .5 oz	1 Each	9.0
18-APPLESAUCE, CUP	1 Each	14.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		329.94
% of Calories		76.0%
Nutrient Guideline		

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Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

May 1, 2018 thru May 31, 2018

6-8 BREAKFAST YEAR ROUND

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	Portion Size	Carb (g)
Thu - 05/31/2018		
6-8 BREAKFAST YEAR RO	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%	1 Each	14.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
18-JUICE, 4oz AppleCherry100%	1 Each	15.0
18-JUICE, 4oz FruitPunch100%	1 Each	14.0
18-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-CEREAL, Cheerios WG 1oz	1 Each	20.0
18-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
18-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
18-CEREAL, Rice Chex WG 28g	1 Each	23.0
18-CEREAL, Trix WG 1oz	1 Each	24.0
18-CRACKERS, GRAHAM 3ct	1 Each	17.0
18-FRENCH TOAST STICKS, WG, IW	1 Pouch	38.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-APPLES, Fresh, Whole	Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-MUFFIN, Apple, WG IW	1 Each	42.0
18-MUFFIN, Banana WG, IW	1 Each	43.0
18-MUFFIN, Blueberry WG IW	1 Each	41.0
18-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
18-YOGURT, Strawberry 4oz ea	1 Each	15.0
18-YOGURT, Vanilla 4oz ea	1 Each	16.0
Weighted Daily Average		324.60
% of Calories		76.2%
Nutrient Guideline		

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