

# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:48 PM

	Portion Size	Carb (g)
Tue - 05/01/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICK FAJITA, Flatbread HS	SERVINGS	33.13
18-CHICK FAJITA, HS Fzn pep bl	SERVINGS	32.36
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	30.15
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-FLATBREAD	1 Each	29.0
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	14.17
18-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-SALSA, Mild	1/4 cup	4.01
18-PEACHES Diced, cnd	1/2 Cup	21.46
17-MELON, Cantaloup,HoneyDew	1/2 CUP	14.45
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		326.22
% of Calories		50.0%
Nutrient Guideline		

Wed - 05/02/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICKEN, POPCORN WG	10 pieces/serv	13.08
18-CHICKEN, Popcorn Buffalo WG	10 pieces/serv	14.15
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-PORK, BBQ Western	Sandwich	5.53
18-HUSHPUPIES, WG	Servings	18.0
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-FLATBREAD	1 Each	29.0
18-SALAD PASTA, Creamy	#6 Scoop	22.27
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	6.95
18-ORANGES 125 ct	Each (125 ct)	18.22
18-SAUCE, BBQ 12g	1 Each	4.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0

\*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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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Weighted Daily Average		312.57
% of Calories		52.8%
Nutrient Guideline		

Thu - 05/03/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-NACHOS W/ BEEF & CHEESE HS	1/2 Cup	32.88
18-SUB, Ham/Cheese cold	Sandwiches	30.86
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-FLATBREAD	1 Each	29.0
18-CARROTS, Baby 1/2 cup	1/2 Cup	5.84
18-BROCCOLI frzn	1/2 CUP	5.2
18-SALSA, Mild	1/4 cup	4.01
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	14.77
18-APPLES, Fresh, Whole	1 Each	16.66
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-SOUR CREAM 1oz	Each (1 oz)	4.05
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-DRESSING, Italian 12G	PK (12 G)	1.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
17-SAUCE, TACO 9g pk	Packs	1.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		319.35
% of Calories		49.7%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Fri - 05/04/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.0
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	4.03
18-CHICKEN TERIYAKI w/Rice 1/2	2.85 OZ	35.57
18-ROLL, WG Wheat Roll, HS	Roll	30.0
17-SQUASH, Fresh, sliced	1/2 cup	5.2
18-BEANS, Green Canned	1/2 cup	5.32
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-BANANAS 100-120 CT	1 Each	31.06
17-SAUCE, Soy pk	1 Each	0.66
18-SAUCE, Sweet & Sour 1oz	1 Each	12.15
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		274.34
% of Calories		62.9%
Nutrient Guideline		

Mon - 05/07/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
17-TACO SALAD-HS	Servings	38.55
18-CHICKEN, Fillet Spicy	Sandwich	41.0
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
18-CALIFORNIA BLEND,FRZN	1/2 cup	7.15
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	14.77
18-ORANGES 125 ct	Each (125 ct)	18.22
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-SALSA, Mild	1/4 cup	4.01
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		279.85
% of Calories		53.7%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Tue - 05/08/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-SPAGHETTI & MeaSau	1 Cup	39.05
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-PORK CHOP SAND WW bun	Each Sandwich	44.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-CORN, Canned	1/2 Cup	9.02
18-SALAD, Spinach & Grape Toma	1 CUP	9.25
18-LETTUCE, Leaf Green	1 lf	0.24
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-GRAPES,FRESH	1/2 Cup	15.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-CHEESE, Slice American	Slice	1.01
Weighted Daily Average		332.07
% of Calories		50.1%
Nutrient Guideline		

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Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Wed - 05/09/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	13.09
18-SALISBURY STK w/ GY	Each 3 oz	6.04
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-POTATOES, MASHED	1/2 cup	14.42
18-GRAVY, Brown Mix	1/4 Cup	3.0
16-COLLARD GREENS,Frozen, Marg	1/2 cup	6.44
18-BLUEBERRIES, Saucy	1/2 c	11.11
18-APPLES, Fresh, Whole	1 Each	16.66
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
Weighted Daily Average		266.39
% of Calories		46.3%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Thu - 05/10/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICKEN, BBQ ROASTED	Serving	11.73
18-BISCUIT, Buttermilk	1 Each	28.0
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	40.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
16-CARROTS, Glazed frozen	1/2 cup	15.27
18-BEANS, Green Canned	1/2 cup	5.32
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-PEARS,FRESH 120 ct	1 Each	21.32
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-CHEESE, Slice American	Slice	1.01
Weighted Daily Average		305.83
% of Calories		44.4%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Fri - 05/11/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-HOT DOG ON A BUN	Hot Dog(s)	29.0
18-CHILI, HOT DOG	#16 Scoop	4.97
18-PORK, Barbecue WWSandwich	Each Sandwich	29.03
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		292.29
% of Calories		57.4%
Nutrient Guideline		

Mon - 05/14/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-SUB, CHICKEN PHILLY	Sandwich	33.64
18-SLOPPY JOE ON WW BUN	Each-(1/3 c)	36.46
18-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
17-CABBAGE, seasoned	1/2 cup	3.92
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	6.95
18-PEACHES,FRESH (2.5")	1 Each	12.4
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
Weighted Daily Average		261.73
% of Calories		52.2%
Nutrient Guideline		

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9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Tue - 05/15/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-TACO FILLING: Beef gd	1/4 Cup	1.64
18-TACO SHELLS, Hard	2 SHELLS	14.0
18-CHEESE, Moz/Ched Shred 1oz	1 Each	0.51
18-CHICKEN, Tenders WG	3 pieces/serv	13.01
18-BISCUIT, Buttermilk	1 Each	28.0
18-SALAD, Popcorn Chicken	1 Each	17.3
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-RICE, MEXICAN w/Salsa	1/2 CUP	22.28
18-BROCCOLI frzn	1/2 CUP	5.2
18-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
17-LETTUCE & SALSA	1/2 cup	5.35
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-PEARS,FRESH 120 ct	1 Each	21.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SOUR CREAM 1oz	Each (1 oz)	4.05
16-JELLY, Grape .5 oz	1 Each	9.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-CHEESE, Slice American	Slice	1.01
Weighted Daily Average		360.73
% of Calories		50.7%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:49 PM

	Portion Size	Carb (g)
Wed - 05/16/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICKEN, THAI SWT 1/2c Ric	2.85 OZ	36.57
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-RIB B QUE on WW bun	Sandwich	39.28
18-CALIFORNIA BLD, Stir Fry	1/2 cup	11.9
18-PEAS,Green frozen	1/2 Cup	13.04
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-APPLES, Fresh, Whole	1 Each	16.66
18-SALAD, Popcorn Chicken	1 Each	17.3
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-FLATBREAD	1 Each	29.0
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
17-SAUCE, Soy pk	1 Each	0.66
Weighted Daily Average		450.63
% of Calories		60.1%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:49 PM

	Portion Size	Carb (g)
Thu - 05/17/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICKEN, HAWAIIAN Salad	2/3 Cup	15.03
18-BREAD, Hamburger Buns 51% W	1 each	26.0
18-FLATBREAD	1 Each	29.0
18-BREAD, Hoagie Buns 51% W	1 each	28.85
18-CHEESEBURGER WW Bun	Sandwich	27.01
18-SALAD, Popcorn Chicken	1 Each	17.3
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-FLATBREAD	1 Each	29.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	14.17
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
18-CARROTS, Savory frozen	1/2 cup	17.62
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-APPLESAUCE, Canned	1/2 cup	13.13
18-ORANGES 125 ct	Each (125 ct)	18.22
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-CHEESE, Slice American	Slice	1.01
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
Weighted Daily Average		434.46
% of Calories		58.1%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Fri - 05/18/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-FLATBREAD, BUFFALO CHICKEN	1 Each	32.28
18-SUB, Meatball w/SpagSaHS	SERVINGS	37.25
17-FRIES,SWEET POTATO, Baked	1/2 Cup	17.25
17-FRIES,SWEET POTATO, Fried	1/2 cup	17.25
18-BEANS,Pinto canned	1/2 cup	16.19
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		278.63
% of Calories		55.0%
Nutrient Guideline		

Mon - 05/21/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-CHICKEN AND RICE w/BRD CRMB	2/3 CUP	21.44
18-ROLL, WG Wheat Roll, HS	Roll	30.0
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
18-CORN, Canned	1/2 Cup	9.02
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-PEARS,FRESH 120 ct	1 Each	21.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		262.58
% of Calories		57.8%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:49 PM

	Portion Size	Carb (g)
Tue - 05/22/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CORN DOG NUGGETS 6pc	6 Nugg per Serv	30.15
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-FLATBREAD	1 Each	29.0
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
18-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	14.17
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-PEACHES Diced, cnd	1/2 Cup	21.46
17-MELON, Cantaloup,HoneyDew	1/2 CUP	14.45
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		249.67
% of Calories		53.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/23/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHICKEN, POPCORN WG	10 pieces/serv	13.08
18-CHICKEN, Popcorn Buffalo WG	10 pieces/serv	14.15
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-PORK, BBQ Western	Sandwich	5.53
18-HUSHPUPIES, WG	Servings	18.0
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-FLATBREAD	1 Each	29.0
18-SALAD PASTA, Creamy	#6 Scoop	22.27
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
17-STRAWBERRY:WHOLE UNSWEET FZ	1/2 cup	6.95
18-NECTARINES, Fres 2 1/2" dia	1 Each	14.98
18-SAUCE, BBQ 12g	1 Each	4.0
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		309.33
% of Calories		52.5%
Nutrient Guideline		

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# Cumberland County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:49 PM

	Portion Size	Carb (g)
Thu - 05/24/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-NACHOS W/ BEEF & CHEESE HS	1/2 Cup	32.88
18-WRAP, GourTurkey&Cheese HS	1 Wrap	31.68
18-SALAD, CAESAR CHICKEN	Salad	4.84
18-FLATBREAD	1 Each	29.0
18-CARROTS, Baby 1/2 cup	1/2 Cup	5.84
18-BROCCOLI frzn	1/2 CUP	5.2
18-SALSA, Mild	1/4 cup	4.01
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	14.77
18-APPLES, Fresh, Whole	1 Each	16.66
18-SOUR CREAM 1oz	Each (1 oz)	4.05
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-DRESSING, Italian 12G	PK (12 G)	1.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
17-SAUCE, TACO 9g pk	Packs	1.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		264.77
% of Calories		46.5%
Nutrient Guideline		

Fri - 05/25/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	1 Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.0
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	4.03
18-CHICKEN TERIYAKI w/Rice 1/2	2.85 OZ	35.57
18-ROLL, WG Wheat Roll, HS	Roll	30.0
17-SQUASH, Fresh, sliced	1/2 cup	5.2
18-BEANS, Green Canned	1/2 cup	5.32
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
18-BANANAS 100-120 CT	1 Each	31.06
17-SAUCE, Soy pk	1 Each	0.66
18-SAUCE, Sweet & Sour 1oz	1 Each	12.15
18-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		274.34
% of Calories		62.9%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:49 PM

	Portion Size	Carb (g)
Tue - 05/29/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-SPAGHETTI & MeaSau	1 Cup	39.05
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-CHICKEN,ULT BREAST Fil Sand	Sandwich	41.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-CORN, Canned	1/2 Cup	9.02
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PEACHES Diced, cnd	1/2 Cup	21.46
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-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-CHEESE, Slice American	Slice	1.01
Weighted Daily Average		361.88
% of Calories		53.3%
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 LUNCH RAMSEY ST/MASSEY HI

Generated on: 4/23/2018 4:04:49 PM

	Portion Size	Carb (g)
Wed - 05/30/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-SALISBURY STK w/ GY	Each 3 oz	6.04
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-PIZZA, PEPPERONI HS	Slice	35.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-POTATOES, MASHED	1/2 cup	14.42
18-GRAVY, Brown Mix	1/4 Cup	3.0
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-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-PARFAIT LUN, Blueberry HS	Parfaits	75.1
18-PARFAIT LUN, StrawberrFZ HS	Parfaits	74.51
Weighted Daily Average		459.92
% of Calories		54.5%
Nutrient Guideline		

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# Cumberland County Schools

Base Menu Spreadsheet  
Portion Values - Detailed

Page 16

May 1, 2018 thru May 31, 2018

9-12 LUNCH RAMSEY ST/MASSEY HI

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	Portion Size	Carb (g)
Thu - 05/31/2018		
9-12 LUNCH RAMSEY ST/M	Total	
18-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
18-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
18-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
18-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
18-MILK,Dairy Ease FF 8oz	Each	13.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	40.0
18-CHICKEN,ULT BREAST Fil Sand	Sandwich	41.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-BEANS, Green Canned	1/2 cup	5.32
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-PEARS,FRESH 120 ct	1 Each	21.32
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-COOKIE, Carnival fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, ChocChip fzn WW 1oz	Each 1 oz	18.0
18-COOKIE, Sugar fzn WW 1oz	Each 1 oz	18.0
18-DRESSING, 1.5 French FF	1 Each	11.0
18-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, 1.5 Italian	1 Each	5.0
18-DRESSING, 1.5 Ranch	1 Each	9.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-CHEESE, Slice American	Slice	1.01
Weighted Daily Average		364.22
% of Calories		52.4%
Nutrient Guideline		

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\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. This institution is an equal opportunity provider.