

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jun 1, 2018 thru Jun 9, 2018

6-8 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:59:47 AM

	Portion Size	Carb (g)
Fri - 06/01/2018		
6-8 BREAKFAST TRADITIO	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-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		305.60
% of Calories		77.2%
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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Portion Values - Detailed

Page 2

Jun 1, 2018 thru Jun 9, 2018

6-8 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:59:47 AM

	Portion Size	Carb (g)
Mon - 06/04/2018		
6-8 BREAKFAST TRADITIO	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
16-JELLY, Grape .5 oz	1 Each	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	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	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		683.21
% of Calories		79.2%
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 3

Jun 1, 2018 thru Jun 9, 2018

6-8 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:59:47 AM

	Portion Size	Carb (g)
Tue - 06/05/2018		
6-8 BREAKFAST TRADITIO	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-SYRUP, 1.5oz cup	Each 1.5oz	31.0
16-JELLY, Grape .5 oz	1 Each	9.0
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-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		352.60
% of Calories		79.6%
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

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

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Base Menu Spreadsheet
Portion Values - Detailed

Page 4

Jun 1, 2018 thru Jun 9, 2018

6-8 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:59:47 AM

	Portion Size	Carb (g)
Wed - 06/06/2018		
6-8 BREAKFAST TRADITIO	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
16-JELLY, Grape .5 oz	1 Each	9.0
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		346.60
% of Calories		79.7%
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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Portion Values - Detailed

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Jun 1, 2018 thru Jun 9, 2018

6-8 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:59:47 AM

	Portion Size	Carb (g)
Thu - 06/07/2018		
6-8 BREAKFAST TRADITIO	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
16-JELLY, Grape .5 oz	1 Each	9.0
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
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		664.21
% of Calories		78.8%
Nutrient Guideline		

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Portion Values - Detailed

Page 6

Jun 1, 2018 thru Jun 9, 2018

6-8 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:59:47 AM

	Portion Size	Carb (g)
Fri - 06/08/2018		
6-8 BREAKFAST TRADITIO	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-SYRUP, 1.5oz cup	Each 1.5oz	31.0
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-APPLES, Fresh, Whole	Each	16.66
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		610.66
% of Calories		77.3%
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
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