

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jun 1, 2018 thru Jun 9, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:58:47 AM

	Portion Size	Carb (g)
Fri - 06/01/2018		
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	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-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		851.27
% of Calories		78.9%
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

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

Jun 1, 2018 thru Jun 9, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:58:47 AM

	Portion Size	Carb (g)
Mon - 06/04/2018		
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-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
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		827.27
% of Calories		79.3%
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

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

9-12 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:58:47 AM

	Portion Size	Carb (g)
Tue - 06/05/2018		
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-BISCUIT, Sausage, 3.25oz	1 Each	24.0
18-BISCUIT, Egg & Cheese	1 Each	31.02
18-BISCUIT, Ham & Cheese	1 Each	30.52
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		928.09
% of Calories		71.7%
Nutrient Guideline		

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Portion Values - Detailed

Page 4

Jun 1, 2018 thru Jun 9, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:58:48 AM

	Portion Size	Carb (g)
Wed - 06/06/2018		
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-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-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-JELLY, Grape .5 oz	1 Each	9.0
Weighted Daily Average		692.21
% of Calories		78.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 5

Jun 1, 2018 thru Jun 9, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:58:48 AM

	Portion Size	Carb (g)
Thu - 06/07/2018		
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-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-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-JELLY, Grape .5 oz	1 Each	9.0
Weighted Daily Average		692.21
% of Calories		78.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 6

Jun 1, 2018 thru Jun 9, 2018

9-12 BREAKFAST TRADITIONAL

Generated on: 5/25/2018 8:58:48 AM

	Portion Size	Carb (g)
Fri - 06/08/2018		
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	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-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-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-JELLY, Grape .5 oz	1 Each	9.0
Weighted Daily Average		692.21
% of Calories		78.2%
Nutrient Guideline		

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