

# Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 1, 2018 thru Jun 9, 2018

9-12 LUNCH TRADITIONAL

Generated on: 5/25/2018 9:06:46 AM

	Portion Size	Carb (g)
Fri - 06/01/2018		
9-12 LUNCH TRADITIONAL	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-PIZZA, 6" RD Supreme HS	1 Each	31.0
18-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
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		264.85
% of Calories		49.6%
Nutrient Guideline		

Mon - 06/04/2018		
9-12 LUNCH TRADITIONAL	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-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		143.64
% of Calories		54.6%
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

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

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Jun 1, 2018 thru Jun 9, 2018

9-12 LUNCH TRADITIONAL

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	Portion Size	Carb (g)
Tue - 06/05/2018		
9-12 LUNCH TRADITIONAL	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, Tenders WG	3 pieces/serv	13.01
18-BISCUIT, Buttermilk	1 Each	28.0
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-BROCCOLI frzn	1/2 CUP	5.2
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		239.96
% of Calories		51.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 06/06/2018		
9-12 LUNCH TRADITIONAL	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-CHICKEN TERIYAKI w/Rice 1/2	2.85 OZ	35.57
18-ROLL, WG Wheat Roll, HS	Roll	30.0
18-CALIFORNIA BLD, Stir Fry	1/2 cup	11.9
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		222.70
% of Calories		60.2%
Nutrient Guideline		

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9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 06/07/2018		
9-12 LUNCH TRADITIONAL	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-CHEESEBURGER WW Bun	Sandwich	27.01
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
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		138.03
% of Calories		50.2%
Nutrient Guideline		

Fri - 06/08/2018		
9-12 LUNCH TRADITIONAL	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, 6" RD Supreme HS	1 Each	31.0
18-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-PIZZA, PEPPERONI HS	Slice	35.0
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
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		204.00
% of Calories		45.6%
Nutrient Guideline		

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