

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jun 1, 2018 thru Jun 9, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 5/25/2018 8:56:33 AM

	Portion Size	Carb (g)
Fri - 06/01/2018		
K-5 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-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
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
Weighted Daily Average		221.69
% of Calories		82.2%
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.

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.

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jun 1, 2018 thru Jun 9, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 5/25/2018 8:56:33 AM

	Portion Size	Carb (g)
Mon - 06/04/2018		
K-5 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
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
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
Weighted Daily Average		487.37
% of Calories		83.8%
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

¹ - 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.

Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 3

Jun 1, 2018 thru Jun 9, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 5/25/2018 8:56:33 AM

	Portion Size	Carb (g)
Tue - 06/05/2018		
K-5 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-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-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
Weighted Daily Average		253.19
% of Calories		84.1%
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

¹ - 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.

Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 4

Jun 1, 2018 thru Jun 9, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 5/25/2018 8:56:33 AM

	Portion Size	Carb (g)
Wed - 06/06/2018		
K-5 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
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
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
Weighted Daily Average		248.69
% of Calories		84.6%
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.

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.

Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 5

Jun 1, 2018 thru Jun 9, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 5/25/2018 8:56:33 AM

	Portion Size	Carb (g)
Thu - 06/07/2018		
K-5 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
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-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
Weighted Daily Average		487.37
% of Calories		83.8%
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

¹ - 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.

Cumberland County Schools

Base Menu Spreadsheet
Portion Values - Detailed

Page 6

Jun 1, 2018 thru Jun 9, 2018

K-5 BREAKFAST YEAR ROUND

Generated on: 5/25/2018 8:56:33 AM

	Portion Size	Carb (g)
Fri - 06/08/2018		
K-5 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-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-APPLE, Fresh Wedges	3 Wedges	12.82
Weighted Daily Average		433.83
% of Calories		82.1%
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.

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.