

Cumberland County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 1, 2018 thru Jun 9, 2018

K-5 LUNCH YEAR ROUND

Generated on: 5/25/2018 9:00:19 AM

	Portion Size	Carb (g)
Fri - 06/01/2018		
K-5 LUNCH YEAR ROUND	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-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.0
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	4.03
18-BEANS, Green Canned	1/2 cup	5.32
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-CARROTS, Savory frozen	1/2 cup	17.62
16-CARROTS AU GRATIN	2/3 Cup	24.34
17-FRIES,SWEET POTATO, Baked	1/2 Cup	17.25
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLE Slices, IW	1 Each	19.0
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
Weighted Daily Average		335.43
% of Calories		64.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 06/04/2018		
K-5 LUNCH YEAR ROUND	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-CHICKEN FILLET WW BUN	Sandwich	38.0
18-BEANS, BBQ Bake	1/2 Cup	34.6
18-BEANS,Pinto canned	1/2 cup	16.19
18-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-CHEESE, Slice American	Slice	1.01
Weighted Daily Average		218.28
% of Calories		57.1%
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.

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Jun 1, 2018 thru Jun 9, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Carb (g)
Tue - 06/05/2018		
K-5 LUNCH YEAR ROUND	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-SALISBURY STK w/ GY	Each 3 oz	6.04
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
18-POTATOES, MASHED	1/2 cup	14.42
18-GRAVY, Brown Mix	1/4 Cup	3.0
18-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	14.17
16-COLLARD GREENS,Frozen, Marg	1/2 cup	6.44
18-BROCCOLI frzn	1/2 CUP	5.2
18-BROCCOLI w/ CHEESE&SAUCE	1/2 CUP	7.24
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
Weighted Daily Average		184.51
% of Calories		51.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 06/06/2018		
K-5 LUNCH YEAR ROUND	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-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	13.09
18-ROLL, Wheat Frozen 1.5oz EM	Roll	24.0
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
17-FRIES,SWEET POTATO, Baked	1/2 Cup	17.25
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, BBQ 12g	1 Each	4.0
Weighted Daily Average		187.25
% of Calories		58.6%
Nutrient Guideline		

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Jun 1, 2018 thru Jun 9, 2018

K-5 LUNCH YEAR ROUND

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	Portion Size	Carb (g)
Thu - 06/07/2018		
K-5 LUNCH YEAR ROUND	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-CROISSANT, Turk & Cheese(1)	1 Each	18.42
18-CROISSANT, Ham & Cheese (1)	1 Each	18.1
18-X CHEEZ-IT CRACKERS	Each (.75 oz)	14.0
18-SANDWICH, BAHN MI FLATBREAD	1 Each	40.58
18-SANDWICH, Ham/Cheese cold	Sandwiches	27.03
18-SANDWICH, HamChees Grill HS	Sandwiches	28.8
18-SANDWICH, Turkey/Chees cold	Sandwiches	27.77
18-CARROTS, Savory frozen	1/2 cup	17.62
18-CARROTS, Glazed frozen	1/2 cup	18.35
16-CARROTS AU GRATIN	2/3 Cup	24.34
18-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
Weighted Daily Average		339.01
% of Calories		48.2%
Nutrient Guideline		

Fri - 06/08/2018		
K-5 LUNCH YEAR ROUND	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-PIZZA, PEPPERONI 4X6	Slice	33.0
18-PIZZA, CHEESE 4X6	Slice	30.0
18-BEANS, Green Canned	1/2 cup	5.32
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
Weighted Daily Average		172.32
% of Calories		50.8%
Nutrient Guideline		

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