

Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/01/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
19-CHICKEN Tangerin w/Rice 1/2	3.9 OZ	46.81
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
19-BROCCOLI, Stir Fry	1/2 cup	10.55
17-SQUASH, Fresh, sliced	1/2 cup	5.2
19-RAISELS, Orange 1.5oz	1 Each	35.0
19-RAISELS, Watermelon1.5oz	1 Each	35.0
19-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-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
Weighted Daily Average		287.98
% of Calories		61.4%
Nutrient Guideline		

Fri - 11/02/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-HOT DOG ON BUN WW	Hot Dog(s)	29.0
19-CHILI, HOT DOG	#16 Scoop	5.06
18-PORK, BBQ Carolina2	2 oz	1.1
18-BREAD, Hamburger Buns 51% W	1 each	26.0
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
19-CHEESE, String Cheddar 1oz	1 Each	0.0
19-CHEESE, String Mozzarella1oz	1 Each	1.0
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
18-BEANS, BBQ Bake	1/2 Cup	34.6
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	1 Each	16.66
18-GRAPES,FRESH	1/2 Cup	15.32
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-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, HOT, Packet 7g	1 Each	0.0

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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6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		384.54
% of Calories		57.6%
Nutrient Guideline		

Mon - 11/05/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CORN DOG NUGGETS 6pc	6 Nuggets	30.01
18-TACO SALAD-Elem/Mid	Servings	26.48
18-CORN, Canned	1/2 Cup	9.02
19-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
19-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-SALSA, Mild	1/4 cup	4.01
19-DRESSING, 1.5 Ranch	1 Each	9.11
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Italian	1 Each	5.0
Weighted Daily Average		306.49
% of Calories		56.2%
Nutrient Guideline		

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Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/06/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CHICKEN FILLET WW BUN	Sandwich	38.0
19-CHICKEN FILLET Spicy WW Bun	Sandwich	41.0
17-SOUP,CHILI W/BEANS/PINTO	3/4 CUP	20.98
17-BISCUIT, Cinnamon	1 Each	35.33
18-SALAD, Mixed Garden	1 CUP	2.99
18-CALIFORNIA BLEND,FRZN	1/2 cup	7.15
18-ORANGES, Mandarin lt syrup	1/2 cup	19.35
19-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SAUCE, BBQ 12g	1 Each	4.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
19-DRESSING, Italian 12G	PK (12 G)	1.0
19-DRESSING, 12G French Red	PK (12 G)	3.0
Weighted Daily Average		283.92
% of Calories		48.9%
Nutrient Guideline		

Wed - 11/07/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.02
18-SAUCE, MARINARAw/Spag Sauce	.25 Cup	4.03
17-WRAP, GourTurkey & Cheese	1 Wrap	24.93
19-xCHEEZ-IT CRACKERS	Each (.75 oz)	14.0
18-VEGGIE CUP	1/2 Cup	4.43
18-BEANS, Green Canned	1/2 cup	5.32
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-PICKLE,Dill Slice 2 ea	2 Each	0.0

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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6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		213.32
% of Calories		48.8%
Nutrient Guideline		

Thu - 11/08/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-BEEF, Teriyaki Nugget	4 pieces	6.0
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-SUB, CHICKEN PHILLY	Sandwich	33.64
19-RICE, Fried	1/2 CUP	23.19
18-BROCCOLI frzn	1/2 CUP	5.2
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	14.77
Weighted Daily Average		225.14
% of Calories		55.8%
Nutrient Guideline		

Fri - 11/09/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-PORK CHOP SAND WW bun	Each Sandwich	44.0
18-CHICK ALFREDO w/Rotin Pasta	1 CUP	25.79
19-BREADSTICK, GARLIC WW	1 Each	15.0
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-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		313.78
% of Calories		58.4%
Nutrient Guideline		

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Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/13/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-PIZZA, PEPPERONI HS	Slice	29.0
19-PIZZA, CHEESE 4X6	Slice	30.0
18-SALAD, Southwest Chick	1 Each	11.36
19-CHIPS, Tostitos .875oz	bag (.875 oz)	18.0
18-CORN, Canned	1/2 Cup	9.02
18-CALIFORNIA BLEND,FRZN	1/2 cup	7.15
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
18-DRESSING, SM Ranch	1 fl oz	2.93
19-DRESSING, 1.5 Ranch	1 Each	9.11
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Italian	1 Each	5.0
18-SALSA, Mild	1/4 cup	4.01
Weighted Daily Average		52.98
% of Calories		46.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/14/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-CHEESEBURGER WW Bun	Sandwich	27.01
18-TURKEY ROAST W/ Gravy	2/3 Cup	3.34
18-CORNBREAD STUFFING MIX	1/2 Cup	25.45
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-SWEET POTATO SOUFFLE	1/2 Cup	45.23
18-BEANS, Green Canned	1/2 cup	5.32
18-APPLE, Crustless Pie	1/2 Cup	24.62
18-CRANBERRY SAUCE	1/8 cup	15.12
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-MAYONNAISE FF 12g	1 Each	0.59
19-LETTUCE, Leaf Green	1 lf	0.38
19-TOMATO, SLICED 2 slc	2 slc	0.89
19-PICKLE,Dill Slice 2 ea	2 Each	0.0
Weighted Daily Average		87.02
% of Calories		56.9%
Nutrient Guideline		

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6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/15/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CHICKEN, Tenders WG	3 pieces/serv	13.01
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
19-MACARONI & CHEESE 1 cup	1 cup	45.75
19-Ham-Diced	1.22 oz portion	2.02
18-BROCCOLI frzn	1/2 CUP	5.2
19-SOUP, TOMATO	1 Cup	17.18
18-PEARS, Slice, Canned	1/2 Cup	19.1
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-SAUCE, BBQ 12g	1 Each	3.51
Weighted Daily Average		71.17
% of Calories		55.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/16/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-HOT DOG ON BUN WW	Hot Dog(s)	29.0
19-CHILI, HOT DOG	#16 Scoop	5.06
18-PORK, BBQ Carolina2	2 oz	1.1
19-HUSHPUPIES, WG	Servings	18.0
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
19-CHEESE, String Cheddar 1oz	1 Each	0.0
19-CHEESE, String Mozzarella1oz	1 Each	1.0
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
18-BEANS, BBQ Bake	1/2 Cup	34.6
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
18-ORANGES 125 ct	Each (125 ct)	18.22
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-SAUCE, HOT, Packet 7g	1 Each	0.0
Weighted Daily Average		82.08
% of Calories		55.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/19/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-SALISBURY STK w/ GY	Each 3 oz	6.04
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-SANDWICH, BAHN MI FLATBREAD	1 Each	40.58
18-SANDWICH, Ham/Chs WhtBrd	Sandwiches	30.01
17-WRAP, Deli Turkey & Ham E/M	1 Wrap	25.63
17-WRAP, GourTurkey & Cheese	1 Wrap	24.93
18-CROISSANT, Turk & Cheese(1)	1 Each	18.42
19-xCRACKERS, GOLDFISH COLORS	Each (.75 oz)	14.0
19-xCRACKERS, GOLDFISH WG	Each (.75 oz)	14.0
19-POTATOES, MASHED	1/2 cup	14.42
19-GRAVY, Brown Mix	1/4 Cup	4.05
19-COLLARD GREENS,Frozen, Marg	1/2 cup	6.32
18-PEACHES Diced, cnd	1/2 Cup	21.46
19-MUSTARD 5.5g portion	Pk	0.0
19-MAYONNAISE FF 12g	1 Each	0.59
Weighted Daily Average		86.60
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/20/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-TACO, Hard w/Turkey Filling	2 Shells	19.73
18-LUNCH BOX, DELI Ham	Box	31.28
18-LUNCH BOX, DELI Turkey	Box	31.57
18-LUNCH BOX, Yogurt	Box	62.99
18-LUNCH PACK, Pizza	1 Each	34.05
18-BEANS,Pinto canned	1/2 cup	15.16
18-CORN, Canned	1/2 Cup	9.02
17-LETTUCE & SALSA	1/2 cup	5.35
19-FRUIT ICE, ROSATI, All flav	Each 4.4 oz	25.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
18-SALSA, Mild	1/4 cup	4.01
19-SAUCE, TACO 9g pk	Packs	1.0
17-LETTUCE, shredded	1/2 cup	1.12
Weighted Daily Average		64.40
% of Calories		56.8%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/21/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CHICKEN FILLET WW BUN	Sandwich	38.0
19-CHICKEN FILLET Spicy WW Bun	Sandwich	41.0
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-BEANS, Green Canned	1/2 cup	5.32
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
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
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-SAUCE, BBQ 12g	1 Each	3.51
Weighted Daily Average		61.56
% of Calories		51.2%
Nutrient Guideline		

Mon - 11/26/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-PIZZA, PEPPERONI HS	Slice	29.0
19-PIZZA, CHEESE 4X6	Slice	30.0
18-CHICKEN AND RICE w/BRD CRMB	2/3 CUP	21.44
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
19-APPLESAUCE, Canned	1/2 cup	11.63
18-APPLESAUCE, Cinnamon,	1/2 CUP	13.39
19-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	24.31
Weighted Daily Average		90.53
% of Calories		56.3%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/27/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-Nacho Cheese Sauce, SICh EM	3/8 cup	8.6
19-CHIPS, Tostitos .875oz	bag (.875 oz)	18.0
19-FISH NUGGET WG 4pc	4 nuggets	21.0
19-HUSHPUPPIES, WG	Servings	18.0
18-BEANS,Pinto canned	1/2 cup	15.16
18-CORN, Canned	1/2 Cup	9.02
19-ORANGES, Mandarin lt syrup	1/2 cup	27.95
18-SALSA, Mild	1/4 cup	4.01
19-SAUCE, TACO 9g pk	Packs	1.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-SAUCE, TARTAR IND 12 gr	PK (12 GR)	2.0
Weighted Daily Average		227.33
% of Calories		54.5%
Nutrient Guideline		

Wed - 11/28/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CHICKEN, POPCORN WG	10 pieces/serv	13.08
19-CHICKEN, POPCORN Buffalo WG	10 pieces/serv	14.55
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-SPAGHETTI & MeaSau	1 Cup	39.05
19-BREADSTICK, GARLIC WW	1 Each	15.0
18-BEANS, Green Canned	1/2 cup	5.32
18-CARROTS, Glazed frozen	1/2 cup	18.35
19-STRAWBERRIES: frozen	1/2 cup	31.11
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-MAYONNAISE FF 12g	1 Each	0.59
Weighted Daily Average		103.23
% of Calories		61.0%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

6-8 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/29/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
19-CHICKEN Tangerin w/Rice 1/2	3.9 OZ	46.81
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
19-BROCCOLI, Stir Fry	1/2 cup	10.55
17-SQUASH, Fresh, sliced	1/2 cup	5.2
16-SQUASH, sliced frozen	1/2 cup	7.34
19-RAISELS, Orange 1.5oz	1 Each	35.0
19-RAISELS, Watermelon1.5oz	1 Each	35.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
19-LETTUCE, Leaf Green	1 lf	0.38
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
19-PICKLE,Dill Slice 2 ea	2 Each	0.0
Weighted Daily Average		111.64
% of Calories		65.3%
Nutrient Guideline		

Fri - 11/30/2018		
6-8 LUNCH TRADITIONAL	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-HOT DOG ON BUN WW	Hot Dog(s)	29.0
19-CHILI, HOT DOG	#16 Scoop	5.06
18-PORK, BBQ Carolina2	2 oz	1.1
18-BREAD, Hamburger Buns 51% W	1 each	26.0
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
19-CHEESE, String Cheddar 1oz	1 Each	0.0
19-CHEESE, String Mozzarella1oz	1 Each	1.0
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
18-BEANS, BBQ Bake	1/2 Cup	34.6
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	1 Each	16.66
18-GRAPES,FRESH	1/2 Cup	15.32
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-SAUCE, HOT, Packet 7g	1 Each	0.0

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