

Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 1

Generated on: 10/22/2018 4:34:17 PM

	Portion Size	Carb (g)
Thu - 11/01/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	Each	19.0
19-BISCUIT, Egg & Cheese	1 Each	30.01
19-ROLL,CINNAMON WG, IW	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		899.22
% of Calories		75.8%
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.

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/02/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-PIZZA, BREAKFAST, Rd, IW	1 Each	17.0
19-FRUDEL, Apple WW 2.29oz	1 Each	36.0
19-FRUDEL, Cherry WW 2.29oz	1 Each	37.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-ORANGES 125 ct	Each (125 ct)	18.22
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		952.27
% of Calories		77.1%
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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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/05/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-PANCAKE,BB SsgStick WG2.5oz	1 Each	17.0
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
19-BREAD,PUMPKIN WG, IW 3.4oz	1 Each	43.0
19-BREAD, BANANA WG, IW 3.4oz	1 Each	44.0
19-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	43.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-PLUMS,FRESH	1 Each	8.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
Weighted Daily Average		1066.2
% of Calories		75.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/06/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-BISCUIT, Sausage, Dgh&Patt	1 each	28.5
19-BISCUIT, Sausage, 3.25oz	1 Each	24.0
19-ROLL,CINNAMON WG, IW	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-PLUMS,FRESH	1 Each	8.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
19-APPLESAUCE, CUP	Each Cup	14.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
Weighted Daily Average		970.77
% of Calories		76.2%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/07/2018		
9-12 BREAKFAST TRADITI	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	Each	12.0
19-JUICE, 4oz Orange 100%	Each	14.0
19-JUICE, 4oz Apple 100%	Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
19-JUICE, 4oz AppleCherry100%	Each	15.0
19-JUICE, 4oz FruitPunch100%	Each	14.0
18-JUICE, 4oz Org Pnpple100%	Each	15.0
19-EGG, Cheese & Sausage HS	1 Each	1.0
19-TOAST, WW Bread	Slice	12.0
19-DONUTS, MINI POWDERED SUGAR	1 Pkg	41.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-ORANGES 125 ct	Each (125 ct)	18.22
18-PLUMS,FRESH	1 Each	8.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		924.27
% of Calories		76.5%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

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Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/08/2018		
9-12 BREAKFAST TRADITI	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	Each	12.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-CROISSANT, Ham&Chees BKFast	1 Each	18.1
19-BUN, HONEY WG	1 Each	30.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-YOGURT, Raspberr 4oz ea	1 Each	15.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-PLUMS,FRESH	1 Each	8.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		917.36
% of Calories		77.1%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/09/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Prnppl100%	1 Each	15.0
19-PANCAKES, Banana Flav IW	1 Each	37.0
19-PANCAKES, BLUEBERR Flav IW	1 Each	38.0
19-PANCAKES, Mini Maple WG IW	1 Each	36.0
19-DONUT,WG Yeast Raised	1 Each	46.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-ORANGES 125 ct	Each (125 ct)	18.22
18-PLUMS,FRESH	1 Each	8.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
Weighted Daily Average		1018.2
% of Calories		76.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/13/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-BREAKFAST BITES, WG	Servings	17.0
19-DONUT, Super Plus RF 3oz	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 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
16-JELLY, Grape .5 oz	1 Each	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
Weighted Daily Average		71.52
% of Calories		70.0%
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

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/14/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-PARFAIT BRKFT BluBerry&GRAN	Parfaits	42.7
18-PARFAIT BRKFT, PEACH & GRAN	Parfaits	46.15
19-CAKE COFFE, BB Crumble 4oz	1 Each	46.0
19-CAKE COFFE,Cinn Crumble 4oz	1 Each	53.19
19-WAFFLE, Blueberry WG	1 Each	45.0
19-WAFFLE, Applesauce Spice WG	1 Each	43.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
18-CRACKERS,GRAHAM 3ct	Each	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 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-ORANGES 125 ct	Each (125 ct)	18.22
18-APPLES, Fresh, Whole	1 Each	16.66
18-PEARS,FRESH 120 ct	1 Each	21.32
18-CRAISINS Indiv.	Each (1.16 oz)	28.0
16-JELLY, Grape .5 oz	1 Each	9.0
Weighted Daily Average		77.80
% of Calories		72.6%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/15/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-BISCUIT, Egg & Cheese	1 Each	30.01
19-ROLL,CINNAMON WG, IW	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
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-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	1 Each	9.0
Weighted Daily Average		65.59
% of Calories		65.5%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/16/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-PIZZA BAGEL, GravyBrkfst IW	1 Each	21.0
19-FRUDEL, Apple WW 2.29oz	1 Each	36.0
19-FRUDEL, Cherry WW 2.29oz	1 Each	37.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
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
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
Weighted Daily Average		44.81
% of Calories		70.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/19/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-PANCAKE,BB SsgStick WG2.5oz	1 Each	17.0
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
19-BREAD,PUMPKIN WG, IW 3.4oz	1 Each	43.0
19-BREAD, BANANA WG, IW 3.4oz	1 Each	44.0
19-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	43.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
Weighted Daily Average		63.04
% of Calories		69.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/20/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-BISCUIT, Sausage, Dgh&Patt	1 each	28.5
19-BISCUIT, Sausage, 3.25oz	1 Each	24.0
19-ROLL,CINNAMON WG, IW	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-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
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		59.84
% of Calories		64.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 14

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	Portion Size	Carb (g)
Wed - 11/21/2018		
9-12 BREAKFAST TRADITI	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	Each	12.0
19-JUICE, 4oz Orange 100%	Each	14.0
19-JUICE, 4oz Apple 100%	Each	14.0
19-JUICE, 4oz AppleCherry100%	Each	15.0
19-JUICE, 4oz FruitPunch100%	Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-PIZZA, Bacon Scramble	1 Each	20.0
19-DONUTS, MINI POWDERED SUGAR	1 Pkg	41.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-YOGURT, Raspberr 4oz ea	1 Each	15.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-BANANAS 100-120 CT	1 Each	31.06
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		59.53
% of Calories		65.3%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/26/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-BREAKFAST BITES, WG	Servings	17.0
19-DONUT, Super Plus RF 3oz	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
18-CRACKERS, GRAHAM 3ct	Each	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 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
16-JELLY, Grape .5 oz	1 Each	9.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
Weighted Daily Average		71.52
% of Calories		70.0%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/27/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-BISCUIT, Chicken, 3.6oz	1 Each	29.0
19-BISCUIT, Chicken, Dgh&Patt	1 each	36.06
19-BUN, HONEY WG	1 Each	30.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
19-APPLESAUCE, CUP	Each Cup	14.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		1012.3
% of Calories		76.3%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/28/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
18-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	Each	19.0
18-PARFAIT BRKFT BluBerry&GRAN	Parfaits	42.7
18-PARFAIT BRKFT, PEACH & GRAN	Parfaits	46.15
19-PANCAKE, Chicken Sausage WG	1 Each	23.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
18-APPLES, Fresh, Whole	1 Each	16.66
18-BANANAS 100-120 CT	1 Each	31.06
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		974.12
% of Calories		78.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 18

Generated on: 10/22/2018 4:34:18 PM

	Portion Size	Carb (g)
Thu - 11/29/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	Each	19.0
19-BISCUIT, Egg & Cheese	1 Each	30.01
19-ROLL,CINNAMON WG, IW	1 Each	38.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		899.22
% of Calories		75.8%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 19

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	Portion Size	Carb (g)
Fri - 11/30/2018		
9-12 BREAKFAST TRADITI	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,Dairy Ease FF 8oz	Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
19-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz FruitPunch100%	1 Each	14.0
19-JUICE, 4oz AppleCherry100%	1 Each	15.0
19-JUICE, 4oz Org Pnpple100%	1 Each	15.0
18-JUICE, 4oz Grape 100%	1 Each	19.0
19-PIZZA, BREAKFAST, Rd, IW	1 Each	17.0
19-FRUDEL, Apple WW 2.29oz	1 Each	36.0
19-FRUDEL, Cherry WW 2.29oz	1 Each	37.0
19-CEREAL, Cinn Toast WG, 1oz	1 Each	22.0
19-CEREAL, Cocoa Puffs, Bowl	1 Each	25.0
19-CEREAL, Trix WG 1oz	Bowl	24.0
19-CEREAL, Cheerios WG 1oz	1 Each	20.0
19-CEREAL, Cinn Rice Chex 28g	1 Each	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	17.0
19-YOGURT, Raspberry 4oz ea	1 Each	15.0
19-YOGURT, Straw/Banana 4oz ea	1 Each	16.0
19-YOGURT, Strawberry 4oz ea	1 Each	16.0
19-YOGURT, Vanilla 4oz ea	1 Each	16.0
19-MUFFIN, Apple, WG IW	1 Each	42.0
19-MUFFIN, Banana WG, IW	1 Each	43.0
19-MUFFIN, Blueberry WG IW	1 Each	41.0
19-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	76.0
19-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	75.0
19-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	76.0
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-ORANGES 125 ct	Each (125 ct)	18.22
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-JELLY, Grape .5 oz	Each	9.0
Weighted Daily Average		952.27
% of Calories		77.1%
Nutrient Guideline		

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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