

Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 1

Generated on: 10/22/2018 4:38:03 PM

	Portion Size	Carb (g)
Thu - 11/01/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.02
17-SAUCE, MARINARA w/Spag Sauce	.25 Cup	4.04
18-SLOPPY JOE ON WW BUN	Each-(1/3 c)	36.46
19-CHICKEN,ULT BREAST	Sandwich	41.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Chicken Strips	1.25 oz	0.0
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-FLATBREAD	1 Each	29.0
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
19-FRIES,SWEET POTATO, Fried	1/2 cup	25.3
18-SALAD, Mixed Garden	1 CUP	2.99
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	14.77
18-PEARS,FRESH 120 ct	1 Each	21.32
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Ranch	1 Each	9.11
19-DRESSING, 1.5 Italian	1 Each	5.0
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 Honey Dijon	1 Each	14.83
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
19-DRESSING, Italian 12G	PK (12 G)	1.0
19-DRESSING, 12G 1000 Island	PK (12 G)	2.0
19-DRESSING, 12G French Red	PK (12 G)	3.0
Weighted Daily Average		93.93
% of Calories		51.5%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 2

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Fri - 11/02/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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
18-PORK, BBQ Carolina2	2 oz	1.1
18-BREAD, Hamburger Buns 51% W	1 each	26.0
19-FISHWICH ON WW BUN	1 Each	42.0
19-PIZZA, PEPPERONI HS	Slice	29.0
17-BOWL, Chees Broc Pot Bowl	Bowls	73.71
17-BOWL, Chees Corn Pot Bowl	Bowls	73.55
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
19-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	21.81
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
19-ORANGES, Mandarin lt syrup	1/2 cup	27.95
18-BANANAS 100-120 CT	1 Each	31.06
19-SAUCE, TARTAR IND 12 gr	PK (12 GR)	2.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
Weighted Daily Average		112.94
% of Calories		57.8%
Nutrient Guideline		

Mon - 11/05/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	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-CHICKEN, BBQ	Serving	7.27
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
17-MEATBALLS and GRAVY	5 ea	8.25
19-PIZZA, PEPPERONI HS	Slice	29.0
18-RICE, Seasoned 1/2c	1/2 CUP	21.52
19-GRAVY, Brown Mix	1/4 Cup	4.05
18-CORN, Canned	1/2 Cup	9.02
19-COLLARD GREENS,Frozen, Marg	1/2 cup	6.32
19-STRAWBERRIES: frozen	1/2 cup	31.11
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
19-SAUCE, BBQ 12g	1 Each	3.51

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 3

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		93.77 54.9%
Nutrient Guideline		

Tue - 11/06/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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
18-NACHOS W/ BEEF & CHEESE HS	1/2 Cup	32.88
18-WRAP, Deli Turkey & Ham HS	1 Wrap	31.33
19-CHICKEN,ULT BREAST	Sandwich	41.0
19-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-BROCCOLI frzn	1/2 CUP	5.2
18-SALSA, Mild	1/4 cup	4.01
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-PLUMS,FRESH	1 Each	8.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-SALAD, Chef Chicken Strips	1.25 oz	0.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-FLATBREAD	1 Each	29.0
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Honey Dijon	1 Each	14.83
19-DRESSING, 1.5 Italian	1 Each	5.0
19-DRESSING, 1.5 Ranch	1 Each	9.11
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
19-SOUR CREAM 1oz	Each (1 oz)	4.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, TACO 9g pk	Packs	1.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average % of Calories		70.59 50.4%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 4

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Wed - 11/07/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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	4603 Each	55234.
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-CHICKEN, POPCORN WG	10 pieces/serv	13.08
19-CHICKEN, POPCORN Buffalo WG	10 pieces/serv	14.55
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-PORK CHOP SAND WW bun	Each Sandwich	44.0
19-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Chicken Strips	1.25 oz	0.0
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
17-CABBAGE, seasoned	1/2 cup	3.92
18-APPLESAUCE, Canned	1/2 cup	13.13
18-PEARS,FRESH 120 ct	1 Each	21.32
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Honey Dijon	1 Each	14.83
19-DRESSING, 1.5 Italian	1 Each	5.0
19-DRESSING, 1.5 Ranch	1 Each	9.11
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
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, BBQ 12g	1 Each	4.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
Weighted Daily Average		75.37
% of Calories		57.9%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 5

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Thu - 11/08/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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	1 Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-LASAGNA ROLLUP CHEESE HS	Roll-up	40.0
19-BREADSTICK, GARLIC WW	1 Each	15.0
19-RIB B QUE on WW bun	Sandwich	38.8
19-CHICKEN,ULT BREAST	Sandwich	41.0
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
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef Ham-Diced	1 oz	1.64
18-SALAD, Chef Egg Hard Boiled	1 Each	0.36
18-SALAD, Chef Chicken Strips	1.25 oz	0.0
18-SALAD, Spinach & Grape Toma	1 CUP	8.1
18-BEANS, Green Canned	1/2 cup	5.32
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-APPLES, Fresh, Whole	1 Each	16.66
19-DRESSING, 1.5 Ranch	1 Each	9.11
19-DRESSING, 1.5 Italian	1 Each	5.0
19-DRESSING, 1.5 Honey Dijon	1 Each	14.83
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
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
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average		80.62
% of Calories		55.5%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 6

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Fri - 11/09/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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	4603 Each	55234.
19-CORN DOG NUGGETS 6pc	6 Nuggets	30.01
18-FLATBREAD, BUFFALO CHICKEN	1 Each	32.28
19-PIZZA, PEPPERONI HS	Slice	29.0
17-BOWL, Chees Broc Pot Bowl	Bowls	73.71
17-BOWL, Chees Corn Pot Bowl	Bowls	73.55
19-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	21.81
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
18-CARROTS, Glazed frozen	1/2 cup	18.35
19-ORANGES, Mandarin lt syrup	1/2 cup	27.95
18-BANANAS 100-120 CT	1 Each	31.06
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
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average		116.35
% of Calories		58.1%
Nutrient Guideline		

Tue - 11/13/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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
18-SALISBURY STK w/ GY	Each 3 oz	6.04
19-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	13.09
19-GRAVY, Brown Mix	1/4 Cup	4.05
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-CHICKEN,ULT BREAST	Sandwich	41.0
19-POTATOES, MASHED	1/2 cup	14.42
19-COLLARD GREENS,Frozen, Marg	1/2 cup	6.32
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
19-LETTUCE, Leaf Green	1 lf	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0.0
19-STRAWBERRIES: frozen	1/2 cup	31.11
18-PEARS,FRESH 120 ct	1 Each	21.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 7

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.08 53.1%
Nutrient Guideline		

Wed - 11/14/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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	1 Each	12.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
18-TURKEY ROAST W/ Gravy	2/3 Cup	3.34
18-CORNBREAD STUFFING MIX	1/2 Cup	25.45
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-SUB, Meatball w/SpagSaHS	SERVINGS	37.25
19-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-BEANS, Green Canned	1/2 cup	5.32
18-SWEET POTATO SOUFFLE	1/2 Cup	45.23
18-CRANBERRY SAUCE	1/8 cup	15.12
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef Chicken Strips	1.25 oz	0.0
18-SALAD, Chef Chicken Diced	1 oz	0.0
18-SALAD, Chef, Turkey Deli	2.5 oz	1.25
18-APPLE, Crustless Pie	1/2 Cup	24.62
18-ORANGES 125 ct	Each (125 ct)	18.22
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Honey Dijon	1 Each	14.83
19-DRESSING, 1.5 Italian	1 Each	5.0
19-DRESSING, 1.5 Ranch	1 Each	9.11
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-FLATBREAD	1 Each	29.0
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
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average % of Calories		459.55 53.2%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 8

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Thu - 11/15/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	40.0
18-POTATO, WESTERN CHEESE Ham	1/2 CUP	48.94
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-CHICKEN,ULT BREAST	Sandwich	41.0
18-CARROTS, Savory frozen	1/2 cup	17.62
18-SALAD, Broccoli w/Raisins	1/2 Cup	15.6
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
19-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-APPLES, Fresh, Whole	1 Each	16.66
18-SALAD, Chef Lett&Chees Base	Salad	8.34
18-SALAD, Chef Ham-Diced	1.22 oz	2.0
18-SALAD, Chef Chicken Strips	1.25 oz	0.0
18-SALAD, Chef Chicken Diced	1 oz	0.0
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-FLATBREAD	1 Each	29.0
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 Honey Dijon	1 Each	14.83
19-DRESSING, 1.5 Italian	1 Each	5.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average		0.12
% of Calories		55.8%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 9

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Fri - 11/16/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-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
19-PIZZA, PEPPERONI HS	Slice	29.0
18-BOWL, Lasagna Rollup	Bowls	53.25
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
19-FRIES,SWEET POTATO, Fried	1/2 cup	25.3
19-ORANGES, Mandarin lt syrup	1/2 cup	27.95
18-BANANAS 100-120 CT	1 Each	31.06
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average		0.11
% of Calories		52.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/19/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-RIB B QUE on WW bun	Sandwich	38.8
19-PIZZA, PEPPERONI HS	Slice	29.0
17-SWEET POTATO CHUNKS	1/2 Cup	24.9
18-CALIFORNIA BLEND,FRZN	1/2 cup	7.15
18-GRAPES,FRESH	1/2 Cup	15.32
18-APPLESAUCE, Canned	1/2 cup	13.13
18-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	22.12
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
18-DRESSING, Ranch FF 12g	Pk (12 g ea)	2.0
Weighted Daily Average		76.22
% of Calories		55.0%
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

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 10

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Tue - 11/20/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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
18-TACO FILLING: Beef gd	1/4 Cup	1.64
18-TACO SHELLS, Hard	2 SHELLS	14.0
19-TORTILLA,WW 8"	Slice	21.0
19-HOAGIE, TURKEY & HamCheese	1 Sandwich	33.06
19-CHICKEN,ULT BREAST	Sandwich	41.0
19-BAR, TACO MakeltYourWay	Servings	5.96
17-PICKLE,Dill Slice 2 ea	2 Each	0.0
19-SOUR CREAM 1oz	Each (1 oz)	4.0
19-SAUCE, TACO 9g pk	Packs	1.0
18-RICE, MEXICAN w/Salsa	1/2 CUP	22.28
19-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-CORN, Canned	1/2 Cup	9.02
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-ORANGES 125 ct	Each (125 ct)	18.22
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average		80.58
% of Calories		53.9%
Nutrient Guideline		

Wed - 11/21/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-PORK CHOP SAND WW bun	Each Sandwich	44.0
19-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-BROCCOLI frzn	1/2 CUP	5.2
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
19-STRAWBERRIES: frozen	1/2 cup	31.11
18-PEARS,FRESH 120 ct	1 Each	21.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 11

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Weighted Daily Average		58.96
% of Calories		71.2%
Nutrient Guideline		

Mon - 11/26/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-CHICKEN, Tenders WG	3 pieces/serv	13.01
19-BISCUIT, Dough Round	1 Each	23.0
19-ENCHILADA BAKE	1 Each	29.23
19-PIZZA, PEPPERONI HS	Slice	29.0
18-RICE, MEXICAN w/Salsa	1/2 CUP	22.28
18-CORN, Canned	1/2 Cup	9.02
18-PEAS & CARROTS	1/2 Cup	10.24
18-SALSA, Mild	1/4 cup	4.01
19-STRAWBERRIES: frozen	1/2 cup	31.11
18-ORANGES 125 ct	Each (125 ct)	18.22
19-SOUR CREAM 1oz	Each (1 oz)	4.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-JELLY, Grape .5 oz	1 Each	9.0
Weighted Daily Average		85.87
% of Calories		56.4%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 12

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Tue - 11/27/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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
18-CHEESEBURGER WW Bun	Sandwich	27.01
18-HAMBURGER WW Bun	Sandwich	26.0
19-HOT DOG ON BUN WW	Hot Dog(s)	29.0
19-BAR, Carolina MakeItYourWay	Servings	14.85
19-CHICKEN,ULT BREAST	Sandwich	41.0
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-BROCCOLI frzn	1/2 CUP	5.2
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-PINEAPPLE TIDBITS, Canned	1/2 Cup	17.89
18-APPLES, Fresh, Whole	1 Each	16.66
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average		88.60
% of Calories		54.2%
Nutrient Guideline		

Wed - 11/28/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-CHICKEN GEN TSO' w/Rice 1/2	3.9 OZ	45.8
19-ROLL, WG WhitWheat Roll, HS	Roll	30.0
19-CROISSANT, Ham & Cheese (1)	1 Each	19.35
19-xSUNCHIPS, Snack Mix HChdr	Each .875 oz	15.0
19-PIZZA, 6" RD MEATEATERS HS	1 Each	30.0
18-CALIFORNIA BLD, Stir Fry	1/2 cup	11.9
16-SQUASH, sliced frozen	1/2 cup	7.34
18-PEACHES Diced, cnd	1/2 Cup	21.46
18-PEARS,FRESH 120 ct	1 Each	21.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
19-SAUCE, Soy pk	1 Each	0.56

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 13

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		104.88 63.3%
Nutrient Guideline		

Thu - 11/29/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	30.02
17-SAUCE, MARINARAw/Spag Sauce	.25 Cup	4.04
19-SOUP,CHILI W/BEANS/PINTO	3/4 CUP	16.9
19-CHEESE, Shredded 1/2oz	1 Each	2.03
18-SANDWICH, CheeseGrill White	1 Each	32.05
19-CRACKERS, Capt Wafer WG 2pk	2 Packages	9.0
19-CHICKEN,ULT BREAST	Sandwich	41.0
19-SWEET POTATO, BAKED	1/2 cup	28.65
18-BEANS, Green Canned	1/2 cup	5.32
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-LETTUCE, Leaf Green	1 lf	0.24
18-MIXED FRUIT:can,ex lt syrup	1/2 cup	14.77
18-APPLES, Fresh, Whole	1 Each	16.66
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
19-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86
Weighted Daily Average % of Calories		61.43 50.4%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 14

Generated on: 10/22/2018 4:38:04 PM

	Portion Size	Carb (g)
Fri - 11/30/2018		
9-12 LUNCH TRADITIONAL	Total	
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
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
18-PORK, BBQ Carolina2	2 oz	1.1
18-BREAD, Hamburger Buns 51% W	1 each	26.0
19-FISHWICH ON WW BUN	1 Each	42.0
19-PIZZA, PEPPERONI HS	Slice	29.0
17-BOWL, Chees Broc Pot Bowl	Bowls	73.71
17-BOWL, Chees Corn Pot Bowl	Bowls	73.55
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
19-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	21.81
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
19-ORANGES, Mandarin lt syrup	1/2 cup	27.95
18-BANANAS 100-120 CT	1 Each	31.06
19-SAUCE, TARTAR IND 12 gr	PK (12 GR)	2.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-MUSTARD 5.5g portion	Pk	0.0
19-SAUCE, HOT, Packet 7g	1 Each	0.0
19-SAUCE, BBQ 12g	1 Each	3.51
Weighted Daily Average		112.39
% of Calories		57.0%
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
 † - 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.