

Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 1

Generated on: 10/22/2018 4:31:40 PM

	Portion Size	Carb (g)
Thu - 11/01/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
19-PANCAKE,BB SsgStick WG2.5oz	1 Each	17.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-APPLESAUCE, CUP	1 Each	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		65.02
% of Calories		67.6%
Nutrient Guideline		

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

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Cumberland County Schools

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Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/02/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-WAFFLE, Applesauce Spice WG	1 Each	43.0
19-WAFFLE, Blueberry WG	1 Each	45.0
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-APPLESAUCE, CUP	1 Each	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-BANANAS 100-120 CT	1 Each	31.06
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		85.16
% of Calories		73.9%
Nutrient Guideline		

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Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/05/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-EGG, Cheese & Ham Taco IW	1 Each	15.0
18-APPLESAUCE, CUP	1 Each	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		69.46
% of Calories		68.3%
Nutrient Guideline		

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Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/06/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-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
18-SYRUP, 1.5oz cup	Each 1.5oz	31.0
18-APPLESAUCE, CUP	1 Each	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		64.72
% of Calories		73.8%
Nutrient Guideline		

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Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/07/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-PANCAKE, Chicken Sausage WG	1 Each	23.0
18-APPLESAUCE, CUP	1 Each	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		69.71
% of Calories		73.0%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/08/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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
18-CINNAMON ROLL, WG, IW	1 Each	38.0
18-APPLESAUCE, CUP	1 Each	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		80.69
% of Calories		74.3%
Nutrient Guideline		

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Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/09/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-PIZZA, BREAKFAST, Rd, IW	1 Each	17.0
18-APPLESAUCE, CUP	1 Each	14.0
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
16-RAISINS Indiv. Box	1 Box (37.7 g)	30.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		70.19
% of Calories		70.3%
Nutrient Guideline		

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K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 8

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	Portion Size	Carb (g)
Tue - 11/13/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-BISCUIT, Sausage, 3.25oz	1 Each	24.0
19-JELLY, Grape .5 oz	1 Each	9.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		68.18
% of Calories		65.9%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/14/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-PANCAKE,BB SsgStick WG2.5oz	1 Each	17.0
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		73.13
% of Calories		70.5%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/15/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-FRENCH TOAST STICKS, WG, IW	1 Pouch	38.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		86.83
% of Calories		74.3%
Nutrient Guideline		

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

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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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/16/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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, 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-CRACKER, Graham Bug Bite	Each (28 g)	21.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
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-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		80.14
% of Calories		77.5%
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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/19/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-FRUDEL, Apple WW 2.29oz	1 Each	36.0
19-FRUDEL, Cherry WW 2.29oz	1 Each	37.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		77.32
% of Calories		75.0%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/20/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-BREAKFAST BITES, WG	Servings	17.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-PLUMS,FRESH	1 Each	8.0
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		63.80
% of Calories		61.7%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/21/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-JELLY, Grape .5 oz	1 Each	9.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-BANANAS 100-120 CT	1 Each	31.06
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		59.92
% of Calories		81.0%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/26/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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, 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-CRACKER, Graham Bug Bite	Each (28 g)	21.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		63.93
% of Calories		76.0%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 16

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	Portion Size	Carb (g)
Tue - 11/27/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-BISCUIT, Chicken, 3.6oz	1 Each	29.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		46.07
% of Calories		74.4%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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Generated on: 10/22/2018 4:31:40 PM

	Portion Size	Carb (g)
Wed - 11/28/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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
18-DONUT, Super Plus RF 3oz	1 Each	38.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		79.20
% of Calories		72.2%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/29/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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
18-PANCAKE, Ssg Stick WG 2.5oz	1 Each	18.0
19-PANCAKE,BB SsgStick WG2.5oz	1 Each	17.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		69.39
% of Calories		69.4%
Nutrient Guideline		

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* - 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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/30/2018		
K-5 BREAKFAST YEAR RO	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-JUICE, 4oz Apple 100%	1 Each	14.0
19-JUICE, 4oz Orange 100%	1 Each	14.0
18-JUICE, 4oz Grape 100%	Each	19.0
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
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-WAFFLE, Applesauce Spice WG	1 Each	43.0
19-WAFFLE, Blueberry WG	1 Each	45.0
19-SYRUP, 1.5oz cup	Each 1.5oz	31.0
19-APPLESAUCE, CUP	Each Cup	14.0
18-APPLE, Fresh Wedges	3 Wedges	12.82
18-BANANAS 100-120 CT	1 Each	31.06
18-PEARS,FRESH 120 ct	1 Each	21.32
19-RAISINS Indiv. Box	1 Box (43 g)	31.0
19-CRAISINS Indiv.	Each (1.16 oz)	28.0
18-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	22.0
17-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	19.0
Weighted Daily Average		87.24
% of Calories		75.1%
Nutrient Guideline		

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