

Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 1

Generated on: 10/22/2018 4:39:24 PM

	Portion Size	Carb (g)
Thu - 11/01/2018		
6-8 LUNCH YEAR ROUND	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
18-HAMBURGER WW Bun	Sandwich	26.0
18-CHEESE, Slice American	Slice	1.01
19-CHICKEN Tangerin w/Rice 1/2	3.9 OZ	46.81
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
19-BROCCOLI, Stir Fry	1/2 cup	10.55
17-SQUASH, Fresh, sliced	1/2 cup	5.2
19-RAISELS, Orange 1.5oz	1 Each	35.0
19-RAISELS, Watermelon1.5oz	1 Each	35.0
19-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-LETTUCE, Leaf Green	1 lf	0.24
18-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	1.17
18-PICKLE,Dill Slice 2 ea	2 Each	0.0
Weighted Daily Average		122.55
% of Calories		68.1%
Nutrient Guideline		

Fri - 11/02/2018		
6-8 LUNCH YEAR ROUND	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-HOT DOG ON BUN WW	Hot Dog(s)	29.0
19-CHILI, HOT DOG	#16 Scoop	5.06
18-PORK, BBQ Carolina2	2 oz	1.1
18-BREAD, Hamburger Buns 51% W	1 each	26.0
18-SANDWICH, WOW BUTTER	Sandwiches	57.9
19-CHEESE, String Cheddar 1oz	1 Each	0.0
19-CHEESE, String Mozzarella1oz	1 Each	1.0
17-COLESLAW, CABBAGE MIX	1/2 CUP	7.93
18-BEANS, BBQ Bake	1/2 Cup	34.6
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	16.36
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	1 Each	16.66
18-GRAPES,FRESH	1/2 Cup	15.32
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-SAUCE, HOT, Packet 7g	1 Each	0.0

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

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 2

Generated on: 10/22/2018 4:39:24 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		119.46 60.3%
Nutrient Guideline		

Mon - 11/05/2018		
6-8 LUNCH YEAR ROUND	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CORN DOG NUGGETS 6pc	6 Nuggets	30.01
18-TACO SALAD-Elem/Mid	Servings	26.48
18-CORN, Canned	1/2 Cup	9.02
19-BEANS, BLACK TACO FIESTA	1/2 Cup	20.48
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
18-GRAPES,FRESH	1/2 Cup	15.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
18-MAYONNAISE FF 12g	1 Each	1.0
18-MUSTARD 5.5g portion	Pk	0.0
18-SALSA, Mild	1/4 cup	4.01
19-DRESSING, 1.5 Ranch	1 Each	9.11
18-DRESSING, SM Ranch	1 fl oz	2.93
18-DRESSING, SM Srirac Ranch	1 fl oz	2.93
19-DRESSING, 1.5 1000 Isand	1 Each	11.0
19-DRESSING, 1.5 French FF	1 Each	11.0
19-DRESSING, 1.5 Italian	1 Each	5.0
Weighted Daily Average % of Calories		306.49 56.2%
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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 3

Generated on: 10/22/2018 4:39:24 PM

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

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

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

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 4

Generated on: 10/22/2018 4:39:24 PM

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

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

Fri - 11/09/2018		
6-8 LUNCH YEAR ROUND	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-PORK CHOP SAND WW bun	Each Sandwich	44.0
18-CHICK ALFREDO w/Rotin Pasta	1 CUP	25.79
19-BREADSTICK, GARLIC WW	1 Each	15.0
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
18-MIXED VEGETABLES, Frozen	1/2 cup	13.42
18-BANANAS 100-120 CT	1 Each	31.06
18-APPLES, Fresh, Whole	1 Each	16.66
18-ORANGES 125 ct	Each (125 ct)	18.22
18-PEARS,FRESH 120 ct	1 Each	21.32
19-KETCHUP: individual	1 pks (9g ea)	2.0
18-MUSTARD 5.5g portion	Pk	0.0
18-MAYONNAISE FF 12g	1 Each	1.0
Weighted Daily Average		313.78
% of Calories		58.4%
Nutrient Guideline		

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 5

Generated on: 10/22/2018 4:39:25 PM

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

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 6

Generated on: 10/22/2018 4:39:25 PM

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

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 7

Generated on: 10/22/2018 4:39:25 PM

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

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 8

Generated on: 10/22/2018 4:39:25 PM

	Portion Size	Carb (g)
Wed - 11/21/2018		
6-8 LUNCH YEAR ROUND	Total	
19-MILK, PLAIN 1% 8oz	Cartons (8 oz)	13.0
19-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	20.0
19-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	19.0
19-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	19.0
19-MILK,SOY VANILLA 8.25oz	1 Each	17.0
19-MILK,Dairy Ease FF 8oz	1 Each	12.0
19-CHICKEN FILLET WW BUN	Sandwich	38.0
19-CHICKEN FILLET Spicy WW Bun	Sandwich	41.0
19-ROLL, WG Frozen 1.5oz EM	Roll	24.0
18-BEANS, Green Canned	1/2 cup	5.32
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-CARROTS, Savory frozen	1/2 cup	17.62
16-CARROTS AU GRATIN	2/3 Cup	24.34
19-KETCHUP: individual	1 pks (9g ea)	2.0
19-MUSTARD 5.5g portion	Pk	0.0
19-MAYONNAISE FF 12g	1 Each	0.59
19-SAUCE, BBQ 12g	1 Each	3.51
Weighted Daily Average		61.56
% of Calories		51.2%
Nutrient Guideline		

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 9

Generated on: 10/22/2018 4:39:25 PM

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

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

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

6-8 LUNCH YEAR ROUND

Portion Values - Detailed

Page 10

Generated on: 10/22/2018 4:39:25 PM

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

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

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.