

Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/01/2018		
9-12 LUNCH RAMSEY ST/M	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
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-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 Island	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		396.38
% of Calories		52.6%
Nutrient Guideline		

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

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9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/02/2018		
9-12 LUNCH RAMSEY ST/M	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
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		316.91
% of Calories		61.0%
Nutrient Guideline		

Mon - 11/05/2018		
9-12 LUNCH RAMSEY ST/M	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
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
Weighted Daily Average		248.87
% of Calories		55.0%
Nutrient Guideline		

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/06/2018		
9-12 LUNCH RAMSEY ST/M	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
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		364.79
% of Calories		50.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/07/2018		
9-12 LUNCH RAMSEY ST/M	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
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		55561.
% of Calories		53.3%
Nutrient Guideline		

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/08/2018		
9-12 LUNCH RAMSEY ST/M	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
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		310.02
% of Calories		51.1%
Nutrient Guideline		

Fri - 11/09/2018		
9-12 LUNCH RAMSEY ST/M	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-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

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9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		55490.
% of Calories		53.3%
Nutrient Guideline		

Tue - 11/13/2018		
9-12 LUNCH RAMSEY ST/M	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-POTATOES, MASHED	1/2 cup	14.42
19-COLLARD GREENS,Frozen, Marg	1/2 cup	6.32
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
Weighted Daily Average		0.06
% of Calories		54.9%
Nutrient Guideline		

Wed - 11/14/2018		
9-12 LUNCH RAMSEY ST/M	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
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-APPLE, Crustless Pie	1/2 Cup	24.62
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-DRESSING, Ranch FF 12g	Pk (12 g ea)	0.86

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	Portion Size	Carb (g)
Weighted Daily Average		308.01
% of Calories		56.8%
Nutrient Guideline		

Thu - 11/15/2018		
9-12 LUNCH RAMSEY ST/M	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
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
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		0.07
% of Calories		55.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 11/16/2018		
9-12 LUNCH RAMSEY ST/M	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
18-BEANS, BBQ Bake	1/2 Cup	34.6
17-COLESRAW, 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		0.09
% of Calories		56.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/19/2018		
9-12 LUNCH RAMSEY ST/M	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
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		63.25
% of Calories		63.6%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/20/2018		
9-12 LUNCH RAMSEY ST/M	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-BAR, TACO MakeltYourWay	Servings	5.96
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		60.80
% of Calories		57.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/21/2018		
9-12 LUNCH RAMSEY ST/M	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
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
Weighted Daily Average		57.55
% of Calories		72.7%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/26/2018		
9-12 LUNCH RAMSEY ST/M	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-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
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-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		84.44
% of Calories		56.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/27/2018		
9-12 LUNCH RAMSEY ST/M	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 MakelYourWay	Servings	14.85
18-CARROTS, Glazed frozen	1/2 cup	18.35
18-BROCCOLI frzn	1/2 CUP	5.2
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		73.59
% of Calories		56.8%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/28/2018		
9-12 LUNCH RAMSEY ST/M	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, 6" RD MEATEATERS HS	1 Each	30.0
19-CROISSANT, Ham & Cheese (1)	1 Each	19.35
19-xSUNCHIPS, Snack Mix HChdr	Each .875 oz	15.0
18-CALIFORNIA BLEND,FRZN	1/2 cup	7.15
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
Weighted Daily Average		40.96
% of Calories		66.3%
Nutrient Guideline		

Thu - 11/29/2018		
9-12 LUNCH RAMSEY ST/M	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-CHICKEN,ULT BREAST	Sandwich	41.0
19-FRIES,SWEET POTATO, Fried	1/2 cup	25.3
19-FRIES,SWEET POTATO, Baked	1/2 Cup	25.3
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		57.61
% of Calories		53.5%
Nutrient Guideline		

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Cumberland County Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

9-12 LUNCH RAMSEY ST/MASSEY HI

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/30/2018		
9-12 LUNCH RAMSEY ST/M	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
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		108.92
% of Calories		57.2%
Nutrient Guideline		

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