

Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 3:50:09 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/03/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	4	17.0
20-PANCAKE,BB SsgStick WG2.5oz	1 Each	160	7	17.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.51
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/04/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
19-EGG, Cheese & Sausage HS	1 Each	110	0	1.0
20-TOAST, WG Bread	Slice	90	1	13.0
19-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	21	41.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	22.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.52
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2019 3:50:09 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/05/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-PANCAKE, Chicken Sausage WG	1 Each	160	5	23.0
19-BUN, HONEY WG	1 Each	200	10	30.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
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% of Calories			56.8%	84.2%
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Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/06/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-WAFFLE, Mini BB WW IW	Each Pkg	200	10	36.0
20-WAFFLE, Mini CinnamonWW IW	Each Pkg	200	10	36.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-FLATBREAD, Cinnamon	1 Each	426	19	52.29
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.54
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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Cumberland County Schools

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Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/09/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BREAKFAST BITES, WG	Servings	8	0	0.71
20-BREAD, BANANA WG, IW 3.4oz	1 Each	260	24	45.0
20-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	24	46.0
20-BREAD,PUMPKIN WG, IW 3.4oz	1 Each	260	24	44.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
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00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
20-JELLY, Assortmemt .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		227	33	48.10
% of Calories			57.5%	84.8%
Nutrient Guideline		450-600		

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Portion Values - Detailed

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Tue - 09/10/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
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20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
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20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
19-BISCUIT, Egg & Cheese	1 Each	275	3	25.01
19-ROLL,CINNAMON WG, IW	1 Each	230	12	38.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
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20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
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00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
20-JELLY, Assortmemt .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
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Portion Values - Detailed

Page 7

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/11/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
19-PARFAIT BRKFT BluBerry&GRAN	Parfaits	243	*20	45.25
19-PARFAIT BRKFT Strawbry&GRAN	Parfaits	358	49	69.68
19-PARFAIT BRKFT, PEACH & GRAN	Parfaits	300	46	60.9
20-FRUDEL, Apple WW 2.29oz	1 Each	210	11	36.0
20-FRUDEL, Cherry WW 2.29oz	1 Each	210	11	37.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
20-JELLY, Assortmemt .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	*32	48.03
% of Calories			*56.9%	84.8%
Nutrient Guideline		450-600		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 8

Generated on: 8/26/2019 3:50:09 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/12/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
19-BISCUIT, Chicken, Dgh&Patt	1 each	291	3	31.06
19-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	21	41.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	90	5	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		225	32	47.98
% of Calories			57.0%	85.1%
Nutrient Guideline		450-600		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 9

Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/13/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-PIZZA BAGEL, GravyBrkfst IW	1 Each	170	4	21.0
20-PIZZA, BRKFT Beef Saus, IW	1 Each	180	3	17.0
19-DONUT,WG Yeast Raised	1 Each	345	23	46.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.97
% of Calories			56.9%	84.8%
Nutrient Guideline		450-600		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/16/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	4	17.0
20-PANCAKE,BB SsgStick WG2.5oz	1 Each	160	7	17.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-MELON, CANTALOUPE	1/2 CUP	46	*N/A*	11.97
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		225	*32	47.96
% of Calories			*57.0%	85.2%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 11

Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/17/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
19-BISCUIT, Chicken, Dgh&Patt	1 each	291	3	31.06
19-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		225	32	47.98
% of Calories			56.9%	85.1%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 12

Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/18/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
19-CROISSANT, TURHam&Chees BKF	1 Each	198	4	18.78
19-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	21	41.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	22.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.53
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 13

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/19/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
19-BISCUIT, Sausage, Dgh&Patt	1 each	261	2	23.5
19-BUN, HONEY WG	1 Each	200	10	30.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-MELON, CANTALOUPE	1/2 CUP	46	*N/A*	11.97
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	*32	47.55
% of Calories			*56.8%	84.2%
Nutrient Guideline		450-600		

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 14

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/20/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-PANCAKES, Mini BananaWG IW	1 Each	200	7	37.0
20-PANCAKES, Mini BLUEBER IW	1 Each	200	13	36.0
20-PANCAKES, Mini ChocChip WG	1 Each	220	13	37.0
20-PANCAKES, Mini Maple WG IW	1 Each	200	13	36.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-xNUTRI-GRAIN BAR, Strawber	Each (44 g)	160	14	30.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
20-JELLY, Assortmemt .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.87
% of Calories			56.9%	84.8%
Nutrient Guideline		450-600		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/23/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BREAKFAST BITES, WG	Servings	8	0	0.71
20-BREAD, BANANA WG, IW 3.4oz	1 Each	260	24	45.0
20-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	24	46.0
20-BREAD,PUMPKIN WG, IW 3.4oz	1 Each	260	24	44.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		227	33	48.11
% of Calories			57.5%	84.8%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 16

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/24/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
19-BISCUIT, Chicken, Dgh&Patt	1 each	291	3	31.06
19-ROLL,CINNAMON WG, IW	1 Each	230	12	38.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-JELLY, Assortmemt .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.55
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/25/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
19-PIZZA, Bacon Scramble	1 Each	190	4	20.0
19-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	21	41.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PLUMS,FRESH	1 Each	30	7	8.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.53
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

Page 18

Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/26/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
19-BISCUIT, Sausage, Dgh&Patt	1 each	261	2	23.5
20-FRUDEL, Apple WW 2.29oz	1 Each	210	11	36.0
20-FRUDEL, Cherry WW 2.29oz	1 Each	210	11	37.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
20-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-MELON, CANTALOUPE	1/2 CUP	46	*N/A*	11.97
00-PLUMS,FRESH	1 Each	30	7	8.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	*32	47.56
% of Calories			*56.8%	84.2%
Nutrient Guideline		450-600		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/27/2019				
9-12 BREAKFAST TRADITI	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
20-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	10	37.98
19-DONUT,WG Yeast Raised	1 Each	345	23	46.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
20-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CEREAL, Cheerios WG 1oz	1 Each	100	1	20.0
20-CEREAL, CheeriosHoneyNt 1oz	1 Each	110	9	22.0
20-CEREAL, Cinn Rice Chex 28g	1 Each	4	0	0.79
20-CEREAL, Cinn Toast WG, 1oz	1 Each	120	9	21.0
20-CEREAL, Honey Grah Toaster	1 Each	110	10	22.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	10	14.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
20-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	360	30	76.0
20-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	370	31	76.0
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00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PLUMS,FRESH	1 Each	30	7	8.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.97
% of Calories			56.9%	84.8%
Nutrient Guideline		450-600		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2019 3:50:10 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/30/2019				
9-12 BREAKFAST TRADITI				
	Total			
20-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
20-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
20-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
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20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
20-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	4	17.0
20-PANCAKE,BB SsgStick WG2.5oz	1 Each	160	7	17.0
20-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
20-MUFFIN, Banana WG, IW	1 Each	250	22	44.0
20-MUFFIN, Blueberry WG IW	1 Each	250	20	42.0
20-MUFFIN, CHOC CHIP WG IW	1 Each	270	22	45.0
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00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
Weighted Daily Average		226	32	47.51
% of Calories			56.8%	84.2%
Nutrient Guideline		450-600		

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