

Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/03/2019				
9-12 BREAKFAST WILKINS/	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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 2

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/04/2019				
9-12 BREAKFAST WILKINS/	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, 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
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

* - 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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 3

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/05/2019				
9-12 BREAKFAST WILKINS/	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, 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

* - 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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 4

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/06/2019				
9-12 BREAKFAST WILKINS/	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, 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
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

* - 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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 5

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/09/2019				
9-12 BREAKFAST WILKINS/	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
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		

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 6

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/10/2019				
9-12 BREAKFAST WILKINS/	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-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
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	47.54
% 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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 7

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/11/2019				
9-12 BREAKFAST WILKINS/	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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 8

Generated on: 8/26/2019 3:50:43 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/12/2019				
9-12 BREAKFAST WILKINS/	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
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		

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 9

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/13/2019				
9-12 BREAKFAST WILKINS/	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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 10

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/16/2019				
9-12 BREAKFAST WILKINS/	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		

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 11

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/17/2019				
9-12 BREAKFAST WILKINS/	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		

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 12

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/18/2019				
9-12 BREAKFAST WILKINS/	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	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	47.53
% 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

* - 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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 13

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/19/2019				
9-12 BREAKFAST WILKINS/	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

* - 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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 14

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/20/2019				
9-12 BREAKFAST WILKINS/	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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 15

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/23/2019				
9-12 BREAKFAST WILKINS/	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-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	48.04
% of Calories			57.6%	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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 16

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/24/2019				
9-12 BREAKFAST WILKINS/	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-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, 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	47.49
% 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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 17

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/25/2019				
9-12 BREAKFAST WILKINS/	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-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		225	32	47.47
% 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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 18

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/26/2019				
9-12 BREAKFAST WILKINS/	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-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	47.50
% 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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 19

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/27/2019				
9-12 BREAKFAST WILKINS/	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-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	47.90
% 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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 BREAKFAST WILKINS/CUMB PO

Portion Values - Detailed

Page 20

Generated on: 8/26/2019 3:50:44 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/30/2019				
9-12 BREAKFAST WILKINS/	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

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.