

Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/03/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	90	5	17.0
20-POPTART, BLUEBERRY 1ct WG	Each (1ct)	180	15	38.0
20-POPTART, CINNAMON 1ct WG	Each (1ct)	190	16	38.0
20-POPTART, STRAWBERRY 1ct WG	Each (1ct)	180	15	38.0
20-CHEESE, STICK Cheddar 1oz	1 Each	110	0	1.0
20-CHEESE, String Mozzarell1oz	1 Each	60	1	1.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	80	16	21.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.98
% of Calories			59.3%	74.4%
Nutrient Guideline		350-500		

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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/04/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	90	5	17.0
20-BREAKFAST BITES, WG	Servings	8	0	0.71
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	80	16	21.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.84
% of Calories			59.4%	74.4%
Nutrient Guideline		350-500		

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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/05/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnpple100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	90	5	17.0
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-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	80	16	21.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		304	34	54.34
% of Calories			44.4%	71.4%
Nutrient Guideline		350-500		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/06/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	90	5	17.0
19-ROLL,CINNAMON WG, IW	1 Each	230	12	38.0
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-BREAD,STRAWBERRY WGIW 3.4oz	1 Each	210	13	39.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	80	16	21.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		179	26	33.19
% of Calories			59.1%	74.3%
Nutrient Guideline		350-500		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/09/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnpple100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
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-BREAD,STRAWBERRY WGIW 3.4oz	1 Each	210	13	39.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
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Weighted Daily Average		327	40	58.38
% of Calories			48.7%	71.3%
Nutrient Guideline		350-500		

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Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/10/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.87
% of Calories			58.9%	74.4%
Nutrient Guideline		350-500		

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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/11/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnpple100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	10	37.98
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
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-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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
Weighted Daily Average		177	26	32.89
% of Calories			58.8%	74.5%
Nutrient Guideline		350-500		

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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/12/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnpple100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-PANCAKE,BB SsgStick WG2.5oz	1 Each	160	7	17.0
20-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	4	17.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.89
% of Calories			58.8%	74.5%
Nutrient Guideline		350-500		

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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/13/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
19-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.94
% of Calories			58.9%	74.5%
Nutrient Guideline		350-500		

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

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/16/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
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
19-CRACKER, Graham Bug Bite	Each (28 g)	120	8	21.0
20-xCRACKER, Graham Scooby Doo	Bag (28g)	120	8	21.0
20-xCRACKER, Graham DisneyFroz	Bag(28g)	120	8	21.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
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
Weighted Daily Average		217	32	40.94
% of Calories			58.5%	75.5%
Nutrient Guideline		350-500		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

Page 11

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/17/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-BREAKFAST BITES, WG	Servings	8	0	0.71
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.89
% of Calories			58.8%	74.5%
Nutrient Guideline		350-500		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/18/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
19-ROLL,CINNAMON WG, IW	1 Each	230	12	38.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.87
% of Calories			58.9%	74.4%
Nutrient Guideline		350-500		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/19/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
20-PIZZA BAGEL, GravyBrkfst IW	1 Each	170	4	21.0
20-PIZZA, BRKFT Beef Saus, IW	1 Each	180	3	17.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
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-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
Weighted Daily Average		177	26	32.95
% of Calories			58.7%	74.3%
Nutrient Guideline		350-500		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 BREAKFAST YEAR ROUND

Portion Values - Detailed

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Generated on: 8/26/2019 3:47:37 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/20/2019				
K-5 BREAKFAST YEAR RO	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,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
20-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
20-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
20-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
20-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
20-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
20-JUICE, 4oz Org Prnppl100%	1 Each	60	13	15.0
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-CEREAL, Lucky Charms 1oz	1 Each	110	10	23.0
20-CRACKER, Honey Grahams 3ct	pack	90	4	17.0
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-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
19-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
19-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-xCRACKERS, GOLDFISHGiantCin	Each (.9 oz)	120	7	19.0
20-YOGURT, RASPBERRY 4oz ea	1 Each	70	10	14.0
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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
Weighted Daily Average		305	34	54.45
% of Calories			44.1%	71.5%
Nutrient Guideline		350-500		

Weighted Average		209	29	38.39
			123.1%	73.5%

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