

Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/03/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN FILLET WG BUN	Sandwich	380	2	38.0
20-SALISBURY STK w/ GY	Each 3 oz	209	1	5.42
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-POTATOES, MASHED	1/2 cup	76	0	14.42
19-GRAVY, Brown Mix	1/4 Cup	25	0	4.05
19-COLLARD GREENS,Frozen, Marg	1/2 cup	57	0	6.32
20-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
Weighted Daily Average		132	17	19.98
% of Calories			50.5%	60.5%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/04/2019				
K-5 LUNCH TRADITIONAL	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
19-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	9	40.0
20-PARFAIT LUN, Strw/Blu FZ EM	Parfaits	415	*50	83.34
19-PARFAIT LUN, StrawberrFZ em	Parfaits	469	62	89.66
19-PARFAIT LUN, Blueberry EM	Parfaits	373	36	69.85
19-CRACKER, Graham Goldfish	Each (0.9oz)	120	6	19.0
19-CRACKER, Honey Grahams 3ct	Bag (22g)	90	5	17.0
20-BEANS, Green Canned	1/2 cup	22	1	8.39
00-CARROTS, Baby 1/2 cup	1/2 Cup	29	4	6.67
19-STRAWBERRIES: frozen	1/2 cup	140	26	31.11
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
19-DRESSING, SM Ranch	1 fl oz	72	1	2.87
19-DRESSING, SM Srirac Ranch	1 fl oz	72	1	2.87
Weighted Daily Average		2848	*297	477.52
% of Calories			*41.7%	67.1%
Nutrient Guideline		550-650		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/05/2019				
K-5 LUNCH TRADITIONAL	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-HOT DOG ON BUN WW	Hot Dog(s)	330	2	29.0
19-CHILI, HOT DOG	#16 Scoop	51	1	5.06
19-CHICKEN, BBQ	Serving	199	7	7.27
19-BISCUIT, Dough Round	1 Each	190	2	23.0
19-FRIES,SWEET POTATO, Baked	1/2 Cup	179	7	25.3
19-COLESLAW, CABBAGE MIX	1/2 CUP	77	*2	7.55
20-BEANS, Baked Bush's	1/2 Cup	137	12	28.46
19-PEARS, Diced, Canned	1/2 Cup	72	16	17.38
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
Weighted Daily Average		138	*17	20.36
% of Calories			*50.1%	59.1%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/06/2019				
K-5 LUNCH TRADITIONAL	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
19-TACO FILLING: Beef gd	1/4 Cup	170	1	1.64
19-CHEESE, Moz/Ameri Shred 1oz	1 Each	81	1	1.52
19-TORTILLA,WW 8"	1 Each	120	1	21.0
19-FISHWICH ON WW BUN	1 Each	330	3	42.0
20-CORN MEXICALI	1/2 CUP	58	5	6.59
20-BEANS, RANCHERO	1/2 Cup	113	1	20.48
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	2	2.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
19-SALSA, Mild	1/4 cup	21	2	4.2
00-LETTUCE, shredded (bag)	1/2 cup	4	1	1.12
Weighted Daily Average		116	17	18.23
% of Calories			57.1%	62.8%
Nutrient Guideline		550-650		

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/09/2019				
K-5 LUNCH TRADITIONAL	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-PIZZA, 4X6 PEPPERONI	Slice	350	6	29.0
20-PIZZA, 4X6, CHEESE	Slice	310	6	30.0
19-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-VEGGIE CUP	1/2 Cup	22	3	4.86
19-VEGGIE CUP Carrots & Cuc	1/2 Cup	27	4	6.11
00-CARROTS, Baby 1/2 cup	1/2 Cup	29	4	6.67
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
19-DRESSING, SM Ranch	1 fl oz	72	1	2.87
19-DRESSING, SM Srirac Ranch	1 fl oz	72	1	2.87
19-PEAS, Green frozen	1/2 Cup	91	5	13.04
19-ORANGES, Mandarin lt syrup	1/2 cup	78	16	18.61
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
Weighted Daily Average		400	26	47.75
% of Calories			26.2%	47.8%
Nutrient Guideline		550-650		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/10/2019				
K-5 LUNCH TRADITIONAL	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
19-HAMBURGER WW Bun	Sandwich	270	2	26.0
19-CHEESE, Slice American	Slice	35	1	2.03
19-BISCUIT, Egg & Cheese	1 Each	275	3	25.01
19-BISCUIT, Sausage,Egg&Cheese	1 Each	341	3	26.52
20-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
19-CARROTS, Glazed frozen	1/2 cup	110	14	18.26
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-ORANGES 125 ct	1 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-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
00-ONION, Slices	1/8 cup	7	1	1.69
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
Weighted Daily Average		189	26	30.19
% of Calories			55.2%	63.8%
Nutrient Guideline		550-650		

Wed - 09/11/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN TERIYAKI	2.85 OZ	154	14	15.44
19-RICE, Seasoned 1/2c	1/2 CUP	116	0	21.52
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-SUB, Meatball w/SpagSauce/M	SERVINGS	374	6	35.03
19-BROCCOLI frzn	1/2 CUP	44	1	5.2
19-SQUASH, BUTTERNUT	1/2 cup	65	4	13.14
20-RAISELS, Orange 1.5oz	1 Each	160	31	37.0
20-RAISELS, Watermelon1.5oz	1 Each	160	31	37.0
19-SAUCE, Soy pk	1 Each	6	0	0.56
20-SAUCE, Sweet & Sour 1oz	1 Each	51	11	13.16
19-SAUCE, SM YumYum	1 Tbsp	42	*1	1.6

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Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		222	*18 *32.9%	36.83 66.3%
Nutrient Guideline		550-650		

Thu - 09/12/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	161	1	13.09
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-PORK CARNITAS	1 Each	261	2	22.67
20-BEANS, BLACK TACO FIESTA	1/2 Cup	113	2	20.48
19-CORN, Canned	1/2 Cup	37	4	5.62
19-CORN, frozen	1/2 cup	96	2	17.81
19-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
19-SALSA, Mild	1/4 cup	21	2	4.2
00-LETTUCE, shredded (bag)	1/2 cup	4	1	1.12
20-CHEESE, CheddarShredded 1oz	1 Each	71	2	2.03
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
Weighted Daily Average % of Calories		143	17 47.7%	23.23 64.9%
Nutrient Guideline		550-650		

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/13/2019				
K-5 LUNCH TRADITIONAL	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-PORK CHOP SAND WG bun	Each Sandwich	420	3	44.0
19-CHICK ALFREDO w/Rotin Pasta	1 CUP	330	2	25.32
20-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
19-SALAD, Spinach & Grape Toma	1 CUP	50	2	5.34
19-CALIFORNIA BLEND,FRZN	1/2 cup	26	2	4.1
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-ORANGES 125 ct	1 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-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
Weighted Daily Average		471	28	61.04
% of Calories			23.4%	51.8%
Nutrient Guideline		550-650		

Mon - 09/16/2019				
K-5 LUNCH TRADITIONAL	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-HOT DOG ON BUN WW	Hot Dog(s)	330	2	29.0
20-CHILI, HOT DOG	#16 Scoop	51	1	5.06
20-PORK, Barbecue Sand Chandle	Each Sandwich	292	4	29.03
19-SANDWICH, WOW BUTTER	Sandwiches	394	18	52.9
20-CHEESE, CheddarShredded 1oz	1 Each	71	2	2.03
20-CHEESE, String Mozzarella1oz	1 Each	60	1	1.0
19-FRIES,SWEET POTATO, Baked	1/2 Cup	179	7	25.3
19-COLESRAW, CABBAGE MIX	1/2 CUP	77	*2	7.55
20-BEANS, Baked Bush's	1/2 Cup	137	12	28.46
19-MIXED FRUIT:can, lt syrup	1/2 cup	82	18	20.44
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		2	*0	0.24
			*27.8%	52.0%
Nutrient Guideline		550-650		

Tue - 09/17/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN FILLET WG BUN	Sandwich	380	2	38.0
20-BEEF, Teriyaki Nugget	4 pieces	133	4	5.54
20-NOODLE,CHOW MEIN WG	1 Cup	190	4	33.4
19-SAUCE, SM YumYum	1 Tbsp	42	*1	1.6
19-BROCCOLI w/ CHEESE&SAUCE	1/2 CUP	74	2	7.24
19-SALAD, Mixed Garden	1 CUP	14	2	2.99
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
20-COOKIE, Brownie fzn WG 1oz	Each 1 oz	100	8	17.0
20-COOKIE, Candy fzn WG RF 1oz	Each 1 oz	100	9	18.0
20-COOKIE, ChocChip fzn WG 1oz	Each 1 oz	100	9	18.0
20-COOKIE, Sugar fzn WG 1oz	Each 1 oz	110	8	18.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
Weighted Daily Average % of Calories		2	*0	0.27
			*35.2%	60.5%
Nutrient Guideline		550-650		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/18/2019				
K-5 LUNCH TRADITIONAL	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
19-NACHOS W/ BEEF & CHEESE EM	#10 Scoop	156	3	5.64
20-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-FISH STICKS, Nacho	4 Stricks	880	0	88.0
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
20-CORN MEXICALI	1/2 CUP	58	5	6.59
20-BEANS, RANCHERO	1/2 Cup	113	1	20.48
19-PEACHES Diced, cnd	1/2 Cup	72	16	17.38
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, TARTAR IND 12 gr	PK (12 GR)	45	2	2.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
19-SALSA, Mild	1/4 cup	21	2	4.2
00-LETTUCE, shredded (bag)	1/2 cup	4	1	1.12
Weighted Daily Average		2	0	0.23
% of Calories			22.1%	50.4%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/19/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN, Tenders WG	3 pieces/serv	210	1	13.01
20-WAFFLES,WG Elem	1 Waffle	65	2	12.0
20-LASAGNA ROLLUP CHEESE E/M	Roll-ups	339	12	39.86
20-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
20-BEANS, Green Canned	1/2 cup	22	1	8.39
19-CARROTS, Savory frozen	1/2 cup	88	14	17.16
18-PEARS, Baked	1/2 CUP	119	20	24.2
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
20-SYRUP, SUGAR FREE 1oz	Each 1oz	25	0	10.0
Weighted Daily Average		1811	167	282.23
% of Calories			36.9%	62.3%
Nutrient Guideline		550-650		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/20/2019				
K-5 LUNCH TRADITIONAL	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-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	300	4	30.0
20-SAUCE, MARINARAw/Spag Sauce	.25 Cup	27	4	5.88
20-SALISBURY STK w/ GY	Each 3 oz	209	1	5.42
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-POTATOES, MASHED	1/2 cup	76	0	14.42
19-GRAVY, Brown Mix	1/4 Cup	25	0	4.05
19-COLLARD GREENS,Frozen, Marg	1/2 cup	57	0	6.32
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-PLUMS,FRESH	1 Each	30	7	8.0
Weighted Daily Average		1923	177	296.65
% of Calories			36.8%	61.7%
Nutrient Guideline		550-650		

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/23/2019				
K-5 LUNCH TRADITIONAL	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-PIZZA, 4X6 PEPPERONI	Slice	350	6	29.0
20-PIZZA, 4X6, CHEESE	Slice	310	6	30.0
19-CHICKEN & RICE CAS (Strips)	2/3 CUP	256	3	23.18
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-VEGGIE CUP	1/2 Cup	22	3	4.86
19-VEGGIE CUP Carrots & Cuc	1/2 Cup	27	4	6.11
00-CARROTS, Baby 1/2 cup	1/2 Cup	29	4	6.67
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
19-DRESSING, SM Ranch	1 fl oz	72	1	2.87
19-DRESSING, SM Srirac Ranch	1 fl oz	72	1	2.87
19-PEAS,Green frozen	1/2 Cup	91	5	13.04
19-ORANGES, Mandarin It syrup	1/2 cup	78	16	18.61
Weighted Daily Average		400	26	47.75
% of Calories			26.2%	47.8%
Nutrient Guideline		550-650		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/24/2019				
K-5 LUNCH TRADITIONAL	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-CORN DOG NUGGETS	6 Nuggets	271	5	30.15
19-SALAD, Southwest Chick	1 Each	147	*4	8.44
20-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-xCHIPS, DORITOS Nacho Chees	1oz each	130	0	20.0
19-CORN, Canned	1/2 Cup	37	4	5.62
19-CORN, frozen	1/2 cup	96	2	17.81
20-BEANS, BLACK TACO FIESTA	1/2 Cup	113	2	20.48
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-ORANGES 125 ct	1 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
19-PUDDING, Chocolate	1/2 cup	124	17	24.81
19-PUDDING, Vanilla	1/2 cup	134	16	24.81
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-SALSA, Mild	1/4 cup	21	2	4.2
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
Weighted Daily Average		117	*17	18.33
% of Calories			*57.1%	62.9%
Nutrient Guideline		550-650		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/25/2019				
K-5 LUNCH TRADITIONAL	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
19-CHEESEBURGER WW Bun	Sandwich	305	3	28.02
19-HAMBURGER WW Bun	Sandwich	270	2	26.0
19-LUNCH PACK, Pizza Pepp	1 Each	439	*7	38.2
19-LUNCH PACK, Pizza Cheese	1 Each	369	*7	37.74
19-LUNCH BOX, Yogurt, Cheese	Box	398	34	61.06
19-LUNCH BOX, Yogurt Wowbutter	Box	538	37	68.06
19-LUNCH BOX, DELI Ham	Box	313	5	34.3
20-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
19-SALAD, Mixed Garden	1 CUP	14	2	2.99
19-PEACHES Diced, cnd	1/2 Cup	72	16	17.38
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
00-ONION, Slices	1/8 cup	7	1	1.69
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
20-DRESSING, 12G Italian	PK (12 G)	5	0	1.0
20-DRESSING, 12G French Red	PK (12 G)	10	2	3.0
Weighted Daily Average		427	*21	52.06
% of Calories			*19.3%	48.7%
Nutrient Guideline		550-650		

Thu - 09/26/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN, POPCORN WG	10 pieces/serv	161	1	13.08
20-SPAGHETTI w/Canned Sauce	1 Cup	541	11	88.15
20-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
20-BEANS, Green Canned	1/2 cup	22	1	8.39
19-CARROTS, Glazed frozen	1/2 cup	110	14	18.26
19-APPLESAUCE, Canned	1/2 cup	55	9	14.38
19-APPLESAUCE, Cinnamon,	1/2 CUP	46	7	11.89
19-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	97	20	24.31
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	Pk	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		147	21 56.2%	23.41 63.7%
Nutrient Guideline		550-650		

Fri - 09/27/2019				
K-5 LUNCH TRADITIONAL	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-CHICKEN Tangerine WG	3.9 OZ	192	13	25.29
19-RICE, Seasoned 1/2c	1/2 CUP	116	0	21.52
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-SANDWICH, Grill TkyHam/Chs	Sandwiches	365	6	31.66
19-BROCCOLI frzn	1/2 CUP	44	1	5.2
19-MIXED VEGETABLES, Frozen	1/2 cup	79	3	13.52
00-BANANAS 100-120 CT	1 Each	121	16	31.06
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-GRAPES, FRESH	1/2 Cup	58	13	15.32
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
00-PEARS, FRESH 120 ct	1 Each	80	14	21.32
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	Pk	5	0	0.0
19-SAUCE, Soy pk	1 Each	6	0	0.56
19-SAUCE, Sweet & Sour 1oz	1 Each	51	11	13.16
19-SAUCE, SM YumYum	1 Tbsp	42	*1	1.6
Weighted Daily Average % of Calories		290	*28 *38.3%	50.60 69.8%
Nutrient Guideline		550-650		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/30/2019				
K-5 LUNCH TRADITIONAL				
	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-SALISBURY STK w/ GY	Each 3 oz	209	1	5.42
20-ROLL, WG Frozen 1.5oz EM	Roll	148	3	24.0
19-WRAP, GourTurkey & Chs Cold	1 Wrap	239	*1	23.2
19-WRAP, GourTurkey & Chs Hot	1 Wrap	239	*1	23.2
19-POTATOES, MASHED	1/2 cup	76	0	14.42
19-GRAVY, Brown Mix	1/4 Cup	25	0	4.05
19-COLLARD GREENS,Frozen, Marg	1/2 cup	57	0	6.32
19-APPLE, Fresh Wedges	3 Wedges	45	9	11.79
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-ORANGES 125 ct	1 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-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
20-FLATBREAD	1 Each	180	2	28.0
20-CRACKERS, Saltine 4ct 2g eq	Packs	200	0	36.0
19-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
19-SALAD, Chef Lett&Chees Base	Salad	100	4	8.34
19-SALAD, Chef Chicken Strips	1.25 oz	50	0	0.71
19-SALAD, Chef Chicken Diced	1 oz	36	0	0.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Honey Dijon	1 Each	60	8	13.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
19-DRESSING, 1.5 Italian	1 Each	25	3	5.0
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
Weighted Daily Average		133	*17	20.12
% of Calories			*50.3%	60.5%
Nutrient Guideline		550-650		

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