

Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/03/2019				
K-5 LUNCH YEAR ROUND	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 YEAR ROUND	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		

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 2

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/05/2019				
K-5 LUNCH YEAR ROUND	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 YEAR ROUND	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		

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 3

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/09/2019				
K-5 LUNCH YEAR ROUND				
	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		

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 4

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/10/2019				
K-5 LUNCH YEAR ROUND	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 YEAR ROUND	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

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 5

Generated on: 8/26/2019 3:53:50 PM

	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 YEAR ROUND	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		

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 6

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/13/2019				
K-5 LUNCH YEAR ROUND	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 YEAR ROUND	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, STICK Cheddar 1oz	1 Each	110	0	1.0
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

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 7

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		2	*0	0.24
			*27.0%	51.0%
Nutrient Guideline		550-650		

Tue - 09/17/2019				
K-5 LUNCH YEAR ROUND	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		

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 8

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/18/2019				
K-5 LUNCH YEAR ROUND	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 YEAR ROUND	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		

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

K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 9

Generated on: 8/26/2019 3:53:50 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/20/2019				
K-5 LUNCH YEAR ROUND				
	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
Weighted Daily Average		1011	102	139.98
% of Calories			40.4%	55.4%
Nutrient Guideline		550-650		

--	--	--	--	--

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
 † - 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.