

Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/03/2019				
9-12 LUNCH YEAR ROUND	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
19-NACHOS W/ BEEF & CHEESE HS	1/2 Cup	382	*3	35.58
20-RIB B QUE on WG bun	Sandwich	332	11	38.8
20-CHICKEN,ULT BREAST	Sandwich	370	4	41.0
20-BEANS, BLACK TACO FIESTA	1/2 Cup	113	2	20.48
20-CORN MEXICALI	1/2 CUP	58	5	6.59
19-SALSA, Mild	1/4 cup	21	2	4.2
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
20-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
19-SOUR CREAM 1oz	Each (1 oz)	25	2	4.0
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
Weighted Daily Average		116	*18	19.65
% of Calories			*63.2%	67.9%
Nutrient Guideline		750-850		

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

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Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/04/2019				
9-12 LUNCH YEAR ROUND	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-CHICKEN, Tenders WG	3 pieces/serv	210	1	13.01
19-WAFFLES, Dutch WG	Waffle	300	12	43.0
19-BISCUIT, Sausage,Egg&Cheese	1 Each	341	3	26.52
20-PIZZA, 6" RD MEATEATERS HS	1 Each	310	4	30.0
20-PIZZA, 6" RD CHEESE HS	1 Each	320	7	31.0
19-PARFAIT LUN, Blueberry HS	Parfaits	442	40	80.09
19-PARFAIT LUN, Peach HS	Parfaits	470	56	86.36
19-PARFAIT LUN, Strawberry HS	Parfaits	558	69	104.34
20-PARFAIT LUN, Strw/Blu FZ EM	Parfaits	415	*50	83.34
19-CARROTS, Glazed frozen	1/2 cup	110	14	18.26
20-SALAD, Caesar w/ Dressing	1 Cup	100	1	2.94
19-PEARS, Diced, Canned	1/2 Cup	72	16	17.38
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
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		119	*19	20.20
% of Calories			*62.6%	67.9%
Nutrient Guideline		750-850		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/05/2019				
9-12 LUNCH YEAR ROUND	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-LASAGNA ROLLUP CHEESE HS	Roll-up	393	12	40.0
20-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
20-CORN DOG NUGGETS	6 Nuggets	271	5	30.15
20-CHICKEN,ULT BREAST	Sandwich	370	4	41.0
19-CALIFORNIA BLEND,FRZN	1/2 cup	26	2	4.1
20-FRIES,SWEET Pot Wedge Fried	1/2 cup	239	10	31.75
20-FRIES,SWEET POT WedgeBaked	1/2 Cup	205	10	31.75
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-MIXED FRUIT:can, lt syrup	1/2 cup	82	18	20.44
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
Weighted Daily Average		116	18	19.72
% of Calories			63.0%	67.9%
Nutrient Guideline		750-850		

Fri - 09/06/2019				
9-12 LUNCH YEAR ROUND	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-SUB, CHICKEN PHILLY	Sandwich	371	3	34.92
20-ONIONS and PEPPERS	1/4 Cup	27	3	6.37
19-CHEESEBURGER WW Bun	Sandwich	305	3	28.02
20-PIZZA, PEPPERONI HS	Slice	363	6	28.0
20-PIZZA, CHEESE HS	Slice	336	6	27.0
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
20-FRIES, Seasoned	2.4 oz	121	0	20.2
19-MIXED VEGETABLES, Frozen	1/2 cup	79	3	13.52
19-PEACHES Diced, cnd	1/2 Cup	72	16	17.38
00-BANANAS 100-120 CT	1 Each	121	16	31.06
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
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

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		116	18 62.9%	19.68 67.7%
Nutrient Guideline		750-850		

Mon - 09/09/2019				
9-12 LUNCH YEAR ROUND	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
19-SALISBURY STK w/ GY	Each 3 oz	149	1	5.42
20-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	161	1	13.09
20-CHICKEN, POPCORN WG	10 pieces/serv	161	1	13.08
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-PIZZA, PEPPERONI HS	Slice	363	6	28.0
20-PIZZA, CHEESE HS	Slice	336	6	27.0
19-POTATOES, MASHED	1/2 cup	76	0	14.42
19-COLLARD GREENS,Frozen, Marg	1/2 cup	57	0	6.32
19-STRAWBERRIES: frozen	1/2 cup	140	26	31.11
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
Weighted Daily Average % of Calories		116	18 63.0%	19.64 67.8%
Nutrient Guideline		750-850		

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Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/10/2019				
9-12 LUNCH YEAR ROUND	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-PIZZA CRUNCHERS	Servings	420	3	41.0
19-SALAD, Southwest Chick	1 Each	147	*4	8.44
20-FLATBREAD	1 Each	180	2	28.0
20-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
20-CHICKEN,ULT BREAST	Sandwich	370	4	41.0
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
19-SALAD, Chef Ham-Diced	1.22 oz	37	1	2.0
20-FLATBREAD	1 Each	180	2	28.0
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
19-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	152	0	21.81
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	93	0	16.36
19-CARROTS, Glazed frozen	1/2 cup	110	14	18.26
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-PINEAPPLE TIDBITS, Canned	1/2 Cup	78	18	19.51
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
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
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
Weighted Daily Average		117	*18	19.86
% of Calories			*62.5%	67.7%
Nutrient Guideline		750-850		

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9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/11/2019				
9-12 LUNCH YEAR ROUND				
	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-CHICKEN GEN TSO'	3.9 OZ	212	14	24.28
19-RICE, Seasoned 1/2c	1/2 CUP	116	0	21.52
20-PORK CHOP SAND WG bun	Each Sandwich	420	3	44.0
20-PIZZA, 6" RD MEATEATERS HS	1 Each	310	4	30.0
20-PIZZA, 6" RD CHEESE HS	1 Each	320	7	31.0
19-SALAD, Chef Lett&Chees Base	Salad	100	4	8.34
19-SALAD, Chef Chicken Diced	1 oz	36	0	0.0
19-SALAD, Chef Chicken Strips	1.25 oz	50	0	0.71
19-SALAD, Chef Ham-Diced	1.22 oz	37	1	2.0
20-FLATBREAD	1 Each	180	2	28.0
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
19-CALIFORNIA BLD, Stir Fry	1/2 cup	56	6	9.14
19-SQUASH, BUTTERNUT	1/2 cup	65	4	13.14
19-BLUEBERRIES, Saucy	1/2 c	44	*2	10.84
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
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
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
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		117	*18	19.86
% of Calories			*62.6%	67.8%
Nutrient Guideline		750-850		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/12/2019				
9-12 LUNCH YEAR ROUND				
	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
19-CHICKEN & RICE CAS (Strips)	2/3 CUP	256	3	23.18
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	350	8	43.0
20-CHICKEN,ULT BREAST	Sandwich	370	4	41.0
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
19-SALAD, Chef Ham-Diced	1.22 oz	37	1	2.0
20-FLATBREAD	1 Each	180	2	28.0
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-BEANS, Green Canned	1/2 cup	22	1	8.39
19-PEAS,Green frozen	1/2 Cup	91	5	13.04
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-PEARS, Diced, Canned	1/2 Cup	72	16	17.38
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-PLUMS,FRESH	1 Each	30	7	8.0
00-MELON, CANTALOUPE	1/2 CUP	46	*N/A*	11.97
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
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
Weighted Daily Average		117	*18	19.87
% of Calories			*62.8%	67.9%
Nutrient Guideline		750-850		

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9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/13/2019				
9-12 LUNCH YEAR ROUND	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
19-CHICK FAJITA W/ChicStriFOP	SERVINGS	287	3	26.77
20-FISHWICH ON WG BUN	1 Each	330	3	42.0
20-PIZZA, PEPPERONI HS	Slice	363	6	28.0
20-PIZZA, CHEESE HS	Slice	336	6	27.0
20-BEANS, BLACK TACO FIESTA	1/2 Cup	113	2	20.48
19-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	152	0	21.81
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	93	0	16.36
19-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	97	20	24.31
00-BANANAS 100-120 CT	1 Each	121	16	31.06
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
19-SALSA, Mild	1/4 cup	21	2	4.2
19-SOUR CREAM 1oz	Each (1 oz)	25	2	4.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
Weighted Daily Average		116	18	19.70
% of Calories			62.9%	67.8%
Nutrient Guideline		750-850		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 09/16/2019				
9-12 LUNCH YEAR ROUND				
	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-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
20-CHICKEN FILLET Spicy WG Bun	Sandwich	320	3	41.0
20-PIZZA, PEPPERONI HS	Slice	363	6	28.0
20-PIZZA, CHEESE HS	Slice	336	6	27.0
20-FRIES,SWEET Pot Wedge Fried	1/2 cup	239	10	31.75
20-FRIES,SWEET POT WedgeBaked	1/2 Cup	205	10	31.75
19-SALAD, Mixed Garden	1 CUP	14	2	2.99
19-STRAWBERRIES: frozen	1/2 cup	140	26	31.11
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
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		116	*18	19.70
% of Calories			*62.9%	67.8%
Nutrient Guideline		750-850		

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

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/17/2019				
9-12 LUNCH YEAR ROUND	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
19-TACO FILLING: Turkey FC	#10 scoop	122	0	2.03
20-TORTILLA,WW 10"	1 Each	160	1	29.0
19-CHEESE, AMERI Shredded 1oz	1 oz	71	1	2.03
19-PORK CARNITAS	1 Each	261	2	22.67
20-CHICKEN,ULT BREAST	Sandwich	370	4	41.0
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
19-SALAD, Chef Ham-Diced	1.22 oz	37	1	2.0
20-FLATBREAD	1 Each	180	2	28.0
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-BEANS, RANCHERO	1/2 Cup	113	1	20.48
20-CORN MEXICALI	1/2 CUP	58	5	6.59
00-LETTUCE, shredded (bag)	1/2 cup	4	1	1.12
19-SALSA, Mild	1/4 cup	21	2	4.2
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-PEACHES Diced, cnd	1/2 Cup	72	16	17.38
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
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
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-SOUR CREAM 1oz	Each (1 oz)	25	2	4.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
Weighted Daily Average		117	18	19.77
% of Calories			62.8%	67.8%
Nutrient Guideline		750-850		

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

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 09/18/2019				
9-12 LUNCH YEAR ROUND				
	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-CHICKEN Tangerine WG	3.9 OZ	192	13	25.29
19-RICE, Fried	1/2 CUP	120	1	23.19
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-RIB B QUE on WG bun	Sandwich	332	11	38.8
20-PIZZA, 6" RD MEATEATERS HS	1 Each	310	4	30.0
20-PIZZA, 6" RD CHEESE HS	1 Each	320	7	31.0
19-SALAD, Chef Lett&Chees Base	Salad	100	4	8.34
19-SALAD, Chef Chicken Diced	1 oz	36	0	0.0
19-SALAD, Chef Chicken Strips	1.25 oz	50	0	0.71
19-SALAD, Chef Ham-Diced	1.22 oz	37	1	2.0
20-FLATBREAD	1 Each	180	2	28.0
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
19-BROCCOLI frzn	1/2 CUP	44	1	5.2
19-CARROTS, Savory frozen	1/2 cup	88	14	17.16
19-PINEAPPLE TIDBITS, Canned	1/2 Cup	78	18	19.51
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
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
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
19-SAUCE, Soy pk	1 Each	6	0	0.56
Weighted Daily Average		117	18	19.86
% of Calories			62.7%	67.8%
Nutrient Guideline		750-850		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 09/19/2019				
9-12 LUNCH YEAR ROUND	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
19-BEEFARONI w/ Cheddar Cheese	1/2 CUP	262	7	22.65
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-CORN DOG NUGGETS	6 Nuggets	271	5	30.15
20-CHICKEN,ULT BREAST	Sandwich	370	4	41.0
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
19-SALAD, Chef Ham-Diced	1.22 oz	37	1	2.0
20-FLATBREAD	1 Each	180	2	28.0
20-ROLL, WG WhitWheat Roll, HS	Roll	158	5	30.0
20-BEANS, Green Canned	1/2 cup	22	1	8.39
19-CABBAGE, seasoned	1/2 cup	20	2	3.95
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
19-LETTUCE, Leaf Green	1 lf	3	0	0.38
19-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
19-APPLESAUCE, Canned	1/2 cup	55	9	14.38
00-GRAPES,FRESH	1/2 Cup	58	13	15.32
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-NECTARINES, Fres 2 1/2" dia	1 Each	62	11	14.98
00-PLUMS,FRESH	1 Each	30	7	8.0
00-MELON, CANTALOUPE	1/2 CUP	46	*N/A*	11.97
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
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
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
Weighted Daily Average		117	*18	19.89
% of Calories			*62.9%	68.0%
Nutrient Guideline		750-850		

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Cumberland County Schools

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 09/20/2019				
9-12 LUNCH YEAR ROUND				
	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-HOT DOG ON BUN WW	Hot Dog(s)	330	2	29.0
19-CHEESEBURGER WW Bun	Sandwich	305	3	28.02
20-CHILI, HOT DOG	#16 Scoop	51	1	5.06
20-PIZZA, PEPPERONI HS	Slice	363	6	28.0
20-PIZZA, CHEESE HS	Slice	336	6	27.0
19-COLESLAW, CABBAGE MIX	1/2 CUP	77	*2	7.55
00-ONION, Slices	1/8 cup	7	1	1.69
19-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	152	0	21.81
19-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	93	0	16.36
20-BEANS, Baked Bush's	1/2 Cup	137	12	28.46
19-ORANGES, Mandarin lt syrup	1/2 cup	78	16	18.61
00-BANANAS 100-120 CT	1 Each	121	16	31.06
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, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
Weighted Daily Average		116	*18	19.70
% of Calories			*62.9%	67.7%
Nutrient Guideline		750-850		

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