

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

Page 1

Generated on: 8/26/2021 12:20:21 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/01/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BAGEL, MINI Cinn Creamy WW	Each (2.43 oz)	230	42.0
21-BAGEL, MINI Strawberry WW	Each (2.43 oz)	230	42.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN FILLET WG BUN	Sandwich	380	38.0
21-SANDWICH, WOW BUTTER	Sandwiches	424	55.9
22-SANDWICH WOWBUTTER IW	1 Each	540	53.0
20-PEAS,Green frozen	1/2 Cup	91	13.04
20-CARROTS, Savory frozen	1/2 cup	83	16.67
00-BANANAS 100-120 CT	1 Each	121	31.06
20-xRICE KRISPIES mini WG	Each (.42oz)	50	9.0
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0.38

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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Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2021 12:20:21 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/02/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	28.0
20-SAUCE, MARINARAw/Spag Sauce	.25 Cup	27	5.88
21-SANDWICH, Turkey/Chs COLD	Sandwich	248	28.22
21-BEANS, Green Canned	1/2 cup	22	3.42
21-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	19	4.31
21-PEARS Diced, cnd	1/2 Cup	60	16.0
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
19-DRESSING, 12G Ranch	Pk (12 g ea)	49	0.86
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
00-LETTUCE, Leaf Green	1 lf	3	0.38

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Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/03/2021			
K-5 BREAKFAST TRADITIO			
	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-WAFFLE, Mini BB WW IW	Each Pkg	200	35.0
21-WAFFLE, Mini CINN WW IW	Each Pkg	200	35.0
21-WAFFLE, Mini Maple WW IW	Each Pkg	200	35.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
K-5 LUNCH TRADITIONAL			
	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	171	16.11
21-BEEF & SPANISH RICE	1 CUP	357	32.9
20-xCHIPS, DORITOS Nacho Chees	1oz each	130	20.0
20-xCHIPS, DORITOS Cool Ranch	1oz each	130	20.0
21-FRIES,SWEET POT Baked	1/2 Cup	205	31.75
22-SALAD, Mixed Garden	1 CUP	18	3.63
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
20-DRESSING, 12G Ranch	PK (12 g ea)	9	1.92
20-DRESSING, 12G French Red	PK (12 G)	10	3.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-SAUCE, BBQ 12g	1 Each	15	3.51

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

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Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/07/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-ROLL,CINNAMON WG, IW	1 Each	240	38.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-PIZZA, 4X6, CHEESE	Slice	315	32.0
21-PIZZA, 4X6, PEPPERONI	Slice	3520	30.0
21-YOGURT, Straw/Banana 4oz ea	1 Each	80	15.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	14.0
21-CHEESE, STICK Cheddar 1oz	1 Each	110	1.0
21-CHEESE, String Mozzarella1oz	1 Each	60	1.0
21-MUFFIN, Apple, WG IW	1 Each	250	43.0
21-MUFFIN, Banana WG IW	1 Each	250	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	45.0
21-BROCCOLI frzn	1/2 CUP	44	5.2
21-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
21-PEARS Diced, cnd	1/2 Cup	60	16.0

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Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2021 12:20:21 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/08/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BREAD, BANANA WG, IW 3.4oz	1 Each	260	45.0
21-BREAD.BLUEBERRY WG IW 3.4oz	1 Each	270	45.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
20-CHEESEBURGER WG Bun	Sandwich	305	27.0
21-CHICKEN & Rice W/ Gravy	1 Cup	385	50.35
21-FRIES, POTATO SMILES	2.41 oz	133	20.43
22-BEANS, Baked Veg 1 C	1 Cup	300	60.0
21-PEACHES Diced, cnd	1/2 Cup	59	15.85
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
20-KETCHUP: individual	1 Each	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0.38
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17

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Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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Generated on: 8/26/2021 12:20:22 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/09/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Prnppl100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BISCUIT, Sausage, 3.25oz	1 Each	290	23.0
20-JELLY, Assortment .5 oz	1 Each	33	8.67
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN, Tenders WG	3 pieces/serv	210	14.01
20-MEATBALLS and GRAVY	5 ea	217	8.25
20-BISCUIT, Dough Round	1 Each	180	25.0
20-POTATOES, MASHED	1/2 cup	71	13.39
22-SALAD, Mixed Garden	1 CUP	13	2.73
20-APPLE Slices, IW	1 Each	30	19.0
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92
20-DRESSING, 12G Italian	PK (12 G)	5	1.0
20-DRESSING, 12G French Red	PK (12 G)	10	3.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/10/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
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21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-PANCAKES, Mini BananaWG IW	1 Each	200	37.0
21-PANCAKES, Mini ChocChip IW	1 Each	220	37.0
21-PANCAKES, Mini MAPLE WG IW	1 Each	210	35.0
21-PANCAKES, Mini ConfetWG IW	1 Each	220	36.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-HOT DOG Beef ON BUN WW	Hot Dog(s)	330	28.0
20-CHILI, HOT DOG	#16 Scoop	51	5.06
21-PORK, Barbecue Sand Chandle	Each Sandwich	292	29.03
21-FRIES,SWEET POT Baked	1/2 Cup	205	31.75
21-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	77	7.55
21-FRUIT FREEZ Lindy Blk Cherr	Each 4.4 oz	90	22.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2.0

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This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/13/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-SANDWICH, Hawaiian Ham & Ch	1 Each	186	27.21
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CORN DOG NUGGETS	6 Nuggets	251	30.15
21-TACO BOWL Tky Taco & Cheese	Serv	177	4.49
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	18.0
20-CORN, Canned	1/2 Cup	60	13.03
20-BEANS, RANCHERO 1 Cup	1 Cup	225	40.96
20-PEACHES Diced, cnd	1/2 Cup	72	17.38
19-LETTUCE & SALSA	1/2 cup	25	5.35
20-KETCHUP: individual	1 Each	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-SOUR CREAM 1oz	Each (1 oz)	50	1.0
20-SAUCE, TACO 9g pk	Packs	4	0.75
20-SALSA, Mild	1/4 cup	21	4.12

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 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/14/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-DONUT, Super Plus RF 3oz	1 Each	240	38.0
21-YOGURT, Straw/Banana 4oz ea	1 Each	80	15.0
20-YOGURT, Straw/Banana 4oz ea	1 Each	70	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	14.0
K-5 LUNCH TRADITIONAL			
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN Orange WG	2.8 OZ	141	11.89
20-CHICKEN TERIYAKI	2.85 OZ	154	15.44
22-RICE, Fried Oven 1/2 cup	1/2 CUP	122	23.87
21-RIB B QUE on WG Hot dog bun	Sandwich	289	29.96
21-BROCCOLI frzn	1/2 CUP	44	5.2
20-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
21-APPLESAUCE, cnd	1/2 Cup	71	16.16
20-APPLESAUCE, CUP	Each Cup	90	24.0
20-SAUCE, Sweet & Sour 1oz	1 Each	51	13.16
19-SAUCE, Soy pk	1 Each	6	0.56

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/15/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-FRUDEL, Apple WW 2.29oz	1 Each	210	36.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN FILLET WG BUN	Sandwich	380	38.0
21-SANDWICH, WOW BUTTER	Sandwiches	424	55.9
22-SANDWICH WOWBUTTER IW	1 Each	540	53.0
20-PEAS,Green frozen	1/2 Cup	91	13.04
20-CARROTS, Savory frozen	1/2 cup	83	16.67
00-BANANAS 100-120 CT	1 Each	121	31.06
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0.38

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/16/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	360	43.0
21-CHICK FAJITA, w/strips 8"	SERVINGS	254	23.37
21-BEANS, Green Canned	1/2 cup	22	3.42
21-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	19	4.31
21-PEARS Diced, cnd	1/2 Cup	60	16.0
19-DRESSING, 12G Ranch	Pk (12 g ea)	49	0.86
20-SALSA, Mild	1/4 cup	21	4.12
20-SAUCE, TACO 9g pk	Packs	4	0.75
00-LETTUCE, shredded (bag)	1/2 cup	4	1.12

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/17/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-MUFFIN, Apple, WG IW	1 Each	250	43.0
21-MUFFIN, Banana WG IW	1 Each	250	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	45.0
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	171	16.11
21-BEEF & SPANISH RICE	1 CUP	357	32.9
20-xCHIPS, DORITOS Nacho Chees	1oz each	130	20.0
20-xCHIPS, DORITOS Cool Ranch	1oz each	130	20.0
21-FRIES,SWEET POT Baked	1/2 Cup	205	31.75
22-SALAD, Mixed Garden	1 CUP	13	2.73
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	22.0
20-DRESSING, 12G Ranch	PK (12 g ea)	9	1.92
20-DRESSING, 12G French Red	PK (12 G)	10	3.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-SAUCE, TACO 9g pk	Packs	4	0.75

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/20/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-ROLL,CINNAMON WG, IW	1 Each	240	38.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-PIZZA, 4X6, CHEESE	Slice	315	32.0
21-PIZZA, 4X6, PEPPERONI	Slice	3520	30.0
21-CHICKEN & Rice W/ Gravy	1 Cup	385	50.35
21-BROCCOLI frzn	1/2 CUP	44	5.2
21-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
21-PEARS Diced, cnd	1/2 Cup	60	16.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/21/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	17.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-QUESO W/Chic Southwest	1/2 Cup	56	1.12
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	18.0
20-SANDWICH, Grill PorkHam/Chs	Sandwiches	306	30.13
20-CORN, Canned	1/2 Cup	60	13.03
20-BEANS, RANCHERO 1 Cup	1 Cup	225	40.96
21-PEACHES Diced, cnd	1/2 Cup	59	15.85
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	19.0
20-SALSA, Mild	1/4 cup	21	4.12
20-SAUCE, TACO 9g pk	Packs	4	0.75

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/22/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BREAD, BANANA WG, IW 3.4oz	1 Each	260	45.0
21-BREAD.BLUEBERRY WG IW 3.4oz	1 Each	270	45.0
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
20-CHEESEBURGER WG Bun	Sandwich	305	27.0
21-YOGURT, Straw/Banana 4oz ea	1 Each	80	15.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	14.0
21-CHEESE, STICK Cheddar 1oz	1 Each	110	1.0
21-CHEESE, String Mozzarella1oz	1 Each	60	1.0
21-MUFFIN, Apple, WG IW	1 Each	250	43.0
21-MUFFIN, Banana WG IW	1 Each	250	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	45.0
21-FRIES, POTATO SMILES	2.41 oz	133	20.43
00-CARROTS, Baby 1/2 cup	1/2 Cup	29	6.67
00-CARROTS, Baby IW 2.6oz	1 Each	30	6.94
20-APPLE Slices, IW	1 Each	30	19.0
20-KETCHUP: individual	1 Each	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0.38
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92

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This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/23/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BISCUIT, Sausage, 3.25oz	1 Each	290	23.0
20-JELLY, Assortment .5 oz	1 Each	33	8.67
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN, Tenders WG	3 pieces/serv	210	14.01
20-MEATBALLS and GRAVY	5 ea	217	8.25
20-BISCUIT, Dough Round	1 Each	180	25.0
20-POTATOES, MASHED	1/2 cup	71	13.39
22-SALAD, Mixed Garden	1 CUP	13	2.73
00-BANANAS 100-120 CT	1 Each	121	31.06
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92
20-DRESSING, 12G Italian	PK (12 G)	5	1.0
20-DRESSING, 12G French Red	PK (12 G)	10	3.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/24/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-PANCAKES, Mini BananaWG IW	1 Each	200	37.0
21-PANCAKES, Mini ChocChip IW	1 Each	220	37.0
21-PANCAKES, Mini MAPLE WG IW	1 Each	210	35.0
21-PANCAKES, Mini ConfetWG IW	1 Each	220	36.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-HOT DOG Beef ON BUN WW	Hot Dog(s)	330	28.0
20-CHILI, HOT DOG	#16 Scoop	51	5.06
21-PORK, Barbecue Sand Chandle	Each Sandwich	292	29.03
21-FRIES,SWEET POT Baked	1/2 Cup	205	31.75
21-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	77	7.55
21-MIXED FRUIT:can, lt syrup	1/2 cup	69	16.84
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/27/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-DONUT, Super Plus RF 3oz	1 Each	240	38.0
21-YOGURT, Straw/Banana 4oz ea	1 Each	80	15.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	14.0
K-5 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CORN DOG NUGGETS	6 Nuggets	251	30.15
21-TACO BOWL Tky Taco & Cheese	Serv	177	4.49
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	18.0
21-FRIES, POTATO SMILES	2.41 oz	133	20.43
20-BEANS, RANCHERO 1 Cup	1 Cup	225	40.96
20-PEACHES Diced, cnd	1/2 Cup	72	17.38
19-LETTUCE & SALSA	1/2 cup	25	5.35
20-KETCHUP: individual	1 Each	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-SOUR CREAM 1oz	Each (1 oz)	50	1.0
20-SAUCE, TACO 9g pk	Packs	4	0.75
20-SALSA, Mild	1/4 cup	21	4.12

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/28/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-SANDWICH, Chic Saus Pancake	1 Each	160	23.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN Orange WG	2.8 OZ	141	11.89
20-CHICKEN TERIYAKI	2.85 OZ	154	15.44
22-RICE, Fried Oven 1/2 cup	1/2 CUP	122	23.87
21-RIB B QUE on WG Hot dog bun	Sandwich	289	29.96
21-BROCCOLI frzn	1/2 CUP	44	5.2
20-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
20-APPLESAUCE, Canned	1/2 cup	50	13.13
20-APPLESAUCE, CUP	Each Cup	90	24.0
20-SAUCE, Sweet & Sour 1oz	1 Each	51	13.16
19-SAUCE, Soy pk	1 Each	6	0.56

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/29/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BAGEL, MINI Cinn Creamy WW	Each (2.43 oz)	230	42.0
21-BAGEL, MINI Strawberry WW	Each (2.43 oz)	230	42.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN FILLET WG BUN	Sandwich	380	38.0
21-SANDWICH, WOW BUTTER	Sandwiches	424	55.9
22-SANDWICH WOWBUTTER IW	1 Each	540	53.0
20-CORN, Canned	1/2 Cup	60	13.03
20-CARROTS, Savory frozen	1/2 cup	83	16.67
00-BANANAS 100-120 CT	1 Each	121	31.06
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-KETCHUP: individual	1 pks (9g ea)	10	2.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0.38

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST TRADITIONAL/K-5 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/30/2021			
K-5 BREAKFAST TRADITIO	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Box (43 g)	120	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	28.0
20-APPLESAUCE, CUP	Each Cup	90	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	17.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
K-5 LUNCH TRADITIONAL	Total		
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	28.0
20-SAUCE, MARINARAw/Spag Sauce	.25 Cup	27	5.88
21-SANDWICH, Turkey/Chs COLD	Sandwich	248	28.22
21-BEANS, Green Canned	1/2 cup	22	3.42
21-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	19	4.31
21-MIXED FRUIT:can, lt syrup	1/2 cup	69	16.84
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
19-DRESSING, 12G Ranch	Pk (12 g ea)	49	0.86
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1.17
00-LETTUCE, Leaf Green	1 lf	3	0.38

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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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