

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/01/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-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
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-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
9-12 LUNCH YEAR ROUND			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-ROLL, WG WhitWheat Roll	Roll	158	30.0
20-TACO SALAD-HS	Servings	422	35.13
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	29.0

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: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
20-SALSA, Mild	1/4 cup	21	4.12
21-PIZZA, CHEESE HS	Slice	314	31.0
21-PIZZA, PEPPERONI HS	Slice	346	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
21-BROCCOLI frzn	1/2 CUP	44	5.2
20-FRIES,SWEET POTATO, Baked	1/2 Cup	110	15.56
20-FRIES,SWEET POTATO, Fried	1/2 cup	149	17.16
20-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	103	25.81
00-BANANAS 100-120 CT	1 Each	121	31.06
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0

Thu - 09/02/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-CHICKEN & WAFFLE SAND IW	EACH 79G	150	21.0
21-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	41.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0

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

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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
20-SPAGHETTI w/Canned Sauce	1 Cup	542	88.37
21-BREADSTICK, GARLIC WW	1 Each	110	17.0
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
00-LETTUCE, Leaf Green	1 lf	3	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	0.89
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
22-SALAD, Mixed Garden	1 CUP	18	3.63
20-CARROTS, Glazed frozen	1/2 cup	103	17.4
20-STRAWBERRIES: frozen	1/2 cup	45	12.72
00-PEACHES,FRESH (2.5")	1 Each	51	12.4
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0
20-DRESSING, 12G French Red	PK (12 G)	10	3.0
20-DRESSING, 12G Italian	PK (12 G)	5	1.0
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/03/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-PIZZA BAGEL, Bkft RedSau IW	1 Each	246	34.0
21-ROLL,CINNAMON WG, IW	1 Each	240	38.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
9-12 LUNCH YEAR ROUND			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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
21-PORK, Barbecue Sand Chandle	Each Sandwich	292	29.03
21-PIZZA, CHEESE HS	Slice	314	31.0
21-PIZZA, PEPPERONI HS	Slice	346	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
20-BEANS, BakedBush Veg 1 Cup	1 Cup	281	60.19
21-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	77	7.55
20-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	151	21.76
20-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.14
21-MIXED FRUIT:can, lt syrup	1/2 cup	69	16.84
00-ORANGES 125 ct	1 Each (125 ct)	74	18.22
00-BANANAS 100-120 CT	1 Each	121	31.06
00-APPLES, Fresh, Whole	1 Each	75	19.72
00-PEACHES,FRESH (2.5")	1 Each	51	12.4
19-CHILI, HOT DOG	#16 Scoop	51	5.06
20-SAUCE, Sweet & Sour 1oz	1 Each	51	13.16
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0

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

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)

Tue - 09/07/2021			
9-12 BREAKFAST YEAR R	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-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
21-DONUT, Super Plus RF 3oz	1 Each	240	38.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-PIZZA CRUNCHERS	Servings	420	41.0
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
20-FRIES,SWEET POTATO, Baked	1/2 Cup	110	15.56
20-FRIES,SWEET POTATO, Fried	1/2 cup	149	17.16
21-BEANS, Green Canned	1/2 cup	22	3.42
21-LETTUCE & PICKLES, Leaf	trays	3	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	0.89
21-PEACHES Diced, cnd	1/2 Cup	59	15.85
00-APPLES, Fresh, Whole	1 Each	75	19.72
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)

Wed - 09/08/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	38.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
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-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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, HS 1.45oz	each (1.45 oz)	200	29.0
20-PEPPER, JALAPENO Slices	1 oz	0	4.27
21-PORK CHOP SAND WG bun	Each Sandwich	420	44.0
21-PIZZA, CHEESE HS	Slice	314	31.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
21-PIZZA, PEPPERONI HS	Slice	346	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
20-BEANS, RANCHERO 1 Cup	1 Cup	225	40.96
20-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	151	21.76
20-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.14
20-SALSA, Mild	1/4 cup	21	4.12
21-PEARS Diced, cnd	1/2 Cup	60	16.0
00-ORANGES 125 ct	1 Each (125 ct)	74	18.22
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0

Thu - 09/09/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-SANDWICH, Hawaiian Ham & Ch	1 Each	186	27.21
21-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	41.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0

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

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-BBQ BEEF SANDWICH	1 Each	380	37.31
21-CHICKEN, Tenders WG	3 pieces/serv	210	14.01
21-ROLL, WG WhitWheat Roll	Roll	158	30.0
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
20-CORN, Canned	1/2 Cup	60	13.03
19-CORN, frozen	1/2 cup	96	17.81
22-SALAD, Mixed Garden	1 CUP	13	2.73
21-LETTUCE & PICKLES, Leaf	trays	3	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	0.89
21-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	16.0
00-BANANAS 100-120 CT	1 Each	121	31.06
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-DRESSING, 12G French Red	PK (12 G)	10	3.0
20-DRESSING, 12G Italian	PK (12 G)	5	1.0
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/10/2021			
9-12 BREAKFAST YEAR R	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-SANDWICH, Chic Saus Pancake	1 Each	160	23.0
21-ROLL,CINNAMON WG, IW	1 Each	240	38.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
9-12 LUNCH YEAR ROUND			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN & Rice W/ Gravy	1 Cup	385	50.35
21-ROLL, WG WhitWheat Roll	Roll	158	30.0
21-CORN DOG NUGGETS	6 Nuggets	251	30.15
21-PIZZA, PEPPERONI HS	Slice	346	31.0
21-PIZZA, CHEESE HS	Slice	314	31.0
21-BROCCOLI frzn	1/2 CUP	44	5.2
20-CARROTS, Glazed frozen	1/2 cup	103	17.4
21-APPLESAUCE, cnd	1/2 Cup	71	16.16
00-PEARS,FRESH 120 ct	1 Each	80	21.32
00-APPLES, Fresh, Whole	1 Each	75	19.72
00-BANANAS 100-120 CT	1 Each	121	31.06
00-ORANGES 125 ct	1 Each (125 ct)	74	18.22
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/13/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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
21-BREAD, BANANA WG, IW 3.4oz	1 Each	260	45.0
21-BREAD, PUMPKIN WG, IW 3.4oz	1 Each	260	44.0
21-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	45.0
21-BREAKFAST BITES, WG	Servings	230	20.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
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, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
9-12 LUNCH YEAR ROUND			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-CHICKEN GEN TSO'	3.92 OZ	166	22.45
22-RICE, Fried Oven 1 cup	1 CUP	243	47.75
21-RIB B QUE on Hoagie bun	Sandwich	299	30.96
21-PIZZA, CHEESE HS	Slice	314	31.0
21-PIZZA, PEPPERONI HS	Slice	346	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
20-CALIFORNIA BLEND,FRZN	1/2 cup	26	5.11
20-PEAS,Green frozen	1/2 Cup	91	13.04
21-PEACHES Diced, cnd	1/2 Cup	59	15.85
00-ORANGES 125 ct	1 Each (125 ct)	74	18.22
20-SAUCE, Sweet & Sour 1oz	1 Each	51	13.16
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
19-SAUCE, Soy pk	1 Each	6	0.56
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0
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: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)

Tue - 09/14/2021			
9-12 BREAKFAST YEAR R	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-BISCUIT, Sausage, 3.25oz	1 Each	290	23.0
21-DONUT, Super Plus RF 3oz	1 Each	240	38.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-BEEF & SPANISH RICE	1 CUP	357	32.9
21-ROLL, WG WhitWheat Roll	Roll	158	30.0
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
00-LETTUCE, Leaf Green	1 lf	3	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	0.89
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
20-BROCCOLI frzn	1/2 CUP	44	5.2
20-CARROTS, Glazed frozen	1/2 cup	103	17.4

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
21-PEARS Diced, cnd	1/2 Cup	60	16.0
00-APPLES, Fresh, Whole	1 Each	75	19.72
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0

Wed - 09/15/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-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
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-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-ROLL, WG WhitWheat Roll	Roll	158	30.0
20-SUB, MEATBALL w/Spq Sa HS	SERVINGS	454	42.27
21-PIZZA, CHEESE HS	Slice	314	31.0
21-PIZZA, PEPPERONI HS	Slice	346	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
22-SALAD, Mixed Garden	1 CUP	18	3.63
20-FRIES,SWEET POTATO, Baked	1/2 Cup	110	15.56
20-FRIES,SWEET POTATO, Fried	1/2 cup	149	17.16
20-APPLESAUCE, Canned	1/2 cup	50	13.13
00-BANANAS 100-120 CT	1 Each	121	31.06
21-SALAD, Southwest Chick	1 Each	181	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	3.2
21-ROLL, WG WhitWheat Roll	Roll	158	30.0
20-DRESSING, 1.5 French Lite	1 Each	80	11.0
20-DRESSING, 1.5 Ranch	1 Each	111	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	3.0
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0
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: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/16/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-CHICKEN & WAFFLE SAND IW	EACH 79G	150	21.0
21-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	41.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
9-12 LUNCH YEAR ROUND			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	20.0
21-MILK, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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
19-CHILI, HOT DOG	#16 Scoop	51	5.06
21-PORK, Barbecue Sand Chandle	Each Sandwich	292	29.03
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	68.86
22-BEANS, Baked Veg 1 C	1 Cup	300	60.0
21-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	77	7.55
20-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	151	21.76
20-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.14

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
19-LETTUCE, Leaf Green	1 lf	3	0.38
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
20-TOMATO, SLICED 2 slc	2 slc	4	0.89
21-SALAD, Southwest Chick	1 Each	181	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	3.2
21-ROLL, WG WhitWheat Roll	Roll	158	30.0
20-DRESSING, 1.5 French Lite	1 Each	80	11.0
20-DRESSING, 1.5 Ranch	1 Each	111	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	3.0
21-MIXED FRUIT:can, lt syrup	1/2 cup	69	16.84
00-PEARS,FRESH 120 ct	1 Each	80	21.32
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0

Fri - 09/17/2021			
9-12 BREAKFAST YEAR R	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-PIZZA BAGEL, Bkft RedSau IW	1 Each	246	34.0
21-ROLL,CINNAMON WG, IW	1 Each	240	38.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0

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

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-TACO BOWL Tky Taco & Cheese	Serv	177	4.49
21-TORTILLA,WW 10"	1 Each	160	29.0
20-WRAP, SOUTHWEST CHICKEN HS	Wraps	347	35.33
21-PIZZA, CHEESE HS	Slice	314	31.0
21-PIZZA, PEPPERONI HS	Slice	346	31.0
20-CORN, Canned	1/2 Cup	60	13.03
21-BEANS, Green Canned	1/2 cup	22	3.42
00-LETTUCE, shredded (bag)	1/2 cup	4	1.12
20-SALSA, Mild	1/4 cup	21	4.12
20-PINEAPPLE TIDBITS, Canned	1/2 Cup	80	19.88
00-ORANGES 125 ct	1 Each (125 ct)	74	18.22
00-BANANAS 100-120 CT	1 Each	121	31.06
00-APPLES, Fresh, Whole	1 Each	75	19.72
00-PEARS,FRESH 120 ct	1 Each	80	21.32
20-SOUR CREAM 1oz	Each (1 oz)	50	1.0
20-SAUCE, TACO 9g pk	Packs	4	0.75
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	3.51
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0

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

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/20/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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
21-BREAD, BANANA WG, IW 3.4oz	1 Each	260	45.0
21-BREAD, PUMPKIN WG, IW 3.4oz	1 Each	260	44.0
21-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	45.0
21-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	17.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
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, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
9-12 LUNCH YEAR ROUND	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, 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
21-PIZZA, PEPPERONI HS	Slice	346	31.0
20-POTATOES, MASHED	1/2 cup	71	13.39
19-COLLARD GREENS,Frozen, Marg	1/2 cup	57	6.32
20-ORANGES, Mandarin lt syrup	1/2 cup	59	13.67
00-APPLES, Fresh, Whole	1 Each	75	19.72
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/21/2021			
9-12 BREAKFAST YEAR R	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-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
21-DONUT, Super Plus RF 3oz	1 Each	240	38.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
9-12 LUNCH YEAR ROUND			
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
20-PEPPER, JALAPENO Slices	1 oz	0	4.27
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	29.0
20-FLATBREAD, Ham(tur)&Cheese	1 Wrap	290	32.02
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
20-SALSA, Mild	1/4 cup	21	4.12
20-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	151	21.76
20-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	14.14
20-BEANS, RANCHERO 1 Cup	1 Cup	225	40.96
00-ORANGES 125 ct	1 Each (125 ct)	74	18.22
21-PEARS Diced, cnd	1/2 Cup	60	16.0
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	1.92
20-MAYONNAISE FF 12g	1 Each	30	0.59
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-MUSTARD 5.5g portion	1 Each	5	0.0
20-KETCHUP: individual	1 Each	10	2.0

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/22/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	38.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
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-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	20.1
21-Lasagna Rollup	Bowls	361	42.23
21-BREADSTICK, GARLIC WW	1 Each	110	17.0
21-CORN DOG NUGGETS	6 Nuggets	251	30.15
21-PIZZA, CHEESE HS	Slice	314	31.0
21-PIZZA, PEPPERONI HS	Slice	346	31.0
20-CARROTS, Glazed frozen	1/2 cup	103	17.4
21-BEANS, Green Canned	1/2 cup	22	3.42
21-MIXED FRUIT:can, lt syrup	1/2 cup	69	16.84
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0
20-DRESSING, 12G French Red	PK (12 G)	10	3.0
20-DRESSING, 12G Italian	PK (12 G)	5	1.0
20-DRESSING, 12G Ranch	PK (12 g ea)	9	1.92

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Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST YEAR ROUND/9-12 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/23/2021			
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-SANDWICH, Hawaiian Ham & Ch	1 Each	186	27.21
21-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	41.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	43.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	72.0
9-12 LUNCH YEAR ROUND	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	19.0
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-PIZZA CRUNCHERS	Servings	420	41.0
21-CHICKEN,ULT BREAST	Sandwich	380	43.0
20-FRIES,SWEET POTATO, Baked	1/2 Cup	110	15.56
20-FRIES,SWEET POTATO, Fried	1/2 cup	149	17.16
21-MIXED VEGETABLES, Frozen	1/2 cup	72	13.42
21-PEACHES Diced, cnd	1/2 Cup	59	15.85
20-PICKLE,Dill Slice 2 ea	2 Each	0	0.0
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-SAUCE, HOT, Packet 7g	1 Each	0	0.0

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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

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.