

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 1

Generated on: 8/26/2021 12:21:34 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/01/2021			
6-8 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, 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-BAGEL, MINI Cinn Creamy WW	Each (2.43 oz)	230	42.0
21-BAGEL, MINI Strawberry WW	Each (2.43 oz)	230	42.0
6-8 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-CHICKEN FILLET Spicy WG Bun	Sandwich	330	43.0
21-BBQ BEEF SANDWICH	1 Each	380	37.31
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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 2

Generated on: 8/26/2021 12:21:34 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/02/2021			
6-8 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, 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-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
6-8 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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 3

Generated on: 8/26/2021 12:21:34 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/03/2021			
6-8 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, 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-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
6-8 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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 4

Generated on: 8/26/2021 12:21:34 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/07/2021			
6-8 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, 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-ROLL,CINNAMON WG, IW	1 Each	240	38.0
6-8 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, PEPPERONI HS	Slice	346	31.0
21-PIZZA, CHEESE HS	Slice	314	31.0
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 Mozzarell1oz	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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 5

Generated on: 8/26/2021 12:21:34 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/08/2021			
6-8 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, 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-BREAD, BANANA WG, IW 3.4oz	1 Each	260	45.0
21-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	45.0
6-8 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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 6

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/09/2021			
6-8 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, 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-BISCUIT, Sausage, 3.25oz	1 Each	290	23.0
20-JELLY, Assortment .5 oz	1 Each	33	8.67
6-8 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, 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-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-DRESSING, 12G Italian	PK (12 G)	5	1.0
20-DRESSING, 12G French Red	PK (12 G)	10	3.0

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 7

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/10/2021			
6-8 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, 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-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
6-8 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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 8

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/13/2021			
6-8 BREAKFAST TRADITIO			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-JUICE, 4oz Apple 100%	Each	144	20.1
21-JUICE, 4oz Grape 100%	1 Each	60	14.0
21-JUICE, 4oz Orange 100%	1 Each	80	19.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	14.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Each	60	15.0
20-CRAISINS Indiv.	1 Box (43 g)	120	29.0
20-APPLESAUCE, CUP	Each (1.16 oz)	110	28.0
21-CEREAL, 2 oz CheeriosHonNut	Each Cup	90	24.0
21-CEREAL, 2 oz Cinn Ric Chx	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Toast WG	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Lucky Charms	Each	240	44.0
21-CEREAL, 2oz Honey GrahToast	Each 2 oz	210	46.0
21-SANDWICH, Turkey/Chs COLD	Each (2oz)	230	43.0
	Sandwich	248	28.22
6-8 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-CORN DOG NUGGETS	1 Each	144	20.1
21-TACO BOWL Tky Taco & Cheese	6 Nuggets	251	30.15
21-CHIPS, Tostitos, HS 1.45oz	Serv	177	4.49
20-CORN, Canned	each (1.45 oz)	200	29.0
20-BEANS, RANCHERO 1 Cup	1/2 Cup	60	13.03
20-PEACHES Diced, cnd	1 Cup	225	40.96
19-LETTUCE & SALSA	1/2 Cup	72	17.38
20-KETCHUP: individual	1/2 cup	25	5.35
20-MUSTARD 5.5g portion	1 Each	10	2.0
20-SOUR CREAM 1oz	1 Each	5	0.0
20-SAUCE, TACO 9g pk	Each (1 oz)	50	1.0
	Packs	4	0.75

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 9

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/14/2021			
6-8 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, 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-DONUT, Super Plus RF 3oz	1 Each	240	38.0
6-8 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 cup	1 CUP	243	47.75
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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 10

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/15/2021			
6-8 BREAKFAST TRADITIO			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-JUICE, 4oz Apple 100%	Each	144	20.1
21-JUICE, 4oz Grape 100%	1 Each	60	14.0
21-JUICE, 4oz Orange 100%	1 Each	80	19.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	14.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Each	60	15.0
20-CRAISINS Indiv.	1 Box (43 g)	120	29.0
20-APPLESAUCE, CUP	Each (1.16 oz)	110	28.0
21-CEREAL, 2 oz CheeriosHonNut	Each Cup	90	24.0
21-CEREAL, 2 oz Cinn Ric Chx	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Toast WG	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Lucky Charms	Each	240	44.0
21-CEREAL, 2oz Honey GrahToast	Each 2 oz	210	46.0
21-FRUDEL, Apple WW 2.29oz	Each (2oz)	230	43.0
	1 Each	210	36.0
6-8 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-CHICKEN FILLET WG BUN	1 Each	144	20.1
21-CHICKEN FILLET Spicy WG Bun	Sandwich	380	38.0
21-MACARONI & CHEESE w/ HAM	Sandwich	330	43.0
21-BISCUIT, Dough Round	2/3 CUP	302	28.38
20-PEAS,Green frozen	1 Each	190	23.0
20-CARROTS, Savory frozen	1/2 Cup	91	13.04
00-BANANAS 100-120 CT	1/2 cup	83	16.67
20-MAYONNAISE FF 12g	1 Each	121	31.06
20-KETCHUP: individual	1 Each	30	0.59
20-MUSTARD 5.5g portion	1 pks (9g ea)	10	2.0
20-SAUCE, BBQ 12g	1 Each	5	0.0
20-PICKLE,Dill Slice 2 ea	1 Each	15	3.51
00-LETTUCE, Leaf Green	2 Each	0	0.0
	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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 11

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/16/2021			
6-8 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, 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-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
6-8 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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 12

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/17/2021			
6-8 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, 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-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
6-8 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	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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 13

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/20/2021			
6-8 BREAKFAST TRADITIO			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-JUICE, 4oz Apple 100%	Each	144	20.1
21-JUICE, 4oz Grape 100%	1 Each	60	14.0
21-JUICE, 4oz Orange 100%	1 Each	80	19.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	14.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Each	60	15.0
20-CRAISINS Indiv.	1 Box (43 g)	120	29.0
20-APPLESAUCE, CUP	Each (1.16 oz)	110	28.0
21-CEREAL, 2 oz CheeriosHonNut	Each Cup	90	24.0
21-CEREAL, 2 oz Cinn Ric Chx	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Toast WG	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Lucky Charms	Each	240	44.0
21-CEREAL, 2oz Honey GrahToast	Each 2 oz	210	46.0
21-ROLL,CINNAMON WG, IW	Each (2oz)	230	43.0
	1 Each	240	38.0
6-8 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-PIZZA, PEPPERONI HS	1 Each	144	20.1
21-PIZZA, CHEESE HS	Slice	346	31.0
21-PIZZA, 4X6, CHEESE	Slice	314	31.0
21-PIZZA, 4X6, PEPPERONI	Slice	315	32.0
21-CHICKEN & Rice W/ Gravy	Slice	3520	30.0
21-BROCCOLI frzn	1 Cup	385	50.35
21-MIXED VEGETABLES, Frozen	1/2 CUP	44	5.2
21-PEARS Diced, cnd	1/2 cup	72	13.42
	1/2 Cup	60	16.0

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 14

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/21/2021			
6-8 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, 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-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	17.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	31.0
6-8 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-QUESO W/Chic Southwest	1/2 Cup	56	1.12
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	29.0
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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 15

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/22/2021			
6-8 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, 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-BREAD, BANANA WG, IW 3.4oz	1 Each	260	45.0
21-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	45.0
6-8 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-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 Mozzarell1oz	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
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-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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 16

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/23/2021			
6-8 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, 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-BISCUIT, Sausage, 3.25oz	1 Each	290	23.0
20-JELLY, Assortment .5 oz	1 Each	33	8.67
6-8 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, 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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 17

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/24/2021			
6-8 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, 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-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
6-8 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-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
20-SAUCE, HOT, Packet 7g	1 Each	0	0.0

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 18

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/27/2021			
6-8 BREAKFAST TRADITIO			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-JUICE, 4oz Apple 100%	Each	144	20.1
21-JUICE, 4oz Grape 100%	1 Each	60	14.0
21-JUICE, 4oz Orange 100%	1 Each	80	19.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	14.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	15.0
20-RAISINS Indiv. Box	1 Each	60	15.0
20-CRAISINS Indiv.	1 Box (43 g)	120	29.0
20-APPLESAUCE, CUP	Each (1.16 oz)	110	28.0
21-CEREAL, 2 oz CheeriosHonNut	Each Cup	90	24.0
21-CEREAL, 2 oz Cinn Ric Chx	Each(2 oz)	210	45.0
21-CEREAL, 2 oz Cinn Toast WG	Each (2 oz)	240	46.0
21-CEREAL, 2 oz Lucky Charms	1 Each	240	44.0
21-CEREAL, 2oz Honey GrahToast	Each 2 oz	210	46.0
21-DONUT, Super Plus RF 3oz	Each (2oz)	230	43.0
	1 Each	240	38.0
6-8 LUNCH TRADITIONAL			
21-MILK, PLAIN 1% 8oz	Total		
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	110	13.0
21-MILK,Dairy Ease FF 8oz	Cartons (8 oz)	120	20.0
21-MILK,SOY VANILLA 8.25oz	1 Each	90	13.0
21-CORN DOG NUGGETS	1 Each	144	20.1
21-TACO BOWL Tky Taco & Cheese	6 Nuggets	251	30.15
21-CHIPS, Tostitos, HS 1.45oz	Serv	177	4.49
21-FRIES, POTATO SMILES	each (1.45 oz)	200	29.0
20-BEANS, RANCHERO 1 Cup	2.41 oz	133	20.43
20-PEACHES Diced, cnd	1 Cup	225	40.96
19-LETTUCE & SALSA	1/2 Cup	72	17.38
20-KETCHUP: individual	1/2 cup	25	5.35
20-MUSTARD 5.5g portion	1 Each	10	2.0
20-SOUR CREAM 1oz	1 Each	5	0.0
20-SAUCE, TACO 9g pk	Each (1 oz)	50	1.0
20-SALSA, Mild	Packs	4	0.75
	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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 19

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/28/2021			
6-8 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, 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-SANDWICH, Chic Saus Pancake	1 Each	160	23.0
6-8 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 cup	1 CUP	243	47.75
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

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 20

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/29/2021			
6-8 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, 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-BAGEL, MINI Cinn Creamy WW	Each (2.43 oz)	230	42.0
21-BAGEL, MINI Strawberry WW	Each (2.43 oz)	230	42.0
6-8 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-CHICKEN FILLET Spicy WG Bun	Sandwich	330	43.0
21-BBQ BEEF SANDWICH	1 Each	380	37.31
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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity provider.

Cumberland County Schools

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Combined: 6-8 BREAKFAST TRADITIONAL/6-8 LUNCH TRADITIONAL

Portion Values - Detailed

Page 21

Generated on: 8/26/2021 12:21:35 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/30/2021			
6-8 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, 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-BISCUIT, Chicken, 3.6oz	1 Each	230	29.0
6-8 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

--	--	--	--

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.