

Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 05/03/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	1	28.0
20-SAUCE, MARINARAw/Spag Sauce	.25 Cup	27	4	5.88
21-CHICK FAJITA, w/strips 10"	Fajita	390	2	37.05
20-SALSA, Mild	1/4 cup	21	1	4.12
21-BROCCOLI frzn	1/2 CUP	44	1	5.2
21-PEACHES Diced, cnd	1/2 Cup	59	15	15.85
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
20-SOUR CREAM 1oz	Each (1 oz)	50	1	1.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 05/04/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-HOT DOG Beef ON BUN WW	Hot Dog(s)	330	3	28.0
20-CHILI, HOT DOG	#16 Scoop	51	1	5.06
20-PORK, Barbecue Sand Chandle	Each Sandwich	292	4	29.03
21-FRIES,SWEET POTATO, Baked	1/2 Cup	121	5	17.2
21-FRIES,SWEET POT WedgeBaked	1/2 Cup	205	10	31.75
21-COLESLAW, CABBAGE MIX 1/4 C	1/4 CUP	39	3	3.87
20-STRAWBERRIES: frozen	1/2 cup	40	8	11.34
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 05/05/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHICKEN, Tenders WG	3 pieces/serv	210	0	14.01
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
21-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
21-FRIES, SEASONED Baked	2.4 oz	121	0	20.2
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 05/06/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-CHEESEBURGER WG Bun	Sandwich	305	3	27.0
21-BOWL, Mexican Pork HS	1 Each	531	3	68.65
21-BEANS, Green Canned	1/2 cup	22	1	3.42
21-PEARS Diced, cnd	1/2 Cup	60	12	16.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
21-LETTUCE & PICKLES, Leaf	trays	3	0	0.38
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75

Fri - 05/07/2021				
	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-YOGURT, Straw/Banana 4oz ea	1 Each	80	9	15.0
20-YOGURT, Strawberry 4oz ea	1 Each	70	10	14.0
20-YOGURT, VANILLA 4oz ea	1 Each	70	10	14.0
21-xCRACKER, GrahamEmoji Vanill	Each (28 g)	120	8	21.0
21-xCRACKER, Graham Bug Bites	Each (28 g)	120	8	21.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
20-CORN, Canned	1/2 Cup	60	7	13.03
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
21-CRISP, Cherry	1/2 CUP	443	48	73.34
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
21-LETTUCE & PICKLES, Leaf	trays	3	0	0.38
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0

Mon - 05/10/2021				
	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-ROLL,CINNAMON WG, IW	1 Each	240	12	38.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHICKEN, Tenders WG	3 pieces/serv	210	0	14.01
20-SPAGHETTI w/Canned Sauce	1 Cup	542	11	88.37
21-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
20-SALAD, Mixed Garden	1 CUP	14	2	2.99
21-PEARS Diced, cnd	1/2 Cup	60	12	16.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
20-DRESSING, 12G Italian	PK (12 G)	5	0	1.0

Tue - 05/11/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
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21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHICKEN Orange WG	2.8 OZ	141	8	11.89
20-CHICKEN TERIYAKI	2.85 OZ	154	14	15.44
21-RICE, Fried M/H #6	#6 Scoop	152	1	29.53
21-BROCCOLI frzn	1/2 CUP	44	1	5.2
20-STRAWBERRIES: frozen	1/2 cup	40	8	11.34
20-SAUCE, Sweet & Sour 1oz	1 Each	51	11	13.16

Wed - 05/12/2021				
	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-SANDWICH, Turkey/Chs COLD	Sandwiches	248	3	28.22
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
21-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 05/13/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CORN DOG NUGGETS	6 Nuggets	251	1	30.15
21-BBQ BEEF SANDWICH	1 Each	380	9	37.31
21-BEANS, Green Canned	1/2 cup	22	1	3.42
21-PEACHES Diced, cnd	1/2 Cup	59	15	15.85
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 05/14/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-SANDWICH, Chic Saus Pancake	1 Each	160	5	23.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-PIZZA, CHEESE HS	Slice	314	6	31.0
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
21-SALAD, Southwest Chick	1 Each	181	6	12.51
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
00-CARROTS, Baby 1/2 cup	1/2 Cup	29	4	6.67
00-BANANAS 100-120 CT	1 Each	121	16	31.06
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 05/17/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
20-CHEESEBURGER WG Bun	Sandwich	305	3	27.0
21-BOWL, Chicken Burrito	Bowl	364	6	47.83
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
21-APPLESAUCE, cnd	1/2 Cup	71	13	16.16
20-APPLESAUCE, Cinnamon,	1/2 CUP	51	11	13.39
20-APPLESAUCE, STRAWBERRY: CAN	1/2 cup	103	24	25.81
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
20-SALSA, Mild	1/4 cup	21	1	4.12

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 05/18/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-HOT DOG Beef ON BUN WW	Hot Dog(s)	330	3	28.0
20-CHILI, HOT DOG	#16 Scoop	51	1	5.06
21-FRIES, SEASONED Baked	2.4 oz	121	0	20.2
20-STRAWBERRIES: frozen	1/2 cup	40	8	11.34
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 05/19/2021				
9-12 BREAKFAST TRADITI				
21-MILK, PLAIN 1% 8oz	Total Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
9-12 LUNCH TRADITIONAL				
21-MILK, PLAIN 1% 8oz	Total Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHICKEN, Tenders WG	3 pieces/serv	210	0	14.01
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 05/20/2021				
9-12 BREAKFAST TRADITI	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL	Total			
21-MILK, PLAIN 1% 8oz	Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
20-CORN, Canned	1/2 Cup	60	7	13.03
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0

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Cumberland County Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

Combined: 9-12 BREAKFAST TRADITIONAL/9-12 LUNCH TRADITIONAL

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 05/21/2021				
9-12 BREAKFAST TRADITI				
21-MILK, PLAIN 1% 8oz	Total Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	Each	144	16	20.1
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz FruitPunch100%	1 Each	60	12	14.0
21-JUICE, 4oz AppleCherry100%	1 Each	60	12	15.0
21-JUICE, 4oz Org Pnpple100%	1 Each	60	13	15.0
21-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
21-CEREAL, 2 oz Cinn Ric Chx	Each (2 oz)	240	12	46.0
21-CEREAL, 2 oz Cinn Toast WG	1 Each	240	19	44.0
21-CEREAL, 2 oz Lucky Charms	Each 2 oz	210	19	46.0
21-CEREAL, 2oz Honey GrahToast	Each (2oz)	230	19	43.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-MUFFIN, Apple, WG IW	1 Each	250	19	43.0
21-MUFFIN, Banana WG IW	1 Each	250	22	44.0
21-MUFFIN, Blueberry, WG IW	1 Each	250	20	42.0
21-MUFFIN, Choc Chip, WG IW	1 Each	270	22	45.0
9-12 LUNCH TRADITIONAL				
21-MILK, PLAIN 1% 8oz	Total Cartons (8 oz)	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	Cartons (8 oz)	120	18	20.0
21-MILK,Dairy Ease FF 8oz	1 Each	90	12	13.0
21-MILK,SOY VANILLA 8.25oz	1 Each	144	16	20.1
21-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	1	28.0
20-SAUCE, MARINARAw/Spag Sauce	.25 Cup	27	4	5.88
21-PEACHES Diced, cnd	1/2 Cup	59	15	15.85

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.

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