

Cumberland County Schools

Jul 1, 2021 thru Jul 30, 2021

Base Menu Spreadsheet

Combined: SUMMER MEALS
BREAKFAST/SUMMER MEALS LUNCH

Portion Values - Detailed

Page 1

Generated on: 6/21/2021 9:46:19 AM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 07/01/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-SANDWICH, Chic Saus Pancake	1 Each	160	5	23.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CHICKEN, Tenders WG	3 pieces/serv	210	0	14.01
21-BISCUIT, Dough Round	1 Each	190	2	23.0
20-POTATOES, MASHED	1/2 cup	71	0	13.39
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

Fri - 07/02/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-SANDWICH, PkHam&Chees Loaf	Sandwiches	249	5	30.13
21-xCHIPS, DORITOS Cool Ranch	1oz each	130	0	20.0
00-CARROTS, Baby IW 2.6oz	1 Each	30	4	6.94
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	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

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Combined: SUMMER MEALS
BREAKFAST/SUMMER MEALS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 07/06/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
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
SUMMER MEALS LUNCH				
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	1	28.0
20-SAUCE, MARINARAw/Spag Sauce	.25 Cup	27	4	5.88
21-BEANS, Green Canned	1/2 cup	22	1	3.42
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
21-xCRACKER, GrahmEmoji Vanill	Each (28 g)	120	8	21.0

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 07/07/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-ROLL,CINNAMON WG, IW	1 Each	240	12	38.0
SUMMER MEALS LUNCH				
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-NACHOS W/ BEEF & CHEESE HS	1/2 cup	183	3	4.16
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-CORN, Canned	1/2 Cup	60	7	13.03
21-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
21-COOKIE, Chocolate Chip WG	Each 1 oz	100	9	18.0

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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BREAKFAST/SUMMER MEALS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 07/08/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CORN DOG NUGGETS	6 Nuggets	251	1	30.15
21-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
20-xRICE KRISPIES mini WG	Each (.42oz)	50	3	9.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0

Fri - 07/09/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
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
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-SANDWICH, Turkey/Chs COLD	Sandwich	248	3	28.22
21-xCHIPS, DORITOS Nacho Chees	1oz each	130	0	20.0
21-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	19	2	4.31
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 07/12/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
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
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-PIZZA, 4X6, CHEESE	Slice	315	6	32.0
21-PIZZA, 4X6, PEPPERONI	Slice	3520	6	30.0
21-BEANS, Green Canned	1/2 cup	22	1	3.42
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
21-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
20-xRICE KRISPIES mini WG	Each (.42oz)	50	3	9.0

Tue - 07/13/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
20-CHEESEBURGER WG Bun	Sandwich	305	3	27.0
21-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
21-FRUIT FREEZ Lindy StrawBerr	Each 4.4 oz	90	22	22.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 07/14/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-QUESO W/Chic Southwest Elem	servings	112	0	2.23
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-CORN, Canned	1/2 Cup	60	7	13.03
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-COOKIE, Chocolate Chip WG	Each 1 oz	100	9	18.0

Thu - 07/15/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-SANDWICH, Chic Saus Pancake	1 Each	160	5	23.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CHICKEN, Tenders WG	3 pieces/serv	210	0	14.01
21-BISCUIT, Dough Round	1 Each	190	2	23.0
20-POTATOES, MASHED	1/2 cup	71	0	13.39
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

Fri - 07/16/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0

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BREAKFAST/SUMMER MEALS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-SANDWICH, PkHam&Chees Loaf	Sandwiches	249	5	30.13
21-xCHIPS, DORITOS Cool Ranch	1oz each	130	0	20.0
00-CARROTS, Baby IW 2.6oz	1 Each	30	4	6.94
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17

Mon - 07/19/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
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-CEREAL, 2 oz CheeriosHonNut	Each(2 oz)	210	19	45.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
19-SALAD, Tossed Salad	1/2 CUP	6	0	1.23
20-APPLE Slices, IW	1 Each	30	6	19.0
21-FRUIT FREEZ Lindy Blk Cherr	Each 4.4 oz	90	22	22.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92

Tue - 07/20/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	4	17.0

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	1	28.0
20-SAUCE, MARINARA w/Spag Sauce	.25 Cup	27	4	5.88
19-PEAS & CARROTS	1/2 Cup	70	5	10.19
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
21-xCRACKER, GrahmEmoji Vanill	Each (28 g)	120	8	21.0

Wed - 07/21/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-ROLL, CINNAMON WG, IW	1 Each	240	12	38.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-NACHOS W/ BEEF & CHEESE HS	1/2 cup	183	3	4.16
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-CORN, Canned	1/2 Cup	60	7	13.03
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-COOKIE, Chocolate Chip WG	Each 1 oz	100	9	18.0

Thu - 07/22/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CORN DOG NUGGETS	6 Nuggets	251	1	30.15
21-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
20-xRICE KRISPIES mini WG	Each (.42oz)	50	3	9.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0

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Portion Values - Detailed

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Fri - 07/23/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
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
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-SANDWICH, Turkey/Chs COLD	Sandwich	248	3	28.22
21-xCHIPS, DORITOS Nacho Chees	1oz each	130	0	20.0
21-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	19	2	4.31
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17

Mon - 07/26/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
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
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-PIZZA, 4X6, CHEESE	Slice	315	6	32.0
21-PIZZA, 4X6, PEPPERONI	Slice	3520	6	30.0
21-BEANS, Green Canned	1/2 cup	22	1	3.42
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
20-xRICE KRISPIES mini WG	Each (.42oz)	50	3	9.0

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Cumberland County Schools

Jul 1, 2021 thru Jul 30, 2021

Base Menu Spreadsheet

Combined: SUMMER MEALS
BREAKFAST/SUMMER MEALS LUNCH

Portion Values - Detailed

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Tue - 07/27/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
20-CHEESEBURGER WG Bun	Sandwich	305	3	27.0
21-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
21-FRUIT FREEZ Lindy StrawBerr	Each 4.4 oz	90	22	22.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0

Wed - 07/28/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
21-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-QUESO W/Chic Southwest Elem	servings	112	0	2.23
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-CORN, Canned	1/2 Cup	60	7	13.03
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-COOKIE, Chocolate Chip WG	Each 1 oz	100	9	18.0

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Cumberland County Schools

Jul 1, 2021 thru Jul 30, 2021

Base Menu Spreadsheet

Combined: SUMMER MEALS
BREAKFAST/SUMMER MEALS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 07/29/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-CHICKEN, Tenders WG	3 pieces/serv	210	0	14.01
21-BISCUIT, Dough Round	1 Each	190	2	23.0
20-POTATOES, MASHED	1/2 cup	71	0	13.39
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51

Fri - 07/30/2021				
SUMMER MEALS BREAKF	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-JUICE, 4oz Apple 100%	1 Each	60	12	14.0
21-JUICE, 4oz Orange 100%	1 Each	60	12	14.0
21-JUICE, 4oz Grape 100%	1 Each	80	18	19.0
SUMMER MEALS LUNCH	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-SANDWICH, PkHam&Chees Loaf	Sandwiches	249	5	30.13
21-SANDWICH, Turkey/Chs COLD	Sandwich	248	3	28.22
21-xCHIPS, DORITOS Cool Ranch	1oz each	130	0	20.0
21-xCHIPS, DORITOS Nacho Chees	1oz each	130	0	20.0
00-CARROTS, Baby IW 2.6oz	1 Each	30	4	6.94
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
00-LETTUCE & TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17

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