

Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST YEAR ROUND/K-5 LUNCH YEAR ROUND

Portion Values - Detailed

Page 1

Generated on: 9/28/2021 4:24:45 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 10/19/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-ROLL,CINNAMON WG, IW	1 Each	240	12	38.0
K-5 LUNCH YEAR ROUND	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, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	360	8	43.0
21-CHICKEN & Rice W/ Gravy	1 Cup	385	1	50.35
21-BROCCOLI frzn	1/2 CUP	44	1	5.2
21-MIXED VEGETABLES, Frozen	1/2 cup	72	0	13.42
21-PEACHES Diced, cnd	1/2 Cup	59	15	15.85
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0

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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 10/20/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-PANCAKE, Ssg Stick WG 2.5oz	1 Each	200	4	17.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
K-5 LUNCH YEAR ROUND				
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-QUESO W/Chic Southwest	1/2 Cup	56	0	1.12
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
20-HAMBURGER WG Bun	Sandwich	270	2	26.0
20-CORN, Canned	1/2 Cup	60	7	13.03
19-CORN, frozen	1/2 cup	96	2	17.81
20-BEANS, RANCHERO 1 Cup	1 Cup	225	2	40.96
20-APPLE Slices, IW	1 Each	30	6	19.0
20-SALSA, Mild	1/4 cup	21	1	4.12
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
00-LETTUCE, Leaf Green	1 lf	3	0	0.38

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 10/21/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
20-JELLY, Assortment .5 oz	1 Each	33	6	8.67
K-5 LUNCH YEAR ROUND				
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-BISCUIT, Dough Round	1 Each	180	3	25.0
20-SANDWICH, Grill PorkHam/Chs	Sandwiches	306	5	30.13
20-POTATOES, MASHED	1/2 cup	71	0	13.39
00-CARROTS, Baby IW 2.6oz	1 Each	30	4	6.94
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
20-DRESSING, 12G French Red	PK (12 G)	10	2	3.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 10/22/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-PANCAKES, Mini BananaWG IW	1 Each	200	7	37.0
21-PANCAKES, Mini ChocChip IW	1 Each	220	13	37.0
21-PANCAKES, Mini MAPLE WG IW	1 Each	210	11	35.0
21-PANCAKES, Mini ConfetWG IW	1 Each	220	11	36.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
K-5 LUNCH YEAR ROUND				
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-PORK, Barbecue Sand Chandle	Each Sandwich	292	4	29.03
21-FRIES,SWEET POT Baked	1/2 Cup	205	10	31.75
21-COLESRAW, CABBAGE MIX 1/2 C	1/2 CUP	77	5	7.55
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
20-STRAWBERRIES: frozen	1/2 cup	45	9	12.72
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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 10/25/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
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
K-5 LUNCH YEAR ROUND				
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-TACO BOWL Tky Taco & Cheese	Serv	177	3	4.49
21-CHIPS, Tostitos .875oz	bag (.875 oz)	120	0	18.0
21-FRIES, POTATO SMILES	2.41 oz	133	0	20.43
20-BEANS, RANCHERO 1 Cup	1 Cup	225	2	40.96
20-PEACHES Diced, cnd	1/2 Cup	72	16	17.38
21-PEACH CUP, Frzn 4.4oz	Each Cup 4.4oz	80	16	19.0
19-LETTUCE & SALSA	1/2 cup	25	3	5.35
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-SOUR CREAM 1oz	Each (1 oz)	50	1	1.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75
20-SALSA, Mild	1/4 cup	21	1	4.12

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 10/26/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-SANDWICH, Chic Saus Pancake	1 Each	160	5	23.0
K-5 LUNCH YEAR ROUND				
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
22-RICE, Fried Oven 1/2 cup	1/2 CUP	122	1	23.87
21-RIB B QUE on WG Hot dog bun	Sandwich	289	4	29.96
21-BROCCOLI frzn	1/2 CUP	44	1	5.2
20-MIXED VEGETABLES, Frozen	1/2 cup	72	0	13.42
20-APPLESAUCE, Canned	1/2 cup	50	11	13.13
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
20-SAUCE, Sweet & Sour 1oz	1 Each	51	11	13.16
19-SAUCE, Soy pk	1 Each	6	0	0.56

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Wed - 10/27/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-BAGEL, MINI Cinn Creamy WW	Each (2.43 oz)	230	13	42.0
21-BAGEL, MINI Strawberry WW	Each (2.43 oz)	230	13	42.0
K-5 LUNCH YEAR ROUND				
K-5 LUNCH YEAR ROUND	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 FILLET WG BUN	Sandwich	380	2	38.0
21-SANDWICH, WOW BUTTER	Sandwiches	424	18	55.9
22-SANDWICH WOWBUTTER IW	1 Each	540	19	53.0
20-CORN, Canned	1/2 Cup	60	7	13.03
20-CARROTS, Savory frozen	1/2 cup	83	13	16.67
00-BANANAS 100-120 CT	1 Each	121	16	31.06
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0	0.38

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Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST YEAR ROUND/K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 10/28/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
K-5 LUNCH YEAR ROUND	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-SANDWICH, Turkey/Chs COLD	Sandwich	248	3	28.22
21-BEANS, Green Canned	1/2 cup	22	1	3.42
21-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	19	2	4.31
21-MIXED FRUIT:can, lt syrup	1/2 cup	69	15	16.84
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
19-DRESSING, 12G Ranch	Pk (12 g ea)	49	1	0.86
00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	6	1	1.17
00-LETTUCE, Leaf Green	1 lf	3	0	0.38

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Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Combined: K-5 BREAKFAST YEAR ROUND/K-5 LUNCH YEAR ROUND

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 10/29/2021				
K-5 BREAKFAST YEAR RO	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
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0
20-CRAISINS Indiv.	Each (1.16 oz)	110	24	28.0
20-APPLESAUCE, CUP	Each Cup	90	22	24.0
21-CEREAL, 1 oz Cheerios HyNt	1 Each	110	9	23.0
21-CEREAL, 1 oz Cheerios WG GF	1 Each	100	1	21.0
21-CEREAL, 1 oz Cinn Ric Chx	1 Each	120	6	23.0
21-CEREAL, 1 oz Lucky Charms	1 Each	110	9	23.0
21-CEREAL, 1oz Honey GrahToast	1 Each	110	10	22.0
21-CRACKER, Honey Grahams 3ct	Pack	90	4	17.0
21-WAFFLE, Mini BB WW IW	Each Pkg	200	10	35.0
21-WAFFLE, Mini CINN WW IW	Each Pkg	200	10	35.0
21-WAFFLE, Mini Maple WW IW	Each Pkg	200	10	35.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
K-5 LUNCH YEAR ROUND				
K-5 LUNCH YEAR ROUND	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 NUGGETS, WG 5pc	5 pieces (3oz)	171	1	16.11
21-BEEF & SPANISH RICE	1 CUP	357	2	32.9
20-xCHIPS, DORITOS Nacho Chees	1oz each	130	0	20.0
20-xCHIPS, DORITOS Cool Ranch	1oz each	130	0	20.0
21-FRIES,SWEET POT Baked	1/2 Cup	205	10	31.75
22-SALAD, Mixed Garden Tom/Car	1 CUP	13	1	2.73
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
20-DRESSING, 12G Ranch	PK (12 g ea)	9	0	1.92
20-DRESSING, 12G French Red	PK (12 G)	10	2	3.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 pks (9g ea)	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-SAUCE, TACO 9g pk	Packs	4	0	0.75

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