

# Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Tue - 10/19/2021</b>				
9-12 BREAKFAST YEAR R	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-BISCUIT, Chicken, 3.6oz	1 Each	230	2	29.0
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
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 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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
21-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	360	8	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
20-CORN, Canned	1/2 Cup	60	7	13.03
21-BEANS, Green Canned	1/2 cup	22	1	3.42
21-PEACHES Diced, cnd	1/2 Cup	59	15	15.85
21-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Wed - 10/20/2021</b>				
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	12	38.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
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-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 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-QUESO W/Chic Southwest	1/2 Cup	56	0	1.12
20-PEPPER, JALAPENO Slices	1 oz	0	4	4.27
21-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	200	0	29.0
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
21-PIZZA, CHEESE HS	Slice	314	6	31.0
21-PORK CHOP SAND WG bun	Each Sandwich	420	3	44.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
20-SALSA, Mild	1/4 cup	21	1	4.12
20-FRIES, FRENCH CRINKLE, Frd	1/2 Cup	151	0	21.76
20-FRIES, FRENCH CRINKLE,Baked	1/2 Cup	81	0	14.14

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
20-BEANS, RANCHERO	1 Cup	225	2	40.96
00-ORANGES	125 ct	74	15	18.22
21-PEARS Diced, cnd	1/2 Cup	60	12	16.0
21-SALAD, Southwest Chick	1 Each	181	6	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-SALAD, Chef Lett&Chees Base	Salad	140	3	7.33
20-SALAD, Chef Ham-Diced	1 oz	35	1	1.5
20-SALAD, Chef Chicken Strips	1.25 oz	63	0	2.53
20-SALAD, Popcorn Chicken	1 Each	191	5	17.3
21-CRACKERS, Saltine 4ct 2g eq	4 pkgs	200	0	36.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Honey Dijon	1 Each	60	8	13.0
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-SAUCE, TACO 9g pk	Packs	4	0	0.75

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Thu - 10/21/2021</b>				
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-SANDWICH, Hawaiian Ham & Ch	1 Each	186	5	27.21
21-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	19	41.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
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-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-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 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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
21-PIZZA CRUNCHERS	Servings	420	3	41.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
20-FRIES,SWEET POTATO, Baked	1/2 Cup	110	5	15.56

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
20-FRIES,SWEET POTATO, Fried	1/2 cup	149	5	17.16
21-BROCCOLI frzn	1/2 CUP	44	1	5.2
20-ORANGES, Mandarin lt syrup	1/2 cup	59	12	13.67
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
00-LETTUCE, Leaf Green	1 lf	3	0	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
21-SALAD, Southwest Chick	1 Each	181	6	12.51
20-SALAD, Chef Lett&Chees Base	Salad	140	3	7.33
20-SALAD, Chef Ham-Diced	1.22 oz	43	1	1.83
20-SALAD, Chef Chicken Strips	1.25 oz	63	0	2.53
20-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-SALAD, Popcorn Chicken	1 Each	191	5	17.3
21-CRACKERS, Saltine 4ct 2g eq	4 pkgs	200	0	36.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Honey Dijon	1 Each	60	8	13.0
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 10/22/2021				
9-12 BREAKFAST YEAR R	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-SANDWICH, Chic Saus Pancake	1 Each	160	5	23.0
21-ROLL,CINNAMON WG, IW	1 Each	240	12	38.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
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-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	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 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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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 Spicy WG Bun	Sandwich	330	3	43.0
20-LASAGNA ROLLUP CHEESE HS	Roll-up	393	12	40.0
21-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
21-PIZZA, CHEESE HS	Slice	314	6	31.0
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
22-SALAD, Mixed Garden Tom/Car	1 CUP	13	1	2.73
20-CARROTS, Glazed frozen	1/2 cup	103	13	17.4

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
20-STRAWBERRIES: frozen	1/2 cup	45	9	12.72
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
21-SALAD, Southwest Chick	1 Each	181	6	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-SALAD, Popcorn Chicken	1 Each	191	5	17.3
20-SALAD, Chef Lett&Chees Base	Salad	140	3	7.33
20-SALAD, Chef Ham-Diced	1.22 oz	43	1	1.83
20-SALAD, Chef Chicken Strips	1.25 oz	63	0	2.53
21-CRACKERS, Saltine 4ct 2g eq	4 pkgs	200	0	36.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
20-DRESSING, 1.5 Honey Dijon	1 Each	60	8	13.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-DRESSING, 12G French Red	PK (12 G)	10	2	3.0
20-DRESSING, 12G Italian	PK (12 G)	5	0	1.0
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Mon - 10/25/2021</b>				
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-BREAD, BANANA WG, IW 3.4oz	1 Each	260	24	45.0
21-BREAD, PUMPKIN WG, IW 3.4oz	1 Each	260	24	44.0
21-BREAD,BLUEBERRY WG IW 3.4oz	1 Each	270	24	45.0
21-BREAKFAST BITES, WG	Servings	30	1	2.61
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
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-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	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
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
<b>9-12 LUNCH YEAR ROUND</b>				
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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-CHICKEN Tangerine WG	3.9 OZ	192	13	25.29
22-RICE, Fried Oven 1 cup	1 CUP	243	2	47.75

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# Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
21-RIB B QUE on Hoagie bun	Sandwich	299	3	30.96
21-PIZZA, CHEESE HS	Slice	314	6	31.0
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
20-CALIFORNIA BLEND,FRZN	1/2 cup	26	2	5.11
20-PEAS,Green frozen	1/2 Cup	91	5	13.04
21-APPLESAUCE, cnd	1/2 Cup	71	13	16.16
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
20-SAUCE, Sweet & Sour 1oz	1 Each	51	11	13.16
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
19-SAUCE, Soy pk	1 Each	6	0	0.56
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0

Tue - 10/26/2021				
9-12 BREAKFAST YEAR R	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-BISCUIT, Sausage, 3.25oz	1 Each	290	1	23.0
21-DONUT, Super Plus RF 3oz	1 Each	240	19	38.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
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
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

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# Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
9-12 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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-NACHOS W/ BEEF & CHEESE HS	1/2 cup	183	3	4.16
21-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
21-PIZZA, Fiestada WG 5.44 oz	Ea Pizza 5.44oz	360	8	43.0
00-LETTUCE, Leaf Green	1 lf	3	0	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0
20-CORN MEXICALI	1/2 CUP	61	5	9.85
20-BEANS, RANCHERO 1 Cup	1 Cup	225	2	40.96
21-PEACHES Diced, cnd	1/2 Cup	59	15	15.85
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0

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# Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Wed - 10/27/2021</b>				
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-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
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
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, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
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
<b>9-12 LUNCH YEAR ROUND</b>				
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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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

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# Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
21-ROLL, WG WhitWheat Roll	Roll	158	5	30.0
21-PIZZA, CHEESE HS	Slice	314	6	31.0
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
21-SALAD, Southwest Chick	1 Each	181	6	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-SALAD, Popcorn Chicken	1 Each	191	5	17.3
20-SALAD, Chef Lett&Chees Base	Salad	140	3	7.33
20-SALAD, Chef Ham-Diced	1.22 oz	43	1	1.83
20-SALAD, Chef Chicken Strips	1.25 oz	63	0	2.53
20-CRACKERS, Saltine 4ct 2g eq	4 pkgs	200	0	36.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
21-BROCCOLI frzn	1/2 CUP	44	1	5.2
20-FRIES,SWEET POTATO, Baked	1/2 Cup	110	5	15.56
20-FRIES,SWEET POTATO, Fried	1/2 cup	149	5	17.16
20-STRAWBERRIES: frozen	1/2 cup	45	9	12.72
00-BANANAS 100-120 CT	1 Each	121	16	31.06
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0

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# Cumberland County Schools

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Thu - 10/28/2021</b>				
9-12 BREAKFAST YEAR R	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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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-CHICKEN & WAFFLE SAND IW	EACH 79G	150	5	21.0
21-DONUTS, MINI POWDERED SUGAR	1 Pkg	270	19	41.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
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-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 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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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
21-PORK, Barbecue Sand Chandle	Each Sandwich	292	4	29.03
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
21-CHICKEN,ULT BREAST	Sandwich	380	4	43.0
20-PICKLE,Dill Slice 2 ea	2 Each	0	0	0.0

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# Cumberland County Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
00-LETTUCE, Leaf Green	1 lf	3	0	0.38
00-TOMATO, SLICED 2 slc	2 slc	4	1	0.89
21-SALAD, Southwest Chick	1 Each	181	6	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-SALAD, Popcorn Chicken	1 Each	191	5	17.3
20-CRACKERS, Saltine 4ct 2g eq	4 pkgs	200	0	36.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
20-BEANS, Baked Bush Veg 1 Cup	1 Cup	281	24	60.19
21-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	77	5	7.55
20-FRIES, SEASONED Baked	2.4 oz	121	0	20.2
20-FRIES, Seasoned Fried	2.4 oz	142	0	20.2
21-MIXED FRUIT: can, lt syrup	1/2 cup	69	15	16.84
00-PEARS, FRESH 120 ct	1 Each	80	14	21.32
20-SAUCE, Sweet & Sour 1oz	1 Each	51	11	13.16
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0

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Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 10/29/2021				
9-12 BREAKFAST YEAR R	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-PIZZA BAGEL, Bkft RedSau IW	1 Each	246	3	34.0
21-ROLL,CINNAMON WG, IW	1 Each	240	12	38.0
21-POPTART, STRAWBERRY 2 ct WG	Pkg (2 ct)	340	29	73.0
21-POPTART, CINNAMON 2 ct WG	Pkg (2 ct)	340	30	73.0
21-POPTART, BLUEBERRY 2 ct WG	Pkg (2 ct)	340	29	72.0
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-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	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 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, STRAWBERRY FF 8oz	Carton (8 oz)	110	18	19.0
21-MILK, VANILLA FF 8oz, RS	Carton (8 oz)	110	18	19.0
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
20-SPAGHETTI w/Canned Sauce	1 Cup	542	11	88.37
21-BREADSTICK, GARLIC WW	1 Each	110	2	17.0
22-Beto BOX, Yogurt, Cheese	Box	418	41	68.86
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
21-PIZZA, CHEESE HS	Slice	314	6	31.0

\*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

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
21-SALAD, Southwest Chick	1 Each	181	6	12.51
20-SALAD, CAESAR CHICKEN	Salad	129	1	3.2
20-SALAD, Popcorn Chicken	1 Each	191	5	17.3
20-SALAD, Chef Lett&Chees Base	Salad	140	3	7.33
20-SALAD, Chef Ham-Diced	1.22 oz	43	1	1.83
20-SALAD, Chef Chicken Strips	1.25 oz	63	0	2.53
20-CRACKERS, Saltine 4ct 2g eq	4 pkgs	200	0	36.0
20-DRESSING, 1.5 French Lite	1 Each	80	8	11.0
20-DRESSING, 1.5 Italian	1 Each	80	4	5.0
20-DRESSING, 1.5 Ranch	1 Each	111	4	9.11
19-DRESSING, 1.5 Caesar	1 Each	160	2	3.0
22-SALAD, Mixed GardenTom/Cum	1 CUP	18	2	3.63
20-CARROTS, Glazed frozen	1/2 cup	103	13	17.4
21-FRUIT COOL TROPIC, All flav	Each 4.4 oz	60	12	15.0
00-PEARS,FRESH 120 ct	1 Each	80	14	21.32
00-APPLES, Fresh, Whole	1 Each	75	15	19.72
00-BANANAS 100-120 CT	1 Each	121	16	31.06
00-ORANGES 125 ct	1 Each (125 ct)	74	15	18.22
20-SAUCE, HOT, Packet 7g	1 Each	0	0	0.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
20-MAYONNAISE FF 12g	1 Each	30	0	0.59
20-MUSTARD 5.5g portion	1 Each	5	0	0.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-DRESSING, 12G French Red	PK (12 G)	10	2	3.0
20-DRESSING, 12G Italian	PK (12 G)	5	0	1.0
20-DRESSING, 12G Ranch	Pk (12 g ea)	9	0	1.92

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