

Cumberland County Schools

Apr 12, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Combined: 3 DAY MEAL BUNDLE BREAKFAST/
DAY MEAL BUNDLE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 04/14/2021				
3 DAY MEAL BUNDLE BRE	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
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
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-PANCAKES, Mini ChocChip IW	1 Each	220	13	37.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
3 DAY MEAL BUNDLE LUN	Total			
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21MB-CORN DOG NUGGETS	6 Nuggets	251	1	30.15
21MB-CHICKEN, POPCORN WG	10 pieces/serv	170	1	15.99
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
21MB-CHEESE DUNKERS, WG, 4.2oz	2 Sticks	290	1	28.0
21MB-SAUCE, MARINARAw/Spag Sc	.25 Cup	27	4	5.87
21MB-CARROTS COINS	1/2 cup	27	3	6.41
21-STRAWBERRY CUP, Frzn 4.5oz	Each Cup 4.5oz	90	18	22.0
20-KETCHUP: individual	1 Each	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

Wed - 04/21/2021				
3 DAY MEAL BUNDLE BRE	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
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
3 DAY MEAL BUNDLE LUN	Total			
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21-PIZZA, CHEESE HS	Slice	314	6	31.0
21-PIZZA, PEPPERONI HS	Slice	346	6	31.0
21MB-BROCCOLI frzn 1/2 cup	1/2 Cup	27	1	5.14
20-RAISINS Indiv. Box	1 Box (43 g)	120	27	29.0

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.

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DAY MEAL BUNDLE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 04/28/2021				
3 DAY MEAL BUNDLE BRE	Total			
21-MILK, PLAIN 1% 8oz	1 Each	110	12	13.0
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-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 BananaWG IW	1 Each	200	7	37.0
21-PANCAKES, Mini BBerryWG IW	1 Each	210	11	35.0
20-SYRUP, 1.5 oz cup	Each 1.5oz	120	17	31.0
3 DAY MEAL BUNDLE LUN	Total			
21-MILK, CHOCOLATE FF 8oz	1 Each	120	18	20.0
21MB-CHICKEN, Nugget WG	5 pieces/serv	171	1	16.11
21-xCRACKERS, GOLDFISH WG	Each (.75 oz)	100	0	14.0
21MB-FRIES, EMOJI	2.41 OZ	133	0	20.43
21MB-FRIES, SEASONED	2.4 oz	121	0	20.2
21-MIXED BERRY CUP, Frz 4 oz	Each 4 oz	70	13	16.0
20-KETCHUP: individual	1 Each	10	2	2.0
20-SAUCE, BBQ 12g	1 Each	15	1	3.51
Weighted Daily Average % of Calories		1005	74 29.5%	173.62 69.1%
Nutrient Guideline		0		

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