

Cumberland County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 2 MINI DONUTS PACK MINI WAFFLE JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Dec - 3 MINI DONUTS PACK BREAKFAST PIZZA JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 4 MINI DONUTS PACK EGG, BACON & CH BIS JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 5 MINI DONUTS PACK CHICKEN BISCUIT JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK BK	Dec - 6 MINI DONUTS PACK PANCAKE ON A STICK JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Avg Nutrients Target Cals... 465 100% Sodium. 621 mg Sugar 36.7*g 31.6%Cal Prot 15.3g 13.2%Cal Carb 79.7g 68.6%Cal T.Fat 10.2g 19.7%Cal S.Fat 4.0g 7.8%Cal
Nutrients Target Cals... 420 100% Sodium. 352 mg Sugar 40.4*g 38.5%Cal Prot 11.7g 11.1%Cal Carb 79.6g 75.8%Cal T.Fat 6.9g 14.9%Cal S.Fat 2.3g 5.0%Cal	Nutrients Target Cals... 452 100% Sodium. 559 mg Sugar 33.3*g 29.4%Cal Prot 17.3g 15.3%Cal Carb 76.9g 68.0%Cal T.Fat 8.6g 17.1%Cal S.Fat 3.4g 6.8%Cal	Nutrients Target Cals... 494 100% Sodium. 854 mg Sugar 32.4*g 26.2%Cal Prot 15.7g 12.7%Cal Carb 75.3g 61.0%Cal T.Fat 15.0g 27.4%Cal S.Fat 6.4g 11.6%Cal	Nutrients Target Cals... 498 100% Sodium. 791 mg Sugar 33.3*g 26.8%Cal Prot 15.9g 12.8%Cal Carb 81.6g 65.6%Cal T.Fat 12.7g 23.0%Cal S.Fat 5.4g 9.8%Cal	Nutrients Target Cals... 460 100% Sodium. 547 mg Sugar 44.3*g 38.6%Cal Prot 15.8g 13.7%Cal Carb 85.2g 74.2%Cal T.Fat 7.7g 15.0%Cal S.Fat 2.7g 5.2%Cal	
Dec - 9 CINNAMON ROLL FRENCH TOAST STICK JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Dec - 10 CINNAMON ROLL SAUSAGE CROISSANT JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK BK	Dec - 11 CINNAMON ROLL PANCAKE ON A STICK JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Dec - 12 CINNAMON ROLL CHICKEN BISCUIT JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 13 CINNAMON ROLL BREAKFAST PIZZA JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Avg Nutrients Target Cals... 432 100% Sodium. 541 mg Sugar 32.9*g 30.5%Cal Prot 15.6g 14.4%Cal Carb 74.0g 68.6%Cal T.Fat 9.3g 19.4%Cal S.Fat 2.5g 5.2%Cal
Nutrients Target Cals... 480 100% Sodium. 455 mg Sugar 36.0*g 30.0%Cal Prot 14.5g 12.1%Cal Carb 84.8g 70.6%Cal T.Fat 9.6g 17.9%Cal S.Fat 2.1g 3.9%Cal	Nutrients Target Cals... 350 100% Sodium. 334 mg Sugar 30.9*g 35.3%Cal Prot 13.9g 15.8%Cal Carb 58.5g 66.9%Cal T.Fat 10.5g 26.9%Cal S.Fat 1.0g 2.6%Cal	Nutrients Target Cals... 401 100% Sodium. 552 mg Sugar 35.5*g 35.4%Cal Prot 15.7g 15.6%Cal Carb 71.8g 71.6%Cal T.Fat 6.8g 15.2%Cal S.Fat 1.9g 4.3%Cal	Nutrients Target Cals... 480 100% Sodium. 799 mg Sugar 29.9*g 24.9%Cal Prot 16.3g 13.5%Cal Carb 78.2g 65.1%Cal T.Fat 12.0g 22.5%Cal S.Fat 4.7g 8.8%Cal	Nutrients Target Cals... 446 100% Sodium. 568 mg Sugar 32.1*g 28.8%Cal Prot 17.6g 15.8%Cal Carb 76.6g 68.6%Cal T.Fat 7.8g 15.8%Cal S.Fat 2.7g 5.4%Cal	

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.

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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Dec - 16 ASSORTED PASTRIES PANCAKE MINIS JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Dec - 17 ASSORTED PASTRIES BREAKFAST PIZZA JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 18 ASSORTED PASTRIES EGG, SAUSAGE &CH BI JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 19 ASSORTED PASTRIES CHICKEN BISCUIT JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Dec - 20 ASSORTED PASTRIES PANCAKE ON A STICK JUMPSTART CEREAL P ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK PANCAKE SYRUP	Avg Nutrients Target Cals... 459 100% Sodium. 651 mg Sugar 33.8*g 29.4%Cal Prot 16.2g 14.1%Cal Carb 76.5g 66.6%Cal T.Fat 11.1g 21.7%Cal S.Fat 3.3g 6.5%Cal
Nutrients Target Cals... 425 100% Sodium. 417 mg Sugar 37.6*g 35.4%Cal Prot 12.5g 11.7%Cal Carb 80.1g 75.3%Cal T.Fat 7.0g 14.9%Cal S.Fat 1.6g 3.5%Cal	Nutrients Target Cals... 443 100% Sodium. 556 mg Sugar 32.3*g 29.2%Cal Prot 17.5g 15.8%Cal Carb 76.0g 68.5%Cal T.Fat 7.9g 16.0%Cal S.Fat 2.7g 5.5%Cal	Nutrients Target Cals... 540 108% Sodium. 950 mg Sugar 31.4*g 23.3%Cal Prot 19.5g 14.5%Cal Carb 74.3g 55.1%Cal T.Fat 21.7g 36.1%Cal S.Fat 5.7g 9.4%Cal	Nutrients Target Cals... 491 100% Sodium. 791 mg Sugar 32.0*g 26.1%Cal Prot 16.1g 13.1%Cal Carb 81.0g 66.0%Cal T.Fat 12.0g 22.0%Cal S.Fat 4.7g 8.6%Cal	Nutrients Target Cals... 398 100% Sodium. 540 mg Sugar 35.7*g 35.9%Cal Prot 15.6g 15.6%Cal Carb 71.2g 71.5%Cal T.Fat 6.8g 15.4%Cal S.Fat 2.0g 4.4%Cal	
Dec - 23	Dec - 24	Dec - 25	Dec - 26	Dec - 27	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal
Dec - 30	Dec - 31				Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal

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