

Cumberland County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																
Dec - 2 PIZZA CRUNCHERS CHICKEN TENDERS W/GARLIC BREAD STIC UNCRUSTABLE COMB ANYTIMERS BUSH'S BAKED BEANS SWEET POTATO FRIES MARINARA CUP CARROT STICKS W/LF CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Dec - 3 MAC N CHEESE BREADED CHICKEN DR GARLIC BRD STK W/EI UNCRUSTABLE COMB ANYTIMERS COOKED GREEN BEAN MASH POTATOES & GR CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 4 GRILLED CHEESE W/S CORN DOG NUGGETS UNCRUSTABLE COMB ANYTIMERS HOT VEGGIE CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Dec - 5 CHIX NUGGETS W/WAF EGG, SAUSAGE &CH BI UNCRUSTABLE COMB ANYTIMERS EMOJI POTATO PUFFS CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT FRUIT JUICE OR FRZ T 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP PANCAKE SYRUP	Dec - 6 PIZZA, STUFF CRUST C PIZZA, STUFF CRUST P CHEESEBURGER UNCRUSTABLE COMB ANYTIMERS STEAMED BROCCOLI CARROT STICKS W/LF CUCUMBER/CELERY W MARINARA CUP CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK RANCH CATSUP	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">645 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1239 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">31.9*g 19.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">29.9*g 18.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">90.1g 55.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.7g 27.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.5g 7.6%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	645 100%	Sodium.	1239 mg	Sugar	31.9*g 19.8%Cal	Prot	29.9*g 18.6%Cal	Carb	90.1g 55.9%Cal	T.Fat	19.7g 27.5%Cal	S.Fat	5.5g 7.6%Cal																																																																
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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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<p>Dec - 16</p> <p>PIZZA CRUNCHERS CHICKEN NUGGETS W/GARLIC BREAD STIC UNCRUSTABLE COMB ANYTIMERS OVEN BAKED HASH BR HOT VEGGIE CARROT STICKS W/LF MARINARA CUP CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP</p>	<p>Dec - 17</p> <p>SALISBURY STEAK BEEF NUGGETS W/GARLIC KNOT UNCRUSTABLE COMB ANYTIMERS MASH POTATOES & GR COOKED GREEN BEAN CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP</p>	<p>Dec - 18</p> <p>CHICKEN ALFREDO W/GARLIC KNOT HOT DOG UNCRUSTABLE COMB ANYTIMERS STEAMED BROCCOLI CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP</p>	<p>Dec - 19</p> <p>CORN DOG NUGGETS BREADED CHICKEN DR W/GARLIC BREAD STIC UNCRUSTABLE COMB ANYTIMERS MASH POTATOES & GR BUSH'S BAKED BEANS CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT FRUIT JUICE OR FRZ T 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP</p>	<p>Dec - 20</p> <p>FRENCH BREAD PIZZA CHEESE OR PEPPERO TAQUITOS UNCRUSTABLE COMB ANYTIMERS SWEET POTATO FRIES ROMAINE SALAD W/TO MARINARA CUP CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK RANCH</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Avg Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>642 100%</td> </tr> <tr> <td>Sodium.</td> <td>1210 mg</td> </tr> <tr> <td>Sugar 30.7*g</td> <td>19.1%Cal</td> </tr> <tr> <td>Prot 28.0*g</td> <td>17.5%Cal</td> </tr> <tr> <td>Carb 91.1g</td> <td>56.7%Cal</td> </tr> <tr> <td>T.Fat 19.7g</td> <td>27.6%Cal</td> </tr> <tr> <td>S.Fat 5.6g</td> <td>7.9%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	642 100%	Sodium.	1210 mg	Sugar 30.7*g	19.1%Cal	Prot 28.0*g	17.5%Cal	Carb 91.1g	56.7%Cal	T.Fat 19.7g	27.6%Cal	S.Fat 5.6g	7.9%Cal																																																																
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Cumberland County Public Schools

	Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
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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