

Cumberland County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																															
Dec - 2 CHICKEN BISCUIT PARFAIT SMUCKERS PB&J ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 3 EGG, BACON & CH BIS ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 4 SAUSAGE BISCUIT ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 5 BREAKFAST PIZZA ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 6 EGG, SAUSAGE & CH BI ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">487 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">689 mg</td> </tr> <tr> <td>Sugar 39.3*g</td> <td style="text-align: right;">32.3%Cal</td> </tr> <tr> <td>Prot 15.6g</td> <td style="text-align: right;">12.8%Cal</td> </tr> <tr> <td>Carb 79.6g</td> <td style="text-align: right;">65.4%Cal</td> </tr> <tr> <td>T.Fat 13.2g</td> <td style="text-align: right;">24.5%Cal</td> </tr> <tr> <td>S.Fat 4.0g</td> <td style="text-align: right;">7.3%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	487 100%	Sodium.	689 mg	Sugar 39.3*g	32.3%Cal	Prot 15.6g	12.8%Cal	Carb 79.6g	65.4%Cal	T.Fat 13.2g	24.5%Cal	S.Fat 4.0g	7.3%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.

Cumberland County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 16 CHICKEN BISCUIT PARFAIT SMUCKERS PB&J ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 17 EGG, BACON & CH BIS ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 18 SAUSAGE BISCUIT ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 19 BREAKFAST PIZZA ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Dec - 20 EGG, SAUSAGE & CH BI ASSORTED PASTRIES JUMPSTART CEREAL P SMUCKERS PB&J YOGURT PARFAIT ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Avg Nutrients Target Cals... 487 100% Sodium. 689 mg Sugar 39.3*g 32.3%Cal Prot 15.6g 12.8%Cal Carb 79.6g 65.4%Cal T.Fat 13.2g 24.5%Cal S.Fat 4.0g 7.3%Cal
Nutrients Target Cals... 475 100% Sodium. 691 mg Sugar 37.4*g 31.5%Cal Prot 14.7g 12.4%Cal Carb 82.1g 69.2%Cal T.Fat 10.5g 19.8%Cal S.Fat 3.8g 7.3%Cal	Nutrients Target Cals... 489 100% Sodium. 748 mg Sugar 39.8*g 32.6%Cal Prot 14.8g 12.1%Cal Carb 79.0g 64.7%Cal T.Fat 13.1g 24.2%Cal S.Fat 4.9g 9.1%Cal	Nutrients Target Cals... 482 100% Sodium. 671 mg Sugar 38.8*g 32.1%Cal Prot 14.5g 12.1%Cal Carb 77.7g 64.4%Cal T.Fat 15.6g 29.0%Cal S.Fat 3.6g 6.8%Cal	Nutrients Target Cals... 455 100% Sodium. 508 mg Sugar 40.5*g 35.6%Cal Prot 16.1g 14.2%Cal Carb 80.4g 70.6%Cal T.Fat 7.9g 15.7%Cal S.Fat 2.5g 5.0%Cal	Nutrients Target Cals... 534 100% Sodium. 828 mg Sugar 39.8*g 29.8%Cal Prot 17.8g 13.3%Cal Carb 79.0g 59.2%Cal T.Fat 19.1g 32.3%Cal S.Fat 4.9g 8.3%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

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.