

Cumberland County Public Schools

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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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Cumberland County Public Schools

Monday			Tuesday			Wednesday			Thursday			Friday			Nutrients		
Nutrients		Target															
Cals...	420	100%	Cals...	452	100%	Cals...	494	100%	Cals...	498	100%	Cals...	460	100%			
Sodium.	352 mg		Sodium.	559 mg		Sodium.	854 mg		Sodium.	791 mg		Sodium.	547 mg				
Sugar	40.4*g	38.5%Cal	Sugar	33.3*g	29.4%Cal	Sugar	32.4*g	26.2%Cal	Sugar	33.3*g	26.8%Cal	Sugar	44.3*g	38.6%Cal			
Prot	11.7g	11.1%Cal	Prot	17.3g	15.3%Cal	Prot	15.7g	12.7%Cal	Prot	15.9g	12.8%Cal	Prot	15.8g	13.7%Cal			
Carb	79.6g	75.8%Cal	Carb	76.9g	68.0%Cal	Carb	75.3g	61.0%Cal	Carb	81.6g	65.6%Cal	Carb	85.2g	74.2%Cal			
T.Fat	6.9g	14.9%Cal	T.Fat	8.6g	17.1%Cal	T.Fat	15.0g	27.4%Cal	T.Fat	12.7g	23.0%Cal	T.Fat	7.7g	15.0%Cal			
S.Fat	2.3g	5.0%Cal	S.Fat	3.4g	6.8%Cal	S.Fat	6.4g	11.6%Cal	S.Fat	5.4g	9.8%Cal	S.Fat	2.7g	5.2%Cal			

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