Cumberland County Public Schools

Dec 16, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Jan - 1	Jan - 2	Jan - 3	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
Jan - 6 CHICKEN DRUMMIES W/FRENCH TOAST STI PEPPERONI PINWHEEL UNCRUSTABLE COMB ANYTIMERS STEAMED BROCCOLI HOT VEGGIE CARROT STICKS W/LF MARINARA CUP CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Jan - 7 TANGERINE CHICKEN HAMBURGER CHEESEBURGER UNCRUSTABLE COMB ANYTIMERS COOKED GREEN BEAN CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Jan - 8 SLOPPY JOE OVER TA W/ ROLL HOT HAM & CH SANDW UNCRUSTABLE COMB ANYTIMERS OVEN BAKED HASH BR CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Jan - 9 LOADED NACHOS CHICKEN QUESADILLA ANYTIMERS UNCRUSTABLE COMB BUSH'S BEST TACO FI VEG CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT FRUIT JUICE OR FRZ T 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Jan - 10 PIZZA, STUFF CRUST C PIZZA, STUFF CRUST P CORN DOG UNCRUSTABLE COMB ANYTIMERS SWEET POTATO FRIES ROMAINE SALAD W/TO MARINARA CUP CUCUMBER/CELERY W CARROT STICKS W/LF CAN & FRESH FRUIT CHOCOLATE MILK 1% WHITE MILK STRAWBERRY MILK RANCH CATSUP	Avg Nutrients Target Cals 604 100% Sodium. 1117 mg Sugar 29.7*g 19.7%Cal Prot 28.5*g 18.9%Cal Carb 86.0g 57.0%Cal T.Fat 16.2g 24.2%Cal S.Fat 4.5g 6.7%Cal
Nutrients Target Cals 617 100% Sodium. 864 mg Sugar 30.9*g 20.0%Cal Prot 27.9g 18.1%Cal Carb 84.2g 54.6%Cal T.Fat 17.4g 25.3%Cal S.Fat 4.4g 6.4%Cal	Nutrients Target Cals 552 100% Sodium. 1018 mg Sugar 34.0*g 24.6%Cal Prot 27.4g 19.8%Cal Carb 82.0g 59.5%Cal T.Fat 13.3g 21.7%Cal S.Fat 4.6g 7.5%Cal	Nutrients Target Cals 648 100% Sodium. 1338 mg Sugar 28.8*g 17.8%Cal Prot 32.8g 20.2%Cal Carb 96.3g 59.5%Cal T.Fat 15.3g 21.3%Cal S.Fat 4.1g 5.7%Cal	Nutrients Target Cals 606 100% Sodium. 1183 mg Sugar 25.8*g 17.0%Cal Prot 29.6*g 19.5%Cal Carb 81.4g 53.7%Cal T.Fat 17.7g 26.2%Cal S.Fat 4.6g 6.8%Cal	Nutrients Target Cals 595 100% Sodium. 1181 mg Sugar 29.0*g 19.5%Cal Prot 25.0*g 16.8%Cal Carb 86.2g 58.0%Cal T.Fat 17.4g 26.4%Cal S.Fat 4.9g 7.5%Cal	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 13	Jan - 14	Jan - 15	Jan - 16	Jan - 17	Avg Nutrients Target Cals 625 100%
CHIX NUGGETS W/ROL 2 BOSCO STICKS ANYTIMERS UNCRUSTABLE COMB OVEN BAKED WEDGE HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	BREADED CHICKEN DR W/ ROLL RIB BQ SANDWICH UNCRUSTABLE COMB ANYTIMERS MASH POTATOES & GR BUSH'S BAKED BEANS CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	MACARONI AND CHEE MANWICH SLOPPY JOE UNCRUSTABLE COMB ANYTIMERS SWEET POTATO FRIES CARROT STICKS W/LF CUCUMBER/CELERY W MARINARA CUP CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	SPAGHETTI W/ MEAT B W/WG GARLIC TEXAS CHICKEN SANDWICH UNCRUSTABLE COMB ANYTIMERS STEAMED BROCCOLI ROMAINE SALAD W/TO CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT FRUIT JUICE OR FRZ T 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	FRENCH BREAD PIZZA CHEESE OR PEPPERO FISH SANDWICH UNCRUSTABLE COMB ANYTIMERS COOKED GREEN BEAN MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK RANCH CATSUP	Sodium. 1082 mg Sugar 31.5*g 20.2*Cal Prot 31.2*g 20.0*Cal Carb 90.5g 58.0*Cal T.Fat 16.6g 23.9*Cal S.Fat 5.1g 7.3*Cal
Nutrients Target Cals 689 106% Sodium. 1075 mg Sugar 29.0*g 16.8%Cal Prot 33.3*g 19.3%Cal Carb 92.7g 53.8%Cal T.Fat 22.0g 28.8%Cal S.Fat 6.0g 7.8%Cal	Nutrients Target Cals 631 100% Sodium. 1416 mg Sugar 35.2*g 22.3%Cal Prot 28.0*g 17.7%Cal Carb 97.0g 61.5%Cal T.Fat 15.7g 22.4%Cal S.Fat 4.0g 5.7%Cal	Nutrients Target Cals 562 100% Sodium. 1078 mg Sugar 34.3*g 24.4%Cal Prot 31.0*g 22.1%Cal Carb 77.2g 55.0%Cal T.Fat 14.7g 23.5%Cal S.Fat 6.1g 9.7%Cal	Nutrients Target Cals 694 107% Sodium. 889 mg Sugar 28.6*g 16.5%Cal Prot 36.6*g 21.1%Cal Carb 104.5g 60.2%Cal T.Fat 16.5g 21.4%Cal S.Fat 5.0g 6.5%Cal	Nutrients Target Cals 548 100% Sodium. 954 mg Sugar 30.6*g 22.3%Cal Prot 27.0*g 19.7%Cal Carb 81.3g 59.3%Cal T.Fat 14.1g 23.1%Cal S.Fat 4.3g 7.0%Cal	
Jan - 20	Jan - 21 TERIYAKI CHX W/F RIC CHICKEN SANDWICH UNCRUSTABLE COMB ANYTIMERS STEAMED BROCCOLI CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Jan - 22 CHICKEN DRUMMIES W/GARLIC BREAD STIC HOT HAM & CH SANDW UNCRUSTABLE COMB ANYTIMERS COOKED GREEN BEAN OVEN BAKED WEDGE CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Jan - 23 LOADED NACHOS TAQUITOS UNCRUSTABLE COMB ANYTIMERS REFRIED BEANS SALSA CUP CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT FRUIT JUICE OR FRZ T 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Jan - 24 LOADED NACHOS TAQUITOS UNCRUSTABLE COMB ANYTIMERS REFRIED BEANS SALSA CUP CARROT STICKS W/LF CUCUMBER/CELERY W CAN & FRESH FRUIT FRUIT JUICE OR FRZ T 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Avg Nutrients Target Cals 591 100% Sodium. 1211 mg Sugar 28.9*g 19.5%Cal Prot 30.2*g 20.4%Cal Carb 85.6g 57.9%Cal T.Fat 14.9g 22.7%Cal S.Fat 3.3g 4.9%Cal

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Nutrients Monday Friday Tuesday Wednesday Thursday Nutrients Nutrients Target Nutrients Target Nutrients Target Target Cals... 585 100% Cals... 684 105% Cals... 548 100% Cals... 548 100% Sodium. 971 mg Sodium. 1456 mg Sodium. 1209 mg Sodium. 1209 mg Sugar 30.7*g 17.9%Cal Sugar 26.0*g 19.0%Cal Sugar 32.7*g 22.4%Cal Sugar 26.0*g 19.0%Cal 33.3*g 22.8%Cal 30.2*g 17.6%Cal 28.6*g 20.9%Cal 28.6*g 20.9%Cal Prot Prot Prot 90.3g 96.7g 56.5%Cal 77.7g 61.8%Cal Carb Carb 77.7g 56.7%Cal Carb 56.7%Cal T.Fat 10.1g 15.6%Cal T.Fat 21.29 27.9%Cal T.Fat 14.1q23.2%Cal T.Fat 14.1q23.2%Cal 2.1g 3.3%Cal 5.9%Cal 3.2g 5.2%Cal 3.2g 5.2%Cal S.Fat S.Fat 4.5g S.Fat S.Fat Jan - 27 Jan - 28 Jan - 29 Jan - 30 Jan - 31 Avg Nutrients Target Cals... 645 100% Sodium. 1239 mg PIZZA CRUNCHERS MAC N CHEESE **GRILLED CHEESE W/S** CHIX NUGGETS W/WAF PIZZA, STUFF CRUST C Sugar 31.9*g 19.8%Cal **CHICKEN TENDERS** BREADED CHICKEN DR CORN DOG NUGGETS EGG, SAUSAGE &CH BI PIZZA, STUFF CRUST P Prot 29.9*q 18.6%Cal W/GARLIC BREAD STIC GARLIC BRD STK W/EI UNCRUSTABLE COMB UNCRUSTABLE COMB **CHEESEBURGER** 90.1g 55.9%Cal Carb **UNCRUSTABLE COMB** UNCRUSTABLE COMB **ANYTIMERS ANYTIMERS UNCRUSTABLE COMB** 27.5%Cal T.Fat 19.7g **ANYTIMERS** ANYTIMERS **HOT VEGGIE EMOJI POTATO PUFFS ANYTIMERS** S.Fat 5.5q 7.6%Cal **BUSH'S BAKED BEANS** COOKED GREEN BEAN CUCUMBER/CELERY W CUCUMBER/CELERY W STEAMED BROCCOLI **SWEET POTATO FRIES** MASH POTATOES & GR CARROT STICKS W/LF CARROT STICKS W/LF CARROT STICKS W/LF MARINARA CUP CARROT STICKS W/LF **CAN & FRESH FRUIT CAN & FRESH FRUIT** CUCUMBER/CELERY W CARROT STICKS W/LF CUCUMBER/CELERY W FRUIT JUICE OR FRZ T 1% WHITE MILK MARINARA CUP **CAN & FRESH FRUIT** CAN & FRESH FRUIT CHOCOLATE MILK 1% WHITE MILK **CAN & FRESH FRUIT** 1% WHITE MILK 1% WHITE MILK ASSORTED FRUIT JUIC STRAWBERRY MILK CHOCOLATE MILK CHOCOLATE MILK 1% WHITE MILK **CATSUP** STRAWBERRY MILK CHOCOLATE MILK STRAWBERRY MILK CHOCOLATE MILK CATSUP STRAWBERRY MILK CATSUP STRAWBERRY MILK PANCAKE SYRUP RANCH **CATSUP** Nutrients Target Nutrients Target Nutrients Target Nutrients Target Nutrients Target Cals... 659 101% Cals... 706 109% Cals... 529 Cals... 741 114% Cals... 590 100% Sodium. 1015 mg Sodium. 1614 ma Sodium. 1371 mg Sodium. 1073 mg Sodium. 1122 mg Sugar 36.0*g 19.4%Cal Sugar 26.7*g 18.1%Cal Sugar 33.1*g 20.1%Cal Sugar 34.4*g 19.5%Cal Sugar 29.2*g 22.1%Cal Prot 30.2*g 18.3%Cal Prot 34.1*g 19.3%Cal Prot 25.2*q 19.0%Cal Prot 29.9*q 16.1%Cal Prot 30.3*q 20.6%Cal 81.9g 78.1g 89.6g 54.4%Cal Carb 106.2g 60.2%Cal 61.9%Cal Carb 94.6g 51.1%Cal Carb 52.9%Cal T.Fat 21.3q 29.1%Cal T.Fat 17.9q 22.8%Cal T.Fat 11.7g 19.8%Cal T.Fat 28.4q 34.6%Cal T.Fat 19.2q 29.3%Cal 7.9%Cal S.Fat 5.89 S.Fat 4.89 6.1%Cal S.Fat 3.69 6.1%Cal S.Fat 6.7q 8.1%Cal S.Fat 6.59 9.9%Cal

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