Cumberland County Schools

Nov 2, 2026 thru Dec 4, 2026

Menu Name: 6-8 LUNCH TRADITIONAL

Monday - 11/02/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900565 27-PIZZA, Pizza Hut Pepperoni	Slice	350	2.00	*N/A*	35.00
900567 27-PIZZA, Pizza Hut CHEESE	Slice	320	2.00	*N/A*	36.00
900297 27-CHIC FAJITA W/ChicDiced EM	SERVINGS	343	2.28	*0.00	27.59
900281 27-CORN, Canned USDA	1/2 Cup	105	6.50	*0.00	14.02
900282 27-CORN, frozen USDA	1/2 cup	83	3.17	*0.00	16.28
900254 27-PEAS & CARROTS	1/2 Cup	70	4.29	*0.00	10.40
900286 27-PEACHES Diced, cnd	1/2 Cup	69	15.00	*N/A*	16.16
900286 27-PEACHES Diced, cnd	1/2 Cup	69	15.00	*N/A*	16.16
900289 27-PEACH CUP, Frzn 4.4oz	Each	90	19.00	*N/A*	21.00
900307 27-SALSA, Mild	.25 cup	20	2.01	2.01	4.03
004944 00-LETTUCE, shredded (bag)	1/2 cup	4	0.75	0.00	1.12
005460 00-LETTUCE, Leaf Green	1 lf	3	0.00	0.00	0.38
004979 00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	7	0.71	0.00	1.28
900329 27-SAUCE, TACO 9g pk	Packs	5	0.00	0.00	1.00
900334 27-SOUR CREAM 1oz	Each (1 oz)	50	1.00	0.00	2.00

Wednesday - 11/04/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900089 27-CHICKEN, Tenders WG	3 pieces/4.23oz	261	0.00	0.00	15.38
900481 27-ROLL, WG Roll Dough 2.2	Roll	178	5.00	5.00	29.00
900470 27-SANDWICH, ITAL GRILL CHEESE	Sandwich	345	3.12	2.00	30.50
900174 MC Yogurt Lunch Pack - NO PLAN	Lunch Pack	359	28.00	18.00	52.00
900158 27-YOGURT, Straw/Banana 4oz ea	Each	70	9.00	5.00	12.00
900157 27-YOGURT, Strawberry 4oz ea	Each	60	9.00	4.00	12.00
900159 26-YOGURT, Vanilla 4oz ea	Each	70	9.00	5.00	12.00

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900690 27-CHEESE, String Mozzarell1oz	Each	60	0.00	0.00	0.00
900152 27-CHEESE, STICK Cheddar 1oz	Each	110	0.00	0.00	0.00
900689 27-CHEESE, Coly Jack 1oz	Each	110	0.00	0.00	0.00
900229 27-MUFFIN, AppleCinn,WG IW	Each	224	16.00	13.00	38.00
900181 27-MUFFIN, Banana,WG IW	Each	229	18.00	13.00	39.00
900183 27-MUFFIN, Choc Chip, WG IW	Each	229	17.00	14.00	39.00
900231 27-MUFFIN,Blueberry, WG IW	Each	258	13.00	7.20	40.00
900551 27-BROCCOLI, Parmesan Garlic Roasted	1/2 CUP	47	0.94	*0.00	4.59
900316 27-SOUP, TOMATO	1 Cup	94	10.39	7.27	18.71
900290 27-PEARS Diced, cnd	1/2 Cup	65	13.08	*N/A*	17.45
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00

Thursday - 11/05/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900134 27-HAMBURGER,on Brioche	Sandwich	360	5.00	5.00	29.00
900136 27-HAMBURGER, on Bun DonLee	Sandwich	350	4.00	4.00	30.00
900691 27-CHEESE, Slice 1/2 oz	Slice	35	1.00	0.00	1.00
900133 27-CHEESEBURGER,Brioche	Sandwich	395	6.00	5.00	30.00
900135 27-CHEESEBURGER,WG BunDonLee	Sandwich	385	5.00	4.00	31.00
900311 27-CHICK ALFREDOw/Diced Chick	1 CUP	347	0.06	*0.00	26.38
900139 27-BREADSTICK, GARLIC WW	Each	100	0.00	0.00	15.00
900513 27-SALAD, Mixed Garden Tom/Car	1 CUP	23	2.29	0.00	4.77
900279 27-BEANS, Green Canned	1/2 cup	26	1.62	*0.00	3.11
900580 27-APPLE Slices, IW	Each	30	6.00	0.00	8.00
900563 26-APPLE, Fresh Wedges	3 Wedges	57	11.49	0.00	14.87
004961 00-APPLES, Fresh, Whole	Each	75	15.08	0.00	19.72
900314 27-PICKLE,Dill Slice 2 ea	2 Each	0	0.00	0.00	0.00
004979 00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	7	0.71	0.00	1.28
004944 00-LETTUCE, shredded (bag)	1/2 cup	4	0.75	0.00	1.12
005460 00-LETTUCE, Leaf Green	1 lf	3	0.00	0.00	0.38
004725 00-TOMATO, SLICED 2 slc	2 slc	4	0.68	0.00	0.89
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900613 27-SAUCE, Burger	#40 Scoop	47	0.96	0.86	2.30
900535 27-DRESSING, 12G Ranch	Pk (12 g ea)	10	1.00	1.00	2.00

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900536 27-DRESSING, SM Ranch	#30 Scoop	71	0.63	0.00	2.33

Friday - 11/06/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900100 27-CORN DOG NUGGETS	6 Nuggets	249	1.00	0.00	29.84
900342 27-TACO BOWL TkyTaco&CheeseM/H	Serv	412	4.04	*0.00	36.57
900375 27-BEANS,Pinto Southwest	2/3 Cup	168	1.64	*0.22	31.03
006753 00-VEGGIE CUP Carr, Cuc,Celery	1/2 Cup	20	2.56	0.00	4.54
006754 00-VEGGIE CUP Carr, Cuc,Tom	1/2 Cup	21	2.97	0.00	4.91
006755 00-VEGGIE CUP Carrots & Celery	1/2 Cup	21	2.52	0.00	4.65
006756 00-VEGGIE CUP Carrots & Cuc	1/2 Cup	25	3.52	0.00	5.84
006757 00-VEGGIE CUP,Tomato&Cucumber	1/2 Cup	14	1.79	0.00	3.19
900307 27-SALSA, Mild	.25 cup	20	2.01	2.01	4.03
900175 MC Seasonal Fresh Fruit - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900580 27-APPLE Slices, IW	Each	30	6.00	0.00	8.00
900563 26-APPLE, Fresh Wedges	3 Wedges	57	11.49	0.00	14.87
004961 00-APPLES, Fresh, Whole	Each	75	15.08	0.00	19.72
004962 00-BANANAS 100-120 CT	Each	121	16.32	0.00	31.06
004974 00-GRAPES,FRESH	1/2 Cup	58	12.91	0.00	15.32
004988 00-ORANGES 125 ct	1 Each (125 ct)	74	14.75	0.00	18.22
004990 00-PEARS,FRESH 120 ct	Each	79	13.79	0.00	21.15
900536 27-DRESSING, SM Ranch	#30 Scoop	71	0.63	0.00	2.33
900547 27-DRESSING, SM Srirac Ranch	#30 scoop	71	0.63	0.00	2.33
900535 27-DRESSING, 12G Ranch	Pk (12 g ea)	10	1.00	1.00	2.00
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00

Monday - 11/09/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900493 27-CHICKEN & RICE CASS,Diced	2/3 CUP	271	1.65	*0.00	18.56

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900481 27-ROLL, WG Roll Dough 2.2	Roll	178	5.00	5.00	29.00
900105 27-CHEESE DUNKERS, WG, 4.2oz	2 Each	290	4.00	1.00	28.00
900482 27-SAUCE, MARINARAw/SpagTomSc	.25 Cup	33	3.93	0.81	6.90
900249 27-CARROTS, Glaze Frozen	1/2 cup	107	13.14	*8.71	17.84
900279 27-BEANS, Green Canned	1/2 cup	26	1.62	*0.00	3.11
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900274 27-APPLESAUCE, cnd USDA	1/2 Cup	62	12.34	*N/A*	15.43

Tuesday - 11/10/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900382 27-SOUP, VEGETABLE BEEF	1 Cup	200	4.65	0.11	15.20
900575 26-SANDWICH, CheeseGrill	Each	267	4.00	2.00	30.00
900118 27-CHICKEN, SANDWICH (E/M) WG	Sandwich	320	6.00	4.00	46.00
900119 27-CHICKEN,PattieSpicy ProVie	Sandwich	330	5.00	4.00	46.00
900174 MC Yogurt Lunch Pack - NO PLAN	Lunch Pack	359	28.00	18.00	52.00
900158 27-YOGURT, Straw/Banana 4oz ea	Each	70	9.00	5.00	12.00
900157 27-YOGURT, Strawberry 4oz ea	Each	60	9.00	4.00	12.00
900159 26-YOGURT, Vanilla 4oz ea	Each	70	9.00	5.00	12.00
900152 27-CHEESE, STICK Cheddar 1oz	Each	110	0.00	0.00	0.00
900153 26-CHEESE, String Mozzarell1oz	Each	60	1.00	0.00	1.00
900229 27-MUFFIN, AppleCinn,WG IW	Each	224	16.00	13.00	38.00
900181 27-MUFFIN, Banana,WG IW	Each	229	18.00	13.00	39.00
900183 27-MUFFIN, Choc Chip, WG IW	Each	229	17.00	14.00	39.00
900231 27-MUFFIN,Blueberry, WG IW	Each	258	13.00	7.20	40.00
900280 27-BROCCOLI frzn	1/2 CUP	44	1.03	*0.00	5.20
900256 27-MIXED VEGETABLES, Frozen	1/2 cup	100	3.29	0.00	13.20
900285 27-FRUIT, MIX, cnd USDA	1/2 cup	62	12.78	3.93	15.74
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900314 27-PICKLE,Dill Slice 2 ea	2 Each	0	0.00	0.00	0.00
004979 00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	7	0.71	0.00	1.28
005460 00-LETTUCE, Leaf Green	1 lf	3	0.00	0.00	0.38
004944 00-LETTUCE, shredded (bag)	1/2 cup	4	0.75	0.00	1.12

Thursday - 11/12/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)

900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900086 27-CHICKEN CHUNK, Dill Flavor	4 pieces(4oz)	190	2.00	0.00	15.00
900139 27-BREADSTICK, GARLIC WW	Each	100	0.00	0.00	15.00
900699 27-RIB B QUE Hoagie/NEW MD/HS	Sandwich	373	17.45	15.84	45.27
900174 MC Yogurt Lunch Pack - NO PLAN	Lunch Pack	359	28.00	18.00	52.00
900158 27-YOGURT, Straw/Banana 4oz ea	Each	70	9.00	5.00	12.00
900157 27-YOGURT, Strawberry 4oz ea	Each	60	9.00	4.00	12.00
900159 26-YOGURT, Vanilla 4oz ea	Each	70	9.00	5.00	12.00
900152 27-CHEESE, STICK Cheddar 1oz	Each	110	0.00	0.00	0.00
900153 26-CHEESE, String Mozzarell1oz	Each	60	1.00	0.00	1.00
900689 27-CHEESE, Coly Jack 1oz	Each	110	0.00	0.00	0.00
900229 27-MUFFIN, AppleCinn,WG IW	Each	224	16.00	13.00	38.00
900181 27-MUFFIN, Banana,WG IW	Each	229	18.00	13.00	39.00
900183 27-MUFFIN, Choc Chip, WG IW	Each	229	17.00	14.00	39.00
900231 27-MUFFIN,Blueberry, WG IW	Each	258	13.00	7.20	40.00
900281 27-CORN, Canned USDA	1/2 Cup	105	6.50	*0.00	14.02
900282 27-CORN, frozen USDA	1/2 cup	83	3.17	*0.00	16.28
900375 27-BEANS,Pinto Southwest	2/3 Cup	168	1.64	*0.22	31.03
004988 00-ORANGES 125 ct	1 Each (125 ct)	74	14.75	0.00	18.22
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900546 00-ONION, Slices	1/8 cup	7	0.77	0.00	1.69

Friday - 11/13/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900121 27-HOT DOG Beef ON BUN WW	Hot Dog(s)	290	4.00	4.00	30.00
900687 27-CHILI, HOT DOG	#16 Scoop	52	2.51	*N/A*	5.47
900165 27-PORK, BBQ Sandwich Chandler	Each Sandwich	292	6.02	4.00	33.03
900267 27-FRIES,Cinn & Sugar Sweet Pot	1/2 C (3.25 oz)	156	10.42	1.54	22.80
900478 27-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	65	4.97	*0.96	7.61
900175 MC Seasonal Fresh Fruit - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900580 27-APPLE Slices, IW	Each	30	6.00	0.00	8.00
900563 26-APPLE, Fresh Wedges	3 Wedges	57	11.49	0.00	14.87

004961 00-APPLES, Fresh, Whole	Each	75	15.08	0.00	19.72
004962 00-BANANAS 100-120 CT	Each	121	16.32	0.00	31.06
004974 00-GRAPES,FRESH	1/2 Cup	58	12.91	0.00	15.32
004988 00-ORANGES 125 ct	1 Each (125 ct)	74	14.75	0.00	18.22
004990 00-PEARS,FRESH 120 ct	Each	79	13.79	0.00	21.15
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00

Monday - 11/16/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900107 27-PIZZA, Stuffed Crust Cheese	Slice	310	5.00	1.00	29.00
900111 27-PIZZA,PEPPERONI Pizzeria HS	Slice	350	5.00	1.00	30.00
900505 MC Entree - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900251 27-CARROTS, Savory frozen	1/2 cup	90	13.78	*9.88	17.82
900252 27-PEAS,Green frozen	1/2 Cup	91	4.78	*0.00	13.16
900286 27-PEACHES Diced, cnd	1/2 Cup	69	15.00	*N/A*	16.16
900289 27-PEACH CUP, Frzn 4.4oz	Each	90	19.00	*N/A*	21.00
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00

Tuesday - 11/17/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900525 27-TURKEY Medallions w/ Gravy	Servings(3/4c)	170	1.99	1.85	9.96
900496 27-DRESSING,BREAD STUFFING	1/2 cup	186	0.95	0.95	20.99
900481 27-ROLL, WG Roll Dough 2.2	Roll	178	5.00	5.00	29.00
900134 27-HAMBURGER,on Brioche	Sandwich	360	5.00	5.00	29.00
900136 27-HAMBURGER, on Bun DonLee	Sandwich	350	4.00	4.00	30.00
900691 27-CHEESE, Slice 1/2 oz	Slice	35	1.00	0.00	1.00

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900133 27-CHEESEBURGER,Brioche	Sandwich	395	6.00	5.00	30.00
900135 27-CHEESEBURGER,WG BunDonLee	Sandwich	385	5.00	4.00	31.00
900569 27-POTATOES, GLAZED SWEET	1/2 CUP	216	34.06	21.43	48.02
900279 27-BEANS, Green Canned	1/2 cup	26	1.62	*0.00	3.11
900338 27-PEARS, Baked	1/2 CUP	118	19.40	*3.68	23.91
900332 27-CRANBERRY SAUCE	1/4 cup	111	24.20	20.16	27.22
900314 27-PICKLE,Dill Slice 2 ea	2 Each	0	0.00	0.00	0.00
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900613 27-SAUCE, Burger	#40 Scoop	47	0.96	0.86	2.30
004979 00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	7	0.71	0.00	1.28
005460 00-LETTUCE, Leaf Green	1 lf	3	0.00	0.00	0.38
004944 00-LETTUCE, shredded (bag)	1/2 cup	4	0.75	0.00	1.12
004725 00-TOMATO, SLICED 2 slc	2 slc	4	0.68	0.00	0.89

Wednesday - 11/18/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900093 27-CHICKEN, ORANGE TANG WG	3.9 0Z	210	13.00	13.00	26.00
900490 27-RICE, Seasoned 1/2c	1/2 CUP	116	0.00	0.00	21.19
900481 27-ROLL, WG Roll Dough 2.2	Roll	178	5.00	5.00	29.00
900140 27-CROISSANT, Ham & Cheese	EACH	299	7.04	*3.00	33.06
900280 27-BROCCOLI frzn	1/2 CUP	44	1.03	*0.00	5.20
900529 MC Vegetable - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900284 27-MIXED BERRY CUP, Frz 4 oz USDA	Each	90	16.00	*N/A*	20.00
900327 27-SAUCE, Soy pk	Each	5	1.00	1.00	1.00
900328 27-SAUCE, Sweet & Sour 1oz	Each	50	12.00	11.00	13.00
900335 27-SAUCE,SrirachaHoney Dipping	#30 scoop	45	11.05	11.05	11.05
900336 27-Sauce,Teriyaki Min Dipping	#30 Scoop	60	11.08	11.08	13.10
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00

Thursday - 11/19/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00

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900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900087 27-CHICKEN NUGGETS, WG 5pc	5 pieces (3oz)	171	2.01	0.00	16.11
900481 27-ROLL, WG Roll Dough 2.2	Roll	178	5.00	5.00	29.00
900680 27-Sandwich, Philly Beef M/H	Each	362	5.92	4.00	29.74
900259 27-FRIES, FRENCH CRINKLE,Baked	1/2 C (1.98oz)	81	0.00	0.00	13.50
900266 27-FRIES, POTATO SMILES Baked	1/2 C (2.37 oz)	126	0.00	0.00	19.76
900652 27-FRIES, Seasoned POTATO SMILES Baked	1/2 C (2.37 oz)	128	0.08	0.00	20.07
900267 27-FRIES,Cinn & Sugar Sweet Pot	1/2 C (3.25 oz)	156	10.42	1.54	22.80
900260 27-FRIES,Crinkle Season Baked	1/2 C (1.98oz)	82	0.08	0.00	13.78
900671 27-FRIES,CRINKLSWEET POT Baked	1/2 C (3.25 oz)	148	8.88	0.00	21.08
900269 27-FRIES,SAVORY SWT POT Baked	1/2 C (3.13 oz)	169	7.37	0.00	25.28
900685 27-BEANS, Pinto Southern	2/3 cup	160	1.42	*0.00	29.46
900401 27-ORANGES, Mandarin lt syrup Purchased	1/2 cup	49	9.88	0.00	13.18
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00

Friday - 11/20/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900110 27-PIZZA, Fiestada WG 5.2 oz	Each	320	4.00	1.00	30.00
900505 MC Entree - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900281 27-CORN, Canned USDA	1/2 Cup	105	6.50	*0.00	14.02
900282 27-CORN, frozen USDA	1/2 cup	83	3.17	*0.00	16.28
900529 MC Vegetable - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900530 MC Fruit - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900307 27-SALSA, Mild	.25 cup	20	2.01	2.01	4.03
900329 27-SAUCE, TACO 9g pk	Packs	5	0.00	0.00	1.00
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00

Monday - 11/30/2026

Cumberland County Schools

Nov 2, 2026 thru Dec 4, 2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900105 27-CHEESE DUNKERS, WG, 4.2oz	2 Each	290	4.00	1.00	28.00
900482 27-SAUCE, MARINARAw/SpagTomSc	.25 Cup	33	3.93	0.81	6.90
900395 27-SOUP, CHICK TACO/Pinto Bea	1 Cup	182	5.36	*1.01	23.06
900299 27-QUESADILLA, Cheese E/Mid	SERVINGS	273	0.00	0.00	23.01
900279 27-BEANS, Green Canned	1/2 cup	26	1.62	*0.00	3.11
900254 27-PEAS & CARROTS	1/2 Cup	70	4.29	*0.00	10.40
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900274 27-APPLESAUCE, cnd USDA	1/2 Cup	62	12.34	*N/A*	15.43
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900307 27-SALSA, Mild	.25 cup	20	2.01	2.01	4.03
900334 27-SOUR CREAM 1oz	Each (1 oz)	50	1.00	0.00	2.00

Tuesday - 12/01/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900702 27-QUESO W/Chic Southwest Dice	1/2 Cup	201	0.47	*0.00	2.28
900704 27-QUESO, No meat	1/2 Cup	239	0.68	0.00	3.12
900475 27-CHIPS, Tostitos, HS 1.45oz	each (1.45 oz)	190	0.00	0.00	30.00
900164 27-PORK CHOP SAND WG bun	Sandwich	410	5.00	4.00	41.00
900281 27-CORN, Canned USDA	1/2 Cup	105	6.50	*0.00	14.02
900282 27-CORN, frozen USDA	1/2 cup	83	3.17	*0.00	16.28
900375 27-BEANS,Pinto Southwest	2/3 Cup	168	1.64	*0.22	31.03
900289 27-PEACH CUP, Frzn 4.4oz	Each	90	19.00	*N/A*	21.00
900286 27-PEACHES Diced, cnd	1/2 Cup	69	15.00	*N/A*	16.16
900307 27-SALSA, Mild	.25 cup	20	2.01	2.01	4.03
900329 27-SAUCE, TACO 9g pk	Packs	5	0.00	0.00	1.00
900314 27-PICKLE,Dill Slice 2 ea	2 Each	0	0.00	0.00	0.00
004979 00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	7	0.71	0.00	1.28
005460 00-LETTUCE, Leaf Green	1 lf	3	0.00	0.00	0.38
004944 00-LETTUCE, shredded (bag)	1/2 cup	4	0.75	0.00	1.12
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00

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900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00

Wednesday - 12/02/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900315 27-SPAGHETTI w/SpgSau&TomSau	1 Cup	389	9.28	1.87	46.70
900139 27-BREADSTICK, GARLIC WW	Each	100	0.00	0.00	15.00
900118 27-CHICKEN, SANDWICH (E/M) WG	Sandwich	320	6.00	4.00	46.00
900119 27-CHICKEN,PattieSpicy ProVie	Sandwich	330	5.00	4.00	46.00
900554 27-SALAD, Romain Garden Tom/Car	1 CUP	18	1.79	0.00	3.74
900256 27-MIXED VEGETABLES, Frozen	1/2 cup	100	3.29	0.00	13.20
004962 00-BANANAS 100-120 CT	Each	121	16.32	0.00	31.06
900314 27-PICKLE,Dill Slice 2 ea	2 Each	0	0.00	0.00	0.00
004979 00-LETTUCE &TOMATO:1 lf,2 slc	1 lf,2 slc	7	0.71	0.00	1.28
004944 00-LETTUCE, shredded (bag)	1/2 cup	4	0.75	0.00	1.12
005460 00-LETTUCE, Leaf Green	1 lf	3	0.00	0.00	0.38
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900539 27-DRESSING, 12G French	PK (12 G)	15	3.00	3.00	4.00
900319 27-DRESSING, 12G Italian	PK (12 G)	10	2.00	2.00	2.00
900535 27-DRESSING, 12G Ranch	Pk (12 g ea)	10	1.00	1.00	2.00
900536 27-DRESSING, SM Ranch	#30 Scoop	71	0.63	0.00	2.33
900547 27-DRESSING, SM Srirac Ranch	#30 scoop	71	0.63	0.00	2.33

Thursday - 12/03/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900097 27-DUMPLINGS,6Chic/Veg w/sauce	6 each/ serv	320	13.04	12.00	45.26
900472 27-SANDWICH, Grill PorkHam/Chs	Sandwiches	306	5.07	*2.00	32.14
900280 27-BROCCOLI frzn	1/2 CUP	44	1.03	*0.00	5.20
900486 00-CARROTS, Baby IW 2.6oz	Each	30	4.34	0.00	6.94

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900285 27-FRUIT, MIX, cnd USDA	1/2 cup	62	12.78	3.93	15.74
900535 27-DRESSING, 12G Ranch	Pk (12 g ea)	10	1.00	1.00	2.00
900536 27-DRESSING, SM Ranch	#30 Scoop	71	0.63	0.00	2.33
900336 27-Sauce,Teriyaki Min Dipping	#30 Scoop	60	11.08	11.08	13.10
900335 27-SAUCE,SrirachaHoney Dipping	#30 scoop	45	11.05	11.05	11.05

Friday - 12/04/2026

	Portion Size	Cals[1] (kcal)	Total Sugars (g)	Added Sugars[1] (g)	Carb (g)
900079 27-MILK, PLAIN 1% 8oz	Each (8oz)	100	12.00	0.00	12.00
900080 27-MILK, CHOCOLATE FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900081 27-MILK, STRAWBERRY FF 8oz	Each (8 oz)	110	18.00	6.00	19.00
900084 27-MILK,Lactose FF 8oz	Each	110	12.00	0.00	13.00
900579 27-MILK,Lactose Chocolate FF 8oz	Each	100	17.00	5.00	18.00
900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900121 27-HOT DOG Beef ON BUN WW	Hot Dog(s)	290	4.00	4.00	30.00
900098 26-CHILI, HOT DOG	#16 Scoop	50	1.00	*N/A*	5.00
900654 27s-Chicken BBQ Sand (diced Chicken) Sysco Sauce	Sandwich	301	16.45	*15.47	45.37
900652 27-FRIES, Seasoned POTATO SMILES Baked	1/2 C (2.37 oz)	128	0.08	0.00	20.07
900478 27-COLESLAW, CABBAGE MIX 1/2 C	1/2 CUP	65	4.97	*0.96	7.61
900175 MC Seasonal Fresh Fruit - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
004961 00-APPLES, Fresh, Whole	Each	75	15.08	0.00	19.72
004962 00-BANANAS 100-120 CT	Each	121	16.32	0.00	31.06
004974 00-GRAPES,FRESH	1/2 Cup	58	12.91	0.00	15.32
004988 00-ORANGES 125 ct	1 Each (125 ct)	74	14.75	0.00	18.22
004990 00-PEARS,FRESH 120 ct	Each	79	13.79	0.00	21.15
900542 27-SAUCE, SM Signature	Tbsp	35	1.08	*0.40	2.14
900317 27-KETCHUP: individual	Each	10	2.00	2.00	2.00
900533 27-SAUCE, BBQ 12g	Each	20	4.00	4.00	5.00
900324 27-MUSTARD 5.6g portion	Each	5	0.00	0.00	0.00
900534 27-MAYONNAISE FF 12g	Each	30	0.00	0.00	0.00

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***
[1] - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provid 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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