Cumberland County Schools

Nov 2, 2026 thru Dec 4, 2026

Menu Name: 0-5 BREAKFAST 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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900215 27-POPTART, BLUEBERRY 1ct WG	Each (1ct)	170	14.00	14.00	36.00
900212 27-POPTART, CINNAMON 1ct WG	Each (1ct)	170	15.00	15.00	37.00
900213 27-POPTART, STRAWBERRY 1ct WG	Each (1ct)	170	14.00	14.00	36.00
900152 27-CHEESE, STICK Cheddar 1oz	Each	110	0.00	0.00	0.00
900690 27-CHEESE, String Mozzarell1oz	Each	60	0.00	0.00	0.00
900689 27-CHEESE, Coly Jack 1oz	Each	110	0.00	0.00	0.00
900362 27-xCRACKER,CinnGraham Scooby Doo	Bag (28g)	120	8.00	8.00	21.00

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

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900156 27-MILK,SOY VANILLA 8 oz	Each	110	5.00	5.00	9.00
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900178 27-DONUT, Super Plus RF 3oz	Each	260	17.00	16.00	36.00

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900123 27-BISCUIT, Chicken, 3.6oz	Each	230	2.00	0.00	29.00
900323 27-JELLY, Grape .5 oz	Each	35	8.10	6.08	9.11
900322 27-JELLY, Assortment .5 oz	Each	35	8.10	6.08	9.11

Cumberland County Schools

Nov 2, 2026 thru Dec 4, 2026

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900185 27-PANCAKES, Mini BBerryWG IW	Each	210	9.99	9.99	34.96
900186 27-PANCAKES, Mini ConfetWG IW	Each	210	9.99	9.99	34.96
900184 27-PANCAKES, Mini MAPLE WG IW	Each	200	10.00	10.00	35.00
900331 27-SYRUP, 1.5 oz cup	Each 1.5oz	120	16.50	16.50	30.00

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00

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900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900189 27-ROLL,CINNAMON WG, IW	Each	240	12.00	12.00	38.00

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900125 27-PANCAKE,Ssg Stick WG 2.85oz	Each	190	5.00	5.00	18.00
900331 27-SYRUP, 1.5 oz cup	Each 1.5oz	120	16.50	16.50	30.00

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

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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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900124 27-BISCUIT, Sausage, 3.25oz	Each	295	1.02	0.00	23.36
900322 27-JELLY, Assortment .5 oz	Each	35	8.10	6.08	9.11
900323 27-JELLY, Grape .5 oz	Each	35	8.10	6.08	9.11

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00

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900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900180 27-FRENCH TOAST STICKS, WG, IW	1 Pouch	240	12.00	12.00	38.00
900331 27-SYRUP, 1.5 oz cup	Each 1.5oz	120	16.50	16.50	30.00

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
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
900362 27-xCRACKER,CinnGraham Scooby Doo	Bag (28g)	120	8.00	8.00	21.00

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00

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900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900128 27-PANCAKE Sandwich,Ck/Saus WG	Each	140	6.00	6.00	16.00
900331 27-SYRUP, 1.5 oz cup	Each 1.5oz	120	16.50	16.50	30.00
900322 27-JELLY, Assortment .5 oz	Each	35	8.10	6.08	9.11
900323 27-JELLY, Grape .5 oz	Each	35	8.10	6.08	9.11

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900190 27-FRUDEL, Apple WW 2.29oz	Each	180	7.00	6.00	34.00
900191 27-FRUDEL, Cherry WW 2.29oz	Each	200	10.00	9.00	38.00
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

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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

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
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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900123 27-BISCUIT, Chicken, 3.6oz	Each	230	2.00	0.00	29.00
900323 27-JELLY, Grape .5 oz	Each	35	8.10	6.08	9.11
900322 27-JELLY, Assortment .5 oz	Each	35	8.10	6.08	9.11

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00

900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900505 MC Entree - NO PLAN	Each	*N/A*	*N/A*	*N/A*	*N/A*
900331 27-SYRUP, 1.5 oz cup	Each 1.5oz	120	16.50	16.50	30.00
900322 27-JELLY, Assortment .5 oz	Each	35	8.10	6.08	9.11
900323 27-JELLY, Grape .5 oz	Each	35	8.10	6.08	9.11

Monday - 11/30/2026

	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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900132 27-BAR CinnToast Soft Fill WW	Each 2.36 oz	230	12.00	10.00	42.00

Tuesday - 12/01/2026

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

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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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900124 27-BISCUIT, Sausage, 3.25oz	Each	295	1.02	0.00	23.36
900323 27-JELLY, Grape .5 oz	Each	35	8.10	6.08	9.11
900322 27-JELLY, Assortment .5 oz	Each	35	8.10	6.08	9.11

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00

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900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900177 27-BUN, HONEY WG	Each	265	10.80	9.82	34.38
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

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00
900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900706 27-Omelet, Egg & Cheese IW	Each 2.10 oz	110	0.00	0.00	1.00

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
900684 27-JUICE, 4oz Apple 100%	Each	60	12.00	0.00	14.00

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Cumberland County Schools

Nov 2, 2026 thru Dec 4, 2026

900720 27-JUICE, 4oz AppleGrape 100%	Each	60	14.00	0.00	16.00
900717 27-JUICE, 4oz Fruit Punch 100%	Each	60	12.00	0.00	14.00
900719 27-JUICE, 4oz Grape 100%	Each	80	18.00	0.00	19.00
900718 27-JUICE, 4oz Orange 100%	Each	60	12.00	0.00	14.00
900291 27-RAISINS Indiv. Box USDA	Each	120	27.00	0.00	29.00
900408 27-CRAISINS, Cherry Ind	Each	90	12.00	9.00	28.00
900407 27-CRAISINS, Strawberry Ind	Each	90	12.00	9.00	28.00
900275 27-APPLESAUCE, CUP USDA	Each	60	18.00	0.00	14.00
900200 27-CEREAL, 1 oz Cheerios WG GF	Each	100	1.00	1.00	21.00
900197 27-CEREAL, 1 oz Cinn Toast WG	Each	120	6.00	6.00	21.00
900202 27-CEREAL, 1 oz Lucky Charms	Each	110	6.00	6.00	22.00
900201 27-CEREAL, 1oz CheeriosHoney	Each	110	6.00	6.00	22.00
900199 27-CEREAL, 1 oz Cinn RicChx GF	Each	110	6.00	6.00	23.00
900198 27-CEREAL, 1 oz BBCinn RicChx GF	Each	120	6.00	6.00	23.00
900360 27-CRACKER, Honey Grahams 3ct	Pack	90	5.00	5.00	17.00
900171 27-BREAD, BANANA WG, IW 3.4oz	Each	260	23.00	22.00	44.00
900176 27-BREAD, LEMON WG, IW 3.4oz	Each	230	15.00	15.00	44.00
900173 27-BREAD, PUMPKIN WG, IW 3.4oz	Each	260	22.00	22.00	43.00
900172 27-BREAD,BLUEBERRY WG IW 3.4oz	Each	270	23.00	23.00	45.00

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 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.

This institution is an equal opportunity provider, employer, and lender.