

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 2

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/01/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH	sandwiche	1	350	60	730	3.00	2.52	60.0	*N/A*	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: HS	sandwiche	1	350	55	640	4.00	3.24	40.0	*N/A*	0.0	6	25.0	47.0	9.0	1.50	0.00
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	*N/A*	0.0	1	19.0	29.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
10001																
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 3

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/01/2025																
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average % of Calories			6240	894	8926	75.43	*28.25	*3746.4	*N/A*	*271.97	*313 *20.0%	282.50 18.1%	831.79 53.3%	211.72 30.5%	57.18 8.2%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 4

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/02/2025																
9 - 12 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	442	120	795	0.00	*4.33	*32.1	*N/A*	*0.0	9	33.72	13.3	27.3	9.63	0.00
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	*N/A*	0.0	0	7.09	1.01	9.11	6.08	0.00
TOSTITO ROUNDS: INDIVIDUAL BAG	1 bag 1.4 5 oz	1	200	0	160	3.00	1.00	38.0	*N/A*	0.0	0	3.0	29.0	7.0	1.00	0.00
BEEF FIESTADA PIZZA	1 each	1	350	25	860	4.00	3.60	250.0	*N/A*	0.0	9	17.0	40.0	14.0	6.00	0.00
SALSA: (1/2 cup)	1/2 cup	1	40	0	282	0.00	*N/A*	*N/A*	*N/A*	*N/A*	4	0.0	8.06	0.0	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	117	0	450	4.89	1.76	39.1	*N/A*	*N/A*	1	6.85	21.51	0.49	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	0	0	0	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/02/2025																
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF COBB HAM & C HEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5428	1103	10285	70.27	*26.43	*5025.4	*N/A*	*310.70	*203 *14.9%	256.98 18.9%	642.74 47.4%	208.75 34.6%	79.12 13.1%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 6

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/03/2025																
9 - 12 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	704	4.00	2.16	313.7	*N/A*	0.0	2	18.17	26.02	26.35	13.36	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	*N/A*	36.19	3	11.04	27.01	16.58	6.03	0.50
VEGETABLE SOUP	1 CUP	1	104	0	443	4.70	1.54	40.3	*N/A*	15.27	*3	4.21	20.19	2.86	0.00	0.00
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	*N/A*	6.01	0	2.0	20.05	3.01	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2	2.43	16.99	0.61	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	16	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 7

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/03/2025																
10001																
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average			6268	845	8467	79.63	*27.64	*3642.7	*N/A*	*547.87	*332	249.87	809.46	241.13	70.08	0.50
% of Calories											*21.2%	15.9%	51.7%	34.6%	10.1%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 8

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/04/2025																
9 - 12 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0	20.0	13.0	7.0	1.00	0.00
SPAGHETTI, BAKED	1 CUP	1	490	65	571	6.34	6.18	200.5	*N/A*	12.38	*20	27.42	54.58	19.16	7.11	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5	5.0	32.0	5.96	1.80	0.00
COLLARDS	1/2 cup	1	43	0	113	2.37	1.29	177.9	*N/A*	0.04	*0	2.37	3.58	0.82	0.37	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	*N/A*	0.0	*24	0.0	32.08	0.0	0.00	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24	1.0	30.0	0.0	0.00	0.00
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	*N/A*	0.0	0	0.0	22.0	0.0	0.00	0.00
HOLIDAY GRAMS 57073	1 each	1	120	0	120	1.00	0.72	100.0	*N/A*	*N/A*	7	1.0	20.0	4.0	*N/A*	*N/A*
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12	0.0	13.16	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 9

Dec 1, 2025 thru Dec 19, 2025

9 - 12 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/04/2025																
EESE																
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF COBB HAM & CHEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5523	1067	9433	70.89	*26.72	*4977.2	*N/A*	*254.72	*248 *17.9%	246.04 17.8%	699.91 50.7%	200.78 32.7%	*68.70 *11.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 10

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/05/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA DDY'S	1 each	1	350	45	470	3.00	1.80	300.0	*N/A*	0.0	7	19.0	34.0	17.0	8.00	0.00
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	350	45	570	3.00	1.80	300.0	*N/A*	0.0	1	19.0	34.0	17.0	8.00	0.00
QUESADILLA CHICKEN PIZZA	EACH (5O	1	280	20	650	4.00	2.70	200.0	*N/A*	1.2	3	17.0	33.0	9.0	2.50	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
CALIFORNIA BLEND W/CHEESE	1/2 cup	1	98	9	224	2.63	0.71	104.6	*N/A*	0.0	0	4.72	12.11	3.86	2.06	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/05/2025																
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			6149	863	8019	77.05	*27.23	*4218.8	*N/A*	*260.39	*299 *19.5%	270.18 17.6%	789.68 51.4%	224.56 32.9%	68.74 10.1%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 12

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/08/2025																
9 - 12 Lunch	Total	1														
CHICKEN, RAMEN TERIYAKI 1/2c	Serv (12 pieces	1	369	47	882	3.29	2.52	25.9	*0	*0.0	17	16.09	45.97	13.85	1.34	0.00
MOZZERELLA STICKS, BAKED	5 pieces	1	400	30	380	3.00	1.70	430.0	*N/A*	0.0	3	19.0	32.0	22.0	8.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2	2.43	16.99	0.61	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/08/2025																
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average % of Calories			5876	816	7864	72.97	*24.80	*3430.9	*0	*274.05	*298 *20.3%	241.36 16.4%	773.10 52.6%	215.19 33.0%	57.52 8.8%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 14

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/09/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH	sandwiche	1	350	60	730	3.00	2.52	60.0	*N/A*	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: HS	sandwiche	1	350	55	640	4.00	3.24	40.0	*N/A*	0.0	6	25.0	47.0	9.0	1.50	0.00
BEEFY TOSTITOS	#6 SCOOP	1	290	78	534	0.73	2.45	134.6	*N/A*	*0.32	3	19.04	8.13	19.45	8.20	0.82
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	*N/A*	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
SWEET POTATO CRINKLE FRIES	1/2 cup	1	187	0	190	3.00	0.36	20.0	3502	5.79	6	1.0	25.01	9.94	1.21	0.00
COLLARDS	1/2 CUP	1	87	0	226	4.74	2.59	355.8	*N/A*	0.09	*0	4.74	7.15	1.65	0.75	0.00
	SERVING															
GRAPES: FRESH	1/2 cup	1	60	0	0	1.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 15

Dec 1, 2025 thru Dec 19, 2025

9 - 12 Lunch

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/09/2025																
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF COBB HAM & CHEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5876	1146	10681	73.86	*27.80	*4801.9	*3502	*315.10	*207 *14.1%	262.11 17.8%	687.15 46.8%	237.90 36.4%	75.06 11.5%	0.82 0.1%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 16

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/10/2025																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	414	61	405	4.28	4.93	146.0	*N/A*	6.44	*10	24.31	41.93	16.96	6.34	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1	4.0	24.0	5.0	1.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	*N/A*	1.19	1	9.95	29.84	9.95	2.49	0.00
TEXAS RANCHERO BEANS: B USH'S	1/2 cup	1	108	0	479	4.89	1.76	39.1	*N/A*	*N/A*	0	5.87	19.56	0.49	0.00	0.00
SPINACH:CHEESY	1/2 CUP	1	117	15	345	4.90	3.21	369.0	*N/A*	40.14	*2	10.34	7.21	6.79	2.98	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	16	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/10/2025																
10001																
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average			6201	880	8211	83.16	*33.53	*3923.7	*N/A*	*538.17	*335	265.47	819.74	216.91	60.99	0.00
% of Calories											*21.6%	17.1%	52.9%	31.5%	8.9%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 18

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/11/2025																
9 - 12 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0	20.0	13.0	7.0	1.00	0.00
WAFFLE; CINNAMON DUTCH	2 oz	1	330	15	330	3.00	1.44	20.0	*N/A*	0.0	*12	4.0	38.0	19.0	3.00	0.00
PORK CHOP SANDWICH, WG	1 EACH	1	420	40	590	4.00	3.44	80.0	*N/A*	*0.0	6	22.0	40.0	20.0	5.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	*N/A*	9.73	*0	1.95	16.54	0.97	0.00	0.00
STRAWBERRY CRISP, FROZEN	1/2 cup	1	179	0	90	2.62	0.97	22.5	*N/A*	31.87	*14	1.85	27.33	7.45	3.17	*0.00
BLUEBERRY CRISP, FROZEN	1/2 cup	1	191	0	90	3.18	0.53	15.8	*N/A*	1.89	*14	1.84	29.54	7.86	3.20	*0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	139	0	33	2.55	0.63	8.0	*N/A*	2.38	*24	1.68	32.0	0.72	0.12	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12	0.0	13.16	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 19

Dec 1, 2025 thru Dec 19, 2025

9 - 12 Lunch

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/11/2025																
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF COBB HAM & CHEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			6029	1057	10310	72.36	*24.40	*4629.7	*N/A*	*348.19	*304 *20.2%	243.30 16.1%	769.47 51.1%	229.86 34.3%	73.90 11.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 20

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/12/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA DDY'S	1 each	1	350	45	470	3.00	1.80	300.0	*N/A*	0.0	7	19.0	34.0	17.0	8.00	0.00
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	350	45	570	3.00	1.80	300.0	*N/A*	0.0	1	19.0	34.0	17.0	8.00	0.00
CHICKEN WINGS	4 wings	1	275	124	512	0.00	0.00	13.1	*N/A*	0.0	*0	18.33	1.31	22.25	5.89	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5	5.0	32.0	5.96	1.80	0.00
CARROTS, GLAZED	1/2 CUP	1	50	0	53	2.18	0.00	0.0	*N/A*	2.45	*8	0.0	11.13	0.45	0.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	*N/A*	0.0	1	3.95	4.78	3.46	2.08	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 21

Dec 1, 2025 thru Dec 19, 2025

9 - 12 Lunch

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/12/2025																
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			6658	988	8644	79.21	*25.75	*3972.5	*N/A*	*314.24	*365 *22.0%	275.16 16.5%	842.91 50.6%	257.85 34.9%	76.65 10.4%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 22

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/15/2025																
9 - 12 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0	20.0	13.0	7.0	1.00	0.00
BISCUIT	1 BISCUIT	1	160	0	550	1.00	1.44	40.0	*N/A*	0.0	1	8.0	22.0	7.0	4.50	0.00
CALZONE CHEESE	1 each	1	299	30	489	3.00	0.36	3493.8	*N/A*	2.4	4	17.97	29.95	11.98	5.99	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	*N/A*	9.73	*0	1.95	16.54	0.97	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	70	0	5	1.00	0.00	0.0	0	0.0	15	0.0	19.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/15/2025																
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
TURKEY & CHEESE ON CROIS	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
SANT																
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average			5876	834	8640	68.08	*22.92	*6815.3	*0	*275.07	*319	257.92	773.78	205.67	59.67	0.00
% of Calories											*21.7%	17.6%	52.7%	31.5%	9.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 24

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/16/2025																
9 - 12 Lunch	Total	1														
TURKEY IN GRAVY	4 oz	1	171	61	450	0.00	1.11	31.1	*N/A*	0.0	2	26.06	8.7	3.29	0.00	0.00
STUFFING-HS	1 cup	1	570	0	1782	2.12	3.08	5.2	*N/A*	0.0	*4	8.49	53.06	35.58	15.79	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	*N/A*	1.19	1	9.95	29.84	9.95	2.49	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	*N/A*	0.0	*24	0.0	32.08	0.0	0.00	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	*N/A*	0.0	1	3.95	4.78	3.46	2.08	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EEESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/16/2025																
SALAD, CHEF COBB HAM & C HEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5358	1058	10346	66.58	*22.29	*4683.6	*N/A*	*312.49	*215 *16.1%	238.70 17.8%	666.98 49.8%	203.11 34.1%	76.76 12.9%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 26

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/17/2025																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	431	73	946	1.70	3.78	351.0	*N/A*	0.9	0	28.15	36.1	18.62	9.23	0.01
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1	4.0	24.0	5.0	1.00	0.00
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	*N/A*	0.0	5	22.54	29.51	23.56	10.03	0.00
CHEESEBURGER, BACON	sandwich	1	464	83	653	2.00	2.52	121.9	*N/A*	0.0	5	25.88	29.51	27.56	11.36	0.00
HAMBURGERS	sandwich	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5	6.0	29.0	3.0	0.50	0.00
VEGGIE BURGER, MORNING S TAR	1 each	1	351	13	701	5.00	2.52	145.9	*N/A*	0.0	6	25.54	35.51	14.56	4.03	0.00
LETTUCE,TOMATO & PICKLE	1/4c /1slic e/2	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 14FRIES	1	110	0	380	1.00	0.30	10.0	*N/A*	6.0	0	1.0	20.0	3.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*N/A*	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*N/A*	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*N/A*	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO:YOGURT GRANOLA (HS)	1 EACH	1	599	15	543	8.00	*2.29	*388.0	*N/A*	*19.16	*33	19.0	78.82	23.0	3.50	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 27

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/17/2025																
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average			7214	990	10659	81.82	*35.31	*4081.5	*N/A*	*282.05	*311	322.99	888.74	276.04	84.34	0.01
% of Calories											*17.2%	17.9%	49.3%	34.4%	10.5%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 28

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/18/2025																
9 - 12 Lunch	Total	1														
BARBECUE	SERVINGS	1	142	46	465	1.01	1.09	20.2	*N/A*	0.37	2	16.16	3.03	5.05	2.02	0.00
CHICKEN BARBECUE	SERVINGS	1	134	102	227	0.00	0.72	10.0	*N/A*	0.6	4	18.05	4.31	7.02	1.70	0.00
Bun	bun	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5	6.0	29.0	3.0	0.50	0.00
HUSHPUPPIES: 9-12	4 each	1	213	0	333	1.33	0.96	26.6	*N/A*	1.6	7	2.66	29.28	9.32	1.33	0.00
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	*N/A*	0.0	1	19.0	29.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
COLESLAW	1/2 cup	1	70	6	191	1.11	*0.22	*22.7	*N/A*	*16.03	6	0.56	8.12	4.24	0.61	*0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	13	7.47	32.02	0.53	0.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	8	0	1	0.11	0.04	2.2	*N/A*	0.0	2	0.11	2.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12	0.0	13.16	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 29

Dec 1, 2025 thru Dec 19, 2025

9 - 12 Lunch

Generated on: 11/26/2025 10:13:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/18/2025																
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF COBB HAM & CHEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5678	1137	10629	67.28	*23.52	*5018.9	*N/A*	*320.90	*255 *17.9%	261.25 18.4%	683.42 48.1%	218.99 34.7%	73.07 11.6%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/19/2025																
9 - 12 Lunch	Total	1														
PEANUT BUTTER & JELLY: DO UBLE	1 Each	1	591	0	531	7.01	2.70	60.1	*N/A*	0.0	26	18.03	64.11	32.05	7.01	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	*N/A*	0.0	8	19.0	32.0	16.0	5.00	0.00
STUFFED PEPPERONI SANDW ICH, IW	1 EACH	1	300	30	590	3.00	2.70	200.0	*N/A*	0.0	1	19.0	31.0	12.0	5.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	90	0	10	0.00	0.00	0.0	*N/A*	0.0	21	0.0	23.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			2010	105	2781	19.00	*13.50	*1634.0	*N/A*	52.67	*160	89.02	276.95	63.55	18.51	0.00
% of Calories											*31.8%	17.7%	55.1%	28.5%	8.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			5759	919	8926	70.51	*26.01	*4306.8	*233	*311.91	*278 *43.4%	250.86 17.4%	730.39 50.7%	214.13 33.5%	*66.68 *10.4%	*0.09 *0.0%

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		Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	5759		750 - 850	678%			4909	Correction Required - Calories too High									
Cholesterol (mg)	919																
Sodium 1 (mg)	8926		1420	629%			7506	Correction Required - Sodium too High									
Sodium 1a (mg)	8926		1280	697%			7646	Correction Required - Sodium too High									
Fiber (g)	70.51																
Iron (mg)	26.01				Missing												
Calcium (mg)	4306.8				Missing												
Vitamin A (IU)	233				Missing												
Sugars (g)	278	19.28%			Missing												
Vitamin C (mg)	311.91				Missing												
Protein (g)	250.86	17.42%															
Carbohydrate (g)	730.39	50.73%															
Total Fat (g)	214.13	33.47%															
Saturated Fat (g)	66.68	10.42%	<10.00%		Missing					Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.09	0.01%			Missing												

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