

	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

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2025																
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
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
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
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
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
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 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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 3

Nov 1, 2025 thru Nov 30, 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)
Mon - 11/03/2025																
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
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			5483	821	8396	66.09	*23.14	*3072.5	*N/A*	*268.52	*262 *19.1%	247.50 18.1%	704.53 51.4%	201.25 33.0%	56.71 9.3%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 4

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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 - 11/04/2025																
9 - 12 Lunch	Total	1														
CHICKEN, BAKED IN GRAVY	3 OZ. SE RVING	1	201	100	532	0.00	1.00	1.9	*N/A*	1.0	*1	20.16	4.63	11.16	3.50	0.00
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	*N/A*	0.0	*0	5.04	42.84	0.0	0.00	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
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	*N/A*	0.99	1	1.0	25.0	8.94	1.21	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
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	1.08	33.0	*N/A*	0.0	11	0.0	18.01	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 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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

Generated on: 10/20/2025 11:08:11 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 - 11/04/2025																
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			5023	1097	9003	64.18	*20.65	*4702.4	*N/A*	*305.48	*195 *15.5%	229.34 18.3%	629.62 50.1%	184.34 33.0%	65.68 11.8%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 6

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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 - 11/05/2025																
9 - 12 Lunch	Total	1														
CHEESE RAVIOLI	5 raviolis	1	198	41	340	2.00	1.54	172.5	*N/A*	3.01	7	13.25	22.76	6.5	2.62	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
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	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
TAR																
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	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
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
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																
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*

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

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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 - 11/05/2025																
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 % of Calories			6331	938	9246	74.12	*30.78	*3515.0	*N/A*	*265.01	*281 *17.7%	289.09 18.3%	791.58 50.0%	237.92 33.8%	74.24 10.6%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/06/2025																
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	50	0	5	1.00	0.36	20.0	*N/A*	0.0	8	0.0	12.0	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 9

Nov 1, 2025 thru Nov 30, 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 - 11/06/2025																
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			5720	1137	10633	68.17	*23.84	*5036.7	*N/A*	*320.90	*261 *18.2%	261.14 18.3%	693.42 48.5%	218.99 34.5%	73.07 11.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/07/2025																
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
CHICKEN EGG ROLL (TWO)	2 each	1	320	70	780	6.00	3.20	80.0	*N/A*	14.0	4	20.0	38.0	10.0	2.00	0.00
MANDARIN ORANGE SAUCE	1 oz	1	40	0	128	0.00	0.00	0.0	*N/A*	0.0	8	0.0	9.45	0.0	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
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
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, 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
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*
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	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

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 11

Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/07/2025 (HS)																
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 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			5424	844	6897	70.75	*22.50	*3239.0	*N/A*	*309.09	*331 *24.4%	231.23 17.1%	744.10 54.9%	182.76 30.3%	54.88 9.1%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/10/2025																
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

Base Menu Spreadsheet

Weighted Values - Detailed

Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

Generated on: 10/20/2025 11:08:12 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 - 11/10/2025																
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			5641	879	8383	67.43	*25.95	*3358.4	*N/A*	*252.82	*280 *19.8%	263.50 18.7%	752.97 53.4%	188.72 30.1%	53.68 8.6%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	
Tue - 11/11/2025																
9 - 12 Lunch NO SCHOOL TODAY	Total 1 each	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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/12/2025																
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
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
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
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 (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 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

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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 - 11/12/2025																
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			5653	830	7831	70.45	*25.60	*3267.6	*N/A*	*513.44	*307	231.69	725.47	215.20	66.58	0.50
% of Calories											*21.7%	16.4%	51.3%	34.3%	10.6%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

Generated on: 10/20/2025 11:08:12 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 - 11/13/2025																
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
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	*N/A*	17.3	*N/A*	0.94	2.92	0.0	0.00	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
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
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
--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)
Thu - 11/13/2025																
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 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 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, 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			5514	1082	9434	69.26	*25.30	*4730.2	*N/A*	*271.98	*242	244.61	681.25	209.96	70.82	0.00
% of Calories											*17.5%	17.7%	49.4%	34.3%	11.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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Generated on: 10/20/2025 11:08:12 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 - 11/14/2025																
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 ENCHILADA EMPAN ADA	1 each	1	300	35	650	3.00	1.80	200.0	*N/A*	*N/A*	4	19.0	32.0	11.0	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
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
MANDARIN ORANGE, CUP	1 Each	1	70	0	2	1.00	3.00	7.0	*N/A*	48.0	17	0.0	17.0	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
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 - 11/14/2025																
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			5559	863	7478	66.06	*27.04	*3777.8	*N/A*	*288.03	*284 *20.5%	252.18 18.1%	707.85 50.9%	203.56 33.0%	67.74 11.0%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/17/2025																
9 - 12 Lunch	Total	1														
MEATBALLS W/GRAVY	4.2 oz	1	187	48	542	0.00	8.01	3.0	*N/A*	0.0	*0	11.77	7.9	11.97	4.77	0.64
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	*N/A*	0.0	*0	5.04	42.84	0.0	0.00	0.00
GARLIC CHEESE FRENCHBRE AD	1 each	1	340	40	550	2.00	2.70	250.0	*N/A*	1.2	1	19.0	29.0	16.0	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: 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 - 11/17/2025																
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			5236	812	7525	63.21	*29.47	*2847.5	*N/A*	*256.09	*246 *18.8%	223.08 17.0%	696.04 53.2%	184.32 31.7%	57.45 9.9%	0.64 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/18/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH	sandwich	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	sandwich	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
BEEF & CHEDDAR SANDWICH	2.75	1	421	76	637	2.00	3.77	138.7	*N/A*	*0.0	6	24.76	34.17	21.63	8.33	0.81
SWEET POTATO WAFFLE FRIES	1/2 cup/1 fries	1	177	0	180	1.00	0.36	20.0	*N/A*	0.99	1	1.0	25.0	8.94	1.21	0.00
COLLARDS	1/2 CUP SERVING	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
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*
SALAD, CHEF COBB VEGETAR	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

Generated on: 10/20/2025 11:08:13 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 - 11/18/2025																
IAN																
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 & 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 & 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 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			5797	1143	10613	70.13	*28.12	*4768.1	*N/A*	*309.98	*205 *14.2%	264.83 18.3%	684.18 47.2%	232.07 36.0%	74.19 11.5%	0.81 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

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/19/2025																
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
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	*N/A*	17.3	*N/A*	0.94	2.92	0.0	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
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
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 - 11/19/2025																
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			5499	849	7327	72.00	*28.62	*3185.6	*N/A*	*496.17	*300	237.08	736.62	187.12	54.50	0.00
% of Calories											*21.8%	17.2%	53.6%	30.6%	8.9%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 26

Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

Generated on: 10/20/2025 11:08:13 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 - 11/20/2025																
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
CHEESEBURGERS	sandwiche	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
HAMBURGERS	sandwiche	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	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
TAR																
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
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
PEACH CRISP, FROZEN	1/2 cup	1	262	0	89	3.45	*0.39	9.9	*N/A*	*0.01	*38	3.96	47.16	7.37	3.16	*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
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
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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 27

Nov 1, 2025 thru Nov 30, 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 - 11/20/2025																
---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 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			6796	1103	11758	81.16	*27.93	*4870.7	*N/A*	*351.98	*353 *20.8%	279.55 16.5%	871.41 51.3%	258.37 34.2%	86.63 11.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/21/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DADDY'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	327	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

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/21/2025																
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
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			6059	973	7917	71.22	*23.46	*3584.5	*N/A*	*295.08	*333 *22.0%	256.16 16.9%	764.08 50.4%	234.85 34.9%	73.15 10.9%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/24/2025																
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
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
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
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
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
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 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

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

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Nov 1, 2025 thru Nov 30, 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)
Mon - 11/24/2025																
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
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			5890	870	9668	62.69	*25.11	*2985.0	*N/A*	*252.82	*287 *19.5%	255.22 17.3%	741.36 50.3%	224.60 34.3%	68.47 10.5%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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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 - 11/25/2025																
9 - 12 Lunch	Total	1														
CHICKEN, BAKED IN GRAVY	3 OZ. SE RVING	1	201	100	532	0.00	1.00	1.9	*N/A*	1.0	*1	20.16	4.63	11.16	3.50	0.00
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	*N/A*	0.0	*0	5.04	42.84	0.0	0.00	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
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	*N/A*	0.99	1	1.0	25.0	8.94	1.21	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
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	1.08	33.0	*N/A*	0.0	11	0.0	18.01	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 VEGETAR IAN	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

9 - 12 Lunch

Generated on: 10/20/2025 11:08:13 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 - 11/25/2025																
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 & 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			5023	1097	9003	64.18	*20.65	*4702.4	*N/A*	*305.48	*195 *15.5%	229.34 18.3%	629.62 50.1%	184.34 33.0%	65.68 11.8%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 11/26/2025																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			750-850		1420										<10.00	

Thu - 11/27/2025																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			750-850		1420										<10.00	

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* - 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 - 11/28/2025																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	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*
Weighted Daily Average			*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*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420											<10.00
Weighted Average			4532	767	7055	54.85	*20.21	*3082.0	*N/A*	*252.94	*218 *43.3%	199.58 17.6%	577.51 51.0%	167.22 33.2%	52.97 10.5%	*N/A*

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4532		750 - 850	533%			3682	Correction Required - Calories too High
Cholesterol (mg)	767							
Sodium 1 (mg)	7055		1420	497%			5635	Correction Required - Sodium too High
Sodium 1a (mg)	7055		1280	551%			5775	Correction Required - Sodium too High
Fiber (g)	54.85							
Iron (mg)	20.21							
Calcium (mg)	3082.0				Missing			
Vitamin A (IU)	*N/A*				Missing			
Sugars (g)	218	19.23%			Missing			
Vitamin C (mg)	252.94				Missing			
Protein (g)	199.58	17.61%			Missing			
Carbohydrate (g)	577.51	50.97%						
Total Fat (g)	167.22	33.21%						
Saturated Fat (g)	52.97	10.52%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	*N/A*				Missing			

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