

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:54 PM

	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 - 08/25/2025																
K- 8 Lunch	Total	1														
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	750	0.0	1	19.0	29.0	11.0	6.00	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	1577	0.63	2	28.31	30.4	18.15	8.07	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	881	3.15	2.37	197.5	1577	0.63	4	21.73	34.56	17.82	8.65	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	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	0	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	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			1688	203	3142	14.04	7.49	1734.8	9193	31.75	*60 *14.3%	95.98 22.7%	183.87 43.6%	67.46 36.0%	26.72 14.2%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 08/26/2025																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	442	120	795	0.00	*4.33	*32.1	*85	*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	285	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	0	0.0	0	3.0	29.0	7.0	1.00	0.00
QUESADILLA CHICKEN PIZZA	EACH (50	1	280	20	650	4.00	2.70	200.0	200	1.2	3	17.0	33.0	9.0	2.50	0.00
SALSA: INDIVIDUAL CUPS (3oz)	PORTIO N CUPS	1	10	0	65	0.00	0.00	0.0	0	0.0	1	0.0	2.0	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
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	0	0	0	0.00	0.00	0.0	0	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	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	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	0	0.0	0	0.0	1.0	3.0	0.00	0.00

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

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K- 8 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)
Weighted Daily Average			1623	196	3146	11.89	*10.41	*1434.5	*2470	*6.00	62	91.73	175.17	58.42	20.71	0.00
% of Calories											15.2%	22.6%	43.2%	32.4%	11.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 08/27/2025																
K- 8 Lunch	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
CHICKEN FILET SANDWICH:	sandwiche	1	350	60	730	3.00	2.52	60.0	0	0.0	5	26.0	42.0	10.0	1.50	0.00
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
ISP	12FRIES															
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1196	145	2158	9.73	5.24	1104.4	1650	82.26	*76	62.69	172.26	28.45	5.49	0.00
% of Calories											*25.4%	21.0%	57.6%	21.4%	4.1%	0.0%
Nutrient Guideline			600-650		1230										<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)
Thu - 08/28/2025																
K- 8 Lunch	Total	1														
CHICKEN, BAKED IN GRAVY	3 OZ. SE RVING	1	201	100	532	0.00	1.00	1.9	105	1.0	*1	20.16	4.63	11.16	3.50	0.00
ROLL, DINNER	1 each	1	197	5	238	3.00	1.70	0.0	202	0.0	5	5.0	32.0	4.97	1.35	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	1577	0.63	2	28.31	30.4	18.15	8.07	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	881	3.15	2.37	197.5	1577	0.63	4	21.73	34.56	17.82	8.65	0.00
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	0	9.73	*0	1.95	16.54	0.97	0.00	0.00
APPLES, SPICED	1/2 CUP	1	61	0	27	1.55	0.28	7.8	122	2.33	*12	0.0	12.31	1.22	0.55	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1666	263	3475	14.12	8.91	1337.5	5084	19.11	*73	102.67	186.49	59.78	23.62	0.00
% of Calories											*17.5%	24.7%	44.8%	32.3%	12.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 08/29/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
BEEFY TOSTITOS	#6 SCOOP	1	290	78	534	0.73	2.45	134.6	*0	*0.32	3	19.04	8.13	19.45	8.20	0.82
TOSTITO ROUNDS, RF: IND BAG	1 bag 0.8 75 oz	1	120	0	100	2.00	0.00	0.0	*N/A*	*N/A*	0	2.0	18.0	4.5	0.50	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	0	0.02	*1	0.66	2.04	0.0	0.00	0.00
WATERMELON	1/2 cup	1	41	0	0	0.52	0.37	10.4	778	7.78	*N/A*	0.52	10.89	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Weighted Daily Average % of Calories			1619	180	2685	11.92	6.93	1747.4	*7278	*36.97	*57 *14.1%	84.32 20.8%	159.23 39.3%	69.53 38.6%	25.73 14.3%	0.82 0.5%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 09/01/2025																
K- 8 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* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*
Nutrient Guideline			600-650		1230										<10.00	

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Tue - 09/02/2025																
K- 8 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	133	55	746	0.04	0.41	0.6	0	0.02	*11	17.13	11.83	1.52	0.51	0.00
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	0	0.0	*0	2.52	21.42	0.0	0.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	0	2.45	0	1.02	16.37	2.56	0.00	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	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	0	0.0	11	0.0	18.01	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	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	0	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	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	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
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	0	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CHEESE	2 CUP	1	409	65	988	5.37	1.47	553.6	4899	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	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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)
Tue - 09/02/2025																
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			4516	847	8332	61.19	*18.59	*4266.6	*47595	*234.48	*175 *15.5%	206.25 18.3%	565.69 50.1%	165.21 32.9%	53.93 10.7%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:55 PM

	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 - 09/03/2025																
K- 8 Lunch	Total	1														
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
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	152	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	152	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	0	0.0	5	6.0	29.0	3.0	0.50	0.00
LETTUCE, TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	1	1.0	25.0	8.94	1.21	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	0	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	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	5.18	16	0.0	18.69	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)
Weighted Daily Average % of Calories			4639	819	6834	51.95	*22.74	*2725.0	*36657	*156.84	*193 *16.6%	230.87 19.9%	568.47 49.0%	171.40 33.3%	61.29 11.9%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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 - 09/04/2025																
K- 8 Lunch	Total	1														
BARBECUE	SERVINGS	1	142	46	465	1.01	1.09	20.2	75	0.37	2	16.16	3.03	5.05	2.02	0.00
CORN MUFFIN: IW	1 EACH	1	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
CHICKEN BARBECUE	SERVINGS	1	134	102	227	0.00	0.72	10.0	351	0.6	4	18.05	4.31	7.02	1.70	0.00
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	750	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	0	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	*400	*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	0	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	0	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	0	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	0	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	0	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	0	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	0	0.0	1	1.0	2.0	14.0	2.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETAR IAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	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	4899	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 10

Aug 25, 2025 thru Sep 30, 2025

K- 8 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 - 09/04/2025																
SALAD, CHEF COBB HAM & C HEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	4899	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5436	1170	10169	63.55	*21.59	*4602.3	*47044	*241.45	*225 *16.5%	243.86 17.9%	615.14 45.3%	230.67 38.2%	68.90 11.4%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

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Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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)
Fri - 09/05/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CHICKEN EGG ROLL (TWO)	2 each	1	320	70	780	6.00	3.20	80.0	600	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	0	0.0	8	0.0	9.45	0.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	0	0.02	*1	0.66	2.04	0.0	0.00	0.00
CALIFORNIA BLEND	1/2 cup	1	53	0	36	2.63	0.71	13.2	0	0.0	0	1.98	11.19	0.66	0.00	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, 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	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00

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)
Weighted Daily Average % of Calories			4301	750	5907	65.07	*22.15	*2771.4	*32851	*231.20	*205 *19.1%	207.55 19.3%	597.40 55.6%	130.44 27.3%	48.21 10.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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 - 09/08/2025																
K- 8 Lunch	Total	1														
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	750	0.0	1	19.0	29.0	11.0	6.00	0.00
CHICKEN, BAKED IN GRAVY	3 OZ. SE RVING	1	201	100	532	0.00	1.00	1.9	105	1.0	*1	20.16	4.63	11.16	3.50	0.00
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	0	0.0	*0	2.52	21.42	0.0	0.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	0	0.0	*24	0.0	32.08	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	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	0	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	400	0.0	0	0.08	0.34	0.02	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	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)
Weighted Daily Average % of Calories			4234	769	5749	56.12	*18.42	*2723.4	*34106	*170.85	*202 *19.0%	202.09 19.1%	583.19 55.1%	130.89 27.8%	45.18 9.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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)
Tue - 09/09/2025																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	442	120	795	0.00	*4.33	*32.1	*85	*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	285	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	0	0.0	0	3.0	29.0	7.0	1.00	0.00
QUESADILLA CHICKEN PIZZA	EACH (50	1	280	20	650	4.00	2.70	200.0	200	1.2	3	17.0	33.0	9.0	2.50	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
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	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	100	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	0	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	400	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	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
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	0	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CHEESE	2 CUP	1	409	65	988	5.37	1.47	553.6	4899	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	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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)
Tue - 09/09/2025																
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average			4971	883	8788	70.31	*24.35	*4563.4	*48264	*240.42	*153	241.76	591.32	188.23	66.07	0.00
% of Calories											*12.3%	19.5%	47.6%	34.1%	12.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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)
Wed - 09/10/2025																
K- 8 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	704	4.00	2.16	313.7	1093	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	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	0	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	0	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	299	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	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	5.18	16	0.0	18.69	0.0	0.00	0.00
Weighted Daily Average			4039	710	6052	52.10	*21.21	*2611.2	*33944	*413.08	*222	193.49	525.62	140.18	52.58	0.50
% of Calories											*22.0%	19.2%	52.1%	31.2%	11.7%	0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:58 PM

	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 - 09/11/2025																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	0	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	1158	12.38	*20	27.42	54.58	19.16	7.11	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	0	0.0	1	4.0	24.0	5.0	1.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	1	1.0	25.0	8.94	1.21	0.00
FROOT JOOCE: BERRY AMERICA	4.4 fl oz	1	95	0	0	0.00	0.95	21.2	*N/A*	63.49	23	0.0	23.28	0.0	0.00	0.00
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	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	4899	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	4899	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:58 PM

	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 - 09/11/2025																
CKEN DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5148	1065	8568	64.17	*25.10	*4362.8	*53114	*318.81	*183 *14.2%	230.91 17.9%	613.02 47.6%	206.93 36.2%	63.40 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 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)
Fri - 09/12/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA SLICES: NARD ONE	1 each	1	336	41	435	3.00	2.34	20.0	0	0.0	6	20.0	27.0	16.0	10.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
BEEF & CHEDDAR SANDWICH	2.75	1	421	76	637	2.00	3.77	138.7	*156	*0.0	6	24.76	34.17	21.63	8.33	0.81
CALIFORNIA BLEND W/CHEESE	1/2 cup	1	98	9	224	2.63	0.71	104.6	0	0.0	0	4.72	12.11	3.86	2.06	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	0	0.02	*1	0.66	2.04	0.0	0.00	0.00
MANDARIN ORANGE, CUP	1 Each	1	70	0	2	1.00	3.00	7.0	2	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			4424	776	5875	58.08	*26.61	*2938.6	*32908	*217.93	*200 *18.0%	224.05 20.3%	571.18 51.6%	147.27 30.0%	59.60 12.1%	0.81 0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:58 PM

	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 - 09/15/2025																
K- 8 Lunch	Total	1														
CINNAMON ROLL	1 roll (2.7oz)	1	210	0	250	3.00	2.00	30.0	0	0.0	9	6.0	34.0	5.0	1.00	0.00
SCRAMBLED EGGS	0.25 cup	1	90	155	240	0.00	0.72	30.0	0	0.0	0	5.5	1.5	6.5	1.75	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
GARLIC CHEESE FRENCHBREA	1 each	1	340	40	550	2.00	2.70	250.0	300	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	0	0.0	4	1.0	6.99	1.0	0.00	0.00
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	0	6.01	0	2.0	20.05	3.01	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	0	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	100	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	400	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	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)
Weighted Daily Average % of Calories			4164	824	5583	56.44	*21.34	*2604.8	*33051	*174.69	*186 *17.9%	191.05 18.4%	588.60 56.5%	125.24 27.1%	43.93 9.5%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:59 PM

	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 - 09/16/2025																
K- 8 Lunch	Total	1														
CHICKEN FILET SANDWICH:	sandwiche	1	350	60	730	3.00	2.52	60.0	0	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: ES/MS	sandwiche	1	403	55	727	4.67	3.72	53.3	0	0.0	8	27.0	56.67	10.0	1.67	0.00
MEATBALLS W/GRAVY	4.2 oz	1	187	48	542	0.00	8.01	3.0	0	0.0	*0	11.77	7.9	11.97	4.77	0.64
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	0	0.0	*0	2.52	21.42	0.0	0.00	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	1	1.0	25.0	8.94	1.21	0.00
COLLARDS	1/2 CUP SERVING	1	43	0	113	2.37	1.29	177.9	84	0.04	*0	2.37	3.58	0.82	0.37	0.00
GRAPES: FRESH	1/2 cup	1	60	0	0	1.00	0.36	0.0	100	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	0	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	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	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	0	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	0	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	400	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	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
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	0	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETAR IAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	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	4899	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 - 09/16/2025																
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average			5103	890	9202	65.89	*30.38	*4048.0	*50479	*238.66	*153	235.34	623.00	195.47	58.38	0.64
% of Calories											*12.0%	18.4%	48.8%	34.5%	10.3%	0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:38:59 PM

	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 - 09/17/2025																
K- 8 Lunch	Total	1														
BEEFARONI	1 CUP	1	414	61	405	4.28	4.93	146.0	633	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	0	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	0	1.19	1	9.95	29.84	9.95	2.49	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	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	0	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	299	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	0	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	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	0	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	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	5.18	16	0.0	18.69	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)
Weighted Daily Average % of Calories			4198	754	5783	51.59	*23.27	*2493.0	*37471	*395.84	*233 *22.2%	197.51 18.8%	554.60 52.8%	139.25 29.9%	45.00 9.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:00 PM

	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 - 09/18/2025																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	0	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	0	0.0	*12	4.0	38.0	19.0	3.00	0.00
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	152	0.0	5	22.54	29.51	23.56	10.03	0.00
HAMBURGERS	sandwich	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
LETTUCE, TOMATO & PICKLE	1/4c /1slice/2	1	4	0	391	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
TEXAS RANCHERO BEANS: B	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
USH'S																
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	0	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	494	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	495	1.89	*14	1.84	29.54	7.86	3.20	*0.00
PEACH CRISP	1/2 cup	1	244	0	97	3.22	1.01	15.0	1061	4.09	*36	2.28	45.01	7.42	3.17	*0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	139	0	33	2.55	0.63	8.0	40	2.38	*24	1.68	32.0	0.72	0.12	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	0	0.0	23	0.0	32.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	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	0	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	400	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	0	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	0	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	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	5.18	16	0.0	18.69	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 28

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:00 PM

	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 - 09/18/2025																
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	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	4899	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	4899	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average			6391	1103	11232	77.87	*26.14	*4363.2	*48313	*278.18	*301	245.84	795.00	260.34	79.27	*0.00
% of Calories											*18.9%	15.4%	49.8%	36.7%	11.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 29

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:01 PM

	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 - 09/19/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CHICKEN WINGS	4 wings	1	275	124	327	0.00	0.00	13.1	0	0.0	0	18.33	1.31	22.25	5.89	0.00
ROLL, DINNER	1 each	1	197	5	238	3.00	1.70	0.0	202	0.0	5	5.0	32.0	4.97	1.35	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	0	2.45	0	1.02	16.37	2.56	0.00	0.00
Mixed Vegetables	1/2 cup	1	64	0	117	4.00	0.90	20.1	5089	10.18	*0	3.0	12.99	1.0	0.00	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	0	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	400	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	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	8.4	*N/A*	0.0	25.0	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)
Fri - 09/19/2025																
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			4853	829	6280	64.79	*20.61	*3007.0	*38442	*244.17	*236 *19.5%	221.34 18.2%	644.67 53.1%	164.58 30.5%	55.96 10.4%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:01 PM

	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 - 09/22/2025																
K- 8 Lunch	Total	1														
CHICKEN POPCORN	10 PIECES	1	283	79	646	2.27	2.27	34.0	*N/A*	*N/A*	0	20.41	18.14	14.74	2.27	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	0	0.0	1	4.0	24.0	5.0	1.00	0.00
CHEESE RAVIOLI	5 raviolis	1	198	41	340	2.00	1.54	172.5	250	3.01	7	13.25	22.76	6.5	2.62	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	0	0.0	6	0.0	6.0	13.0	2.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	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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	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)
Weighted Daily Average % of Calories			4138	754	5636	58.78	*20.50	*2514.0	*42189	*196.16	*181 *17.5%	195.50 18.9%	562.85 54.4%	132.97 28.9%	41.07 8.9%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 33

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:01 PM

	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 - 09/23/2025																
K- 8 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	133	55	746	0.04	0.41	0.6	0	0.02	*11	17.13	11.83	1.52	0.51	0.00
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	0	0.0	*0	2.52	21.42	0.0	0.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	0	2.45	0	1.02	16.37	2.56	0.00	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	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	0	0.0	11	0.0	18.01	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	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	0	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	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	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
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	0	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CHEESE	2 CUP	1	409	65	988	5.37	1.47	553.6	4899	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	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 34

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:01 PM

	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 - 09/23/2025																
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average			4516	847	8332	61.19	*18.59	*4266.6	*47595	*234.48	*175	206.25	565.69	165.21	53.93	0.00
% of Calories											*15.5%	18.3%	50.1%	32.9%	10.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 35

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:02 PM

	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 - 09/24/2025																
K- 8 Lunch	Total	1														
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
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	152	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	152	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	0	0.0	5	6.0	29.0	3.0	0.50	0.00
LETTUCE, TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	1	1.0	25.0	8.94	1.21	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	0	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	0	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	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	5.18	16	0.0	18.69	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)
Weighted Daily Average % of Calories			4639	819	6834	51.95	*22.74	*2725.0	*36657	*156.84	*193 *16.6%	230.87 19.9%	568.47 49.0%	171.40 33.3%	61.29 11.9%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 37

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:02 PM

	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 - 09/25/2025																
K- 8 Lunch	Total	1														
BARBECUE	SERVINGS	1	142	46	465	1.01	1.09	20.2	75	0.37	2	16.16	3.03	5.05	2.02	0.00
CORN MUFFIN: IW	1 EACH	1	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
CHICKEN BARBECUE	SERVINGS	1	134	102	227	0.00	0.72	10.0	351	0.6	4	18.05	4.31	7.02	1.70	0.00
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	750	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	0	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	*400	*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	0	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	0	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	0	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	0	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	0	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	0	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	0	0.0	1	1.0	2.0	14.0	2.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	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	4899	20.43	*4	24.37	38.85	20.0	9.54	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 38

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:02 PM

	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 - 09/25/2025																
SALAD, CHEF COBB HAM & C HEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	4899	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5436	1170	10169	63.55	*21.59	*4602.3	*47044	*241.45	*225 *16.5%	243.86 17.9%	615.14 45.3%	230.67 38.2%	68.90 11.4%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 39

Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:03 PM

	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 - 09/26/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CHICKEN EGG ROLL (TWO)	2 each	1	320	70	780	6.00	3.20	80.0	600	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	0	0.0	8	0.0	9.45	0.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	0	0.02	*1	0.66	2.04	0.0	0.00	0.00
CALIFORNIA BLEND	1/2 cup	1	53	0	36	2.63	0.71	13.2	0	0.0	0	1.98	11.19	0.66	0.00	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, 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	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	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)
Weighted Daily Average % of Calories			4301	750	5907	65.07	*22.15	*2771.4	*32851	*231.20	*205 *19.1%	207.55 19.3%	597.40 55.6%	130.44 27.3%	48.21 10.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:03 PM

	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 - 09/29/2025																
K- 8 Lunch	Total	1														
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	750	0.0	1	19.0	29.0	11.0	6.00	0.00
CHICKEN, BAKED IN GRAVY	3 OZ. SE RVING	1	201	100	532	0.00	1.00	1.9	105	1.0	*1	20.16	4.63	11.16	3.50	0.00
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	0	0.0	*0	2.52	21.42	0.0	0.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	0	0.0	*24	0.0	32.08	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	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	0	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	400	0.0	0	0.08	0.34	0.02	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	0	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*5194	*20.36	*41	13.9	86.82	21.3	2.40	0.00
PROTEIN EGG BENTO BOX	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*5194	*19.16	*16	24.0	56.83	20.0	8.00	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*121	*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	1577	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	304	0.0	5	24.42	30.01	15.11	6.56	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
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	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	0	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	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	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	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	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	11184	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	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)
Weighted Daily Average % of Calories			4234	769	5749	56.12	*18.42	*2723.4	*34106	*170.85	*202 *19.0%	202.09 19.1%	583.19 55.1%	130.89 27.8%	45.18 9.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 8 Lunch

Generated on: 8/7/2025 12:39:03 PM

	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 - 09/30/2025																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	442	120	795	0.00	*4.33	*32.1	*85	*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	285	0.0	0	7.09	1.01	9.11	6.08	0.00
TOSTITO ROUNDS: INDIVIDUA L BAG	1 bag 1.4 5 oz	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
QUESADILLA CHICKEN PIZZA	EACH (50	1	280	20	650	4.00	2.70	200.0	200	1.2	3	17.0	33.0	9.0	2.50	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
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	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	100	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	0	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	400	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	500	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	500	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	500	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	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	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	424	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	429	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	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	11184	0.0	*N/A*	0.83	7.46	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
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	0	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	195	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	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	100	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	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
SALAD, CHEF COBB VEGETAR IAN	2 CUP	1	505	404	706	5.37	3.33	593.6	4899	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	5856	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	4899	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	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 - 09/30/2025																
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	468	70	935	7.26	2.82	350.0	*4155	*19.15	*2	25.57	50.03	19.26	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pou	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	0	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average			4971	883	8788	70.31	*24.35	*4563.4	*48264	*240.42	*153	241.76	591.32	188.23	66.07	0.00
% of Calories											*12.3%	19.5%	47.6%	34.1%	12.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			3942	710	6310	49.88	*18.84	*2948.3	*32912	*192.71	*168	186.52	496.18	141.80	47.69	*0.07
											*38.3%	18.9%	50.3%	32.4%	10.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3942		600 - 650	607%			3292	Correction Required - Calories too High
Cholesterol (mg)	710							
Sodium 1 (mg)	6310		1230	513%			5080	Correction Required - Sodium too High
Sodium 1a (mg)	6310		1110	568%			5200	Correction Required - Sodium too High
Fiber (g)	49.88							
Iron (mg)	18.84							
Calcium (mg)	2948.3				Missing			
Vitamin A (IU)	32912				Missing			
Sugars (g)	168	17.02%			Missing			
Vitamin C (mg)	192.71				Missing			
Protein (g)	186.52	18.93%						
Carbohydrate (g)	496.18	50.34%						
Total Fat (g)	141.80	32.37%						
Saturated Fat (g)	47.69	10.89%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.07	0.02%			Missing			

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