

Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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Generated on: 10/20/2025 11:06:49 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2025																
K- 8 Lunch	Total	1														
CHICKEN POPCORN	10 PIECES	1	251	70	572	2.01	2.01	30.1	*N/A*	*N/A*	0	18.06	16.06	13.05	2.01	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1	4.0	24.0	5.0	1.00	0.00
CHEESE RAVIOLI	5 raviolis	1	198	41	340	2.00	1.54	172.5	*N/A*	3.01	7	13.25	22.76	6.5	2.62	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	*N/A*	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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	*N/A*	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	*N/A*	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	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00

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)
Weighted Daily Average % of Calories			4106	745	5561	58.52	*20.23	*2510.1	*N/A*	*196.16	*181 *17.6%	193.15 18.8%	560.77 54.6%	131.28 28.8%	40.81 8.9%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/04/2025																
K- 8 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	132	55	746	0.03	0.39	0.5	*N/A*	0.02	*11	17.12	11.78	1.51	0.50	0.00
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.0	1	3.95	4.78	3.46	2.08	0.00
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	1.08	33.0	*N/A*	0.0	11	0.0	18.01	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00

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Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/04/2025																
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF COBB HAM & CHEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			4771	1063	8915	62.97	*19.78	*4667.4	*N/A*	*245.97	*178 *14.9%	223.89 18.8%	580.55 48.7%	180.58 34.1%	63.47 12.0%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)
Wed - 11/05/2025																
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	sandwiche	1	411	73	466	2.00	2.52	121.9	*N/A*	0.0	5	22.54	29.51	23.56	10.03	0.00
CHEESEBURGER, BACON	sandwich	1	464	83	653	2.00	2.52	121.9	*N/A*	0.0	5	25.88	29.51	27.56	11.36	0.00
HAMBURGERS	sandwiche	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5	6.0	29.0	3.0	0.50	0.00
VEGGIE BURGER, MORNING S TAR	1 each	1	351	13	701	5.00	2.52	145.9	*N/A*	0.0	6	25.54	35.51	14.56	4.03	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	*N/A*	0.99	1	1.0	25.0	8.94	1.21	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2	2.43	16.99	0.61	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/05/2025																
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			5280	832	7535	66.95	*25.98	*2950.9	*N/A*	*174.03	*199 *15.1%	258.41 19.6%	677.98 51.4%	185.95 31.7%	65.32 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/06/2025																
K- 8 Lunch	Total	1														
BARBECUE	SERVINGS	1	142	46	465	1.01	1.09	20.2	*N/A*	0.37	2	16.16	3.03	5.05	2.02	0.00
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	*N/A*	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	*N/A*	0.0	1	19.0	29.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
COLESLAW	1/2 cup	1	70	6	191	1.11	*0.22	*22.7	*N/A*	*16.03	6	0.56	8.12	4.24	0.61	*0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	13	7.47	32.02	0.53	0.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12	0.0	13.16	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

Nov 1, 2025 thru Nov 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 - 11/06/2025																
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF COBB HAM & C HEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	*N/A*	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	*N/A*	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	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5749	1212	10808	65.84	*22.38	*5017.6	*N/A*	*259.31	*227 *15.8%	257.56 17.9%	629.42 43.8%	253.68 39.7%	78.73 12.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/07/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	*N/A*	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	*N/A*	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	*N/A*	14.0	4	20.0	38.0	10.0	2.00	0.00
MANDARIN ORANGE SAUCE	1 oz	1	40	0	128	0.00	0.00	0.0	*N/A*	0.0	8	0.0	9.45	0.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
CALIFORNIA BLEND	1/2 cup	1	53	0	36	2.63	0.71	13.2	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00

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)
Weighted Daily Average % of Calories			4301	750	5907	65.07	*22.15	*2771.4	*N/A*	*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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Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:49 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/10/2025																
K- 8 Lunch	Total	1														
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	*N/A*	0.0	1	19.0	29.0	11.0	6.00	0.00
CHICKEN, BAKED IN GRAVY	3 OZ. SE	1	201	100	532	0.00	1.00	1.9	*N/A*	1.0	*1	20.16	4.63	11.16	3.50	0.00
	RIVING															
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
SANT																
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
10001																
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI &	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
CARROT																
VEGGIE CUP W/CUCUMBER &	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
CARROT																
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/10/2025																
Weighted Daily Average % of Calories			4234	769	5749	56.12	*18.42	*2723.4	*N/A*	*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	

Tue - 11/11/2025																
K- 8 Lunch NO SCHOOL TODAY	Total 1 each	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/12/2025																
K- 8 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	704	4.00	2.16	313.7	*N/A*	0.0	2	18.17	26.02	26.35	13.36	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	*N/A*	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	*N/A*	6.0	0	1.0	20.0	3.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	13	7.47	32.02	0.53	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	16	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00

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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			4329	710	6052	62.10	*21.93	*2691.2	*N/A*	*430.48	*222 *20.5%	195.49 18.1%	599.62 55.4%	140.18 29.1%	52.58 10.9%	0.50 0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/13/2025																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0	20.0	13.0	7.0	1.00	0.00
SPAGHETTI, BAKED	1 CUP	1	490	65	571	6.34	6.18	200.5	*N/A*	12.38	*20	27.42	54.58	19.16	7.11	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1	4.0	24.0	5.0	1.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	*N/A*	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	*N/A*	0.99	1	1.0	25.0	8.94	1.21	0.00
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	*N/A*	0.0	0	0.0	22.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF COBB HAM & C	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:50 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/13/2025																
HEESE																
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	*N/A*	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	*N/A*	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	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5321	1092	8977	66.46	*25.89	*4766.1	*N/A*	*336.46	*184 *13.8%	243.61 18.3%	625.30 47.0%	215.94 36.5%	70.73 12.0%	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 17

Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:50 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/14/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA SLICES: NARD ONE	1 each	1	336	41	435	3.00	2.34	20.0	*N/A*	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	*N/A*	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	*N/A*	*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	*N/A*	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	*N/A*	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	*N/A*	48.0	17	0.0	17.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00

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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			4424	776	5875	58.08	*26.61	*2938.6	*N/A*	*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

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/17/2025																
K- 8 Lunch	Total	1														
CINNAMON ROLL, FRESH BAKED	1 roll (2.7oz	1	210	0	250	3.00	2.00	30.0	*N/A*	0.0	9	6.0	34.0	5.0	1.00	0.00
SCRAMBLED EGGS & YOGURT	2.33 oz	1	169	176	334	0.00	0.79	183.0	*N/A*	0.0	5	10.05	13.65	7.15	1.93	0.00
GARLIC CHEESE FRENCHBRE AD	1 each	1	340	40	550	2.00	2.70	250.0	*N/A*	1.2	1	19.0	29.0	16.0	8.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	4	1.0	6.99	1.0	0.00	0.00
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	*N/A*	6.01	0	2.0	20.05	3.01	0.00	0.00
Mixed Vegetables	1/2 cup	1	64	0	117	4.00	0.90	20.1	*N/A*	10.18	*0	3.0	12.99	1.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00

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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			4156	834	5516	59.78	*21.67	*2480.7	*N/A*	*184.85	*173 *16.7%	189.94 18.3%	583.70 56.2%	126.89 27.5%	44.11 9.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2025																
K- 8 Lunch	Total	1														
CHICKEN FILET SANDWICH:	sandwiche	1	350	60	730	3.00	2.52	60.0	*N/A*	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: ES/MS/ HS	sandwiche	1	403	55	727	4.67	3.72	53.3	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.99	1	1.0	25.0	8.94	1.21	0.00
COLLARDS	1/2 CUP SERVING	1	87	0	226	4.74	2.59	355.8	*N/A*	0.09	*0	4.74	7.15	1.65	0.75	0.00
GRAPES: FRESH	1/2 cup	1	60	0	0	1.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETAR IAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2025																
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF COBB HAM & C HEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			5402	1105	9898	70.05	*32.88	*4626.8	*N/A*	*249.98	*156 *11.6%	255.36 18.9%	641.49 47.5%	211.67 35.3%	68.30 11.4%	0.64 0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/19/2025																
K- 8 Lunch	Total	1														
BEEFARONI	1 CUP	1	414	61	405	4.28	4.93	146.0	*N/A*	6.44	*10	24.31	41.93	16.96	6.34	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1	4.0	24.0	5.0	1.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	*N/A*	1.19	1	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	*N/A*	2.45	0	1.02	16.37	2.56	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	*N/A*	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	16	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
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	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/19/2025																
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			4507	754	5768	60.79	*24.13	*2572.9	*N/A*	*415.69	*231 *20.5%	198.11 17.6%	627.97 55.7%	141.20 28.2%	45.00 9.0%	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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Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:50 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/20/2025																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0	20.0	13.0	7.0	1.00	0.00
WAFFLE; CINNAMON DUTCH	2 oz	1	330	15	330	3.00	1.44	20.0	*N/A*	0.0	*12	4.0	38.0	19.0	3.00	0.00
CHEESEBURGERS	sandwiche	1	411	73	466	2.00	2.52	121.9	*N/A*	0.0	5	22.54	29.51	23.56	10.03	0.00
HAMBURGERS	sandwiche	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5	6.0	29.0	3.0	0.50	0.00
VEGGIE BURGER, MORNING S	1 each	1	351	13	701	5.00	2.52	145.9	*N/A*	0.0	6	25.54	35.51	14.56	4.03	0.00
TAR																
LETTUCE,TOMATO & PICKLE	1/4c /1slic e/2	1	4	0	391	0.35	0.11	3.2	*N/A*	3.79	*0	0.21	0.78	0.02	0.00	0.00
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	*N/A*	9.73	*0	1.95	16.54	0.97	0.00	0.00
STRAWBERRY CRISP, FROZEN	1/2 cup	1	179	0	90	2.62	0.97	22.5	*N/A*	31.87	*14	1.85	27.33	7.45	3.17	*0.00
BLUEBERRY CRISP, FROZEN	1/2 cup	1	191	0	90	3.18	0.53	15.8	*N/A*	1.89	*14	1.84	29.54	7.86	3.20	*0.00
PEACH CRISP	1/2 cup	1	244	0	97	3.22	1.01	15.0	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12	0.0	13.16	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI &	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
CARROT																
VEGGIE CUP W/CUCUMBER &	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
CARROT																
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:50 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/20/2025																
10001																
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETAR	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
IAN																
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00
EESE																
SALAD, CHEF COBB HAM & C	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
HEESE																
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
ESE																
SALAD, CHEF, POPCORN CHI	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
CKEN																
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	*N/A*	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
RD																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	*N/A*	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average			6915	1143	12343	85.16	*29.45	*4912.4	*N/A*	*296.04	*309	284.08	842.79	283.90	90.63	*0.00
% of Calories											*17.9%	16.4%	48.8%	37.0%	11.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 27

Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:50 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/21/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	*N/A*	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	*N/A*	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	*N/A*	0.0	0	18.33	1.31	22.25	5.89	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5	5.0	32.0	5.96	1.80	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2	2.43	16.99	0.61	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00

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Fri - 11/21/2025																
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			4789	829	6332	62.26	*20.22	*3004.2	*N/A*	*231.56	*240 *20.0%	220.41 18.4%	634.35 53.0%	162.63 30.6%	56.41 10.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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Generated on: 10/20/2025 11:06:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/24/2025																
K- 8 Lunch	Total	1														
TURKEY IN GRAVY	4 oz	1	171	61	450	0.00	1.11	31.1	*N/A*	0.0	2	26.06	8.7	3.29	0.00	0.00
STUFFING	1/2 cup	1	273	0	852	1.02	1.47	2.5	*N/A*	0.0	*2	4.06	25.38	17.02	7.55	0.00
CHICKEN POPCORN	10 PIECES	1	251	70	572	2.01	2.01	30.1	*N/A*	*N/A*	0	18.06	16.06	13.05	2.01	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1	4.0	24.0	5.0	1.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1	0.66	2.04	0.0	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	*N/A*	0.0	*24	0.0	32.08	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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	*N/A*	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	*N/A*	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	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: YOGURT (K8)	1 EACH	1	588	35	378	9.50	*2.18	*190.0	*N/A*	*20.36	*41	13.9	86.82	21.3	2.40	0.00
BENTO: PROTEIN EGG (K-8)	1 EACH	1	509	380	638	6.00	*3.81	*258.0	*N/A*	*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	*N/A*	*0.0	3	25.97	29.4	15.44	6.63	0.00
SANT																
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	*N/A*	0.63	2	28.31	30.4	18.15	8.07	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	335	55	750	2.00	1.68	191.9	*N/A*	0.0	5	24.42	30.01	15.11	6.56	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00

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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			4442	765	6626	56.25	*21.34	*2376.7	*N/A*	*169.87	*203 *18.2%	209.74 18.9%	596.28 53.7%	145.08 29.4%	45.74 9.3%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 31

Nov 1, 2025 thru Nov 30, 2025

K- 8 Lunch

Generated on: 10/20/2025 11:06:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/25/2025																
K- 8 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	132	55	746	0.03	0.39	0.5	*N/A*	0.02	*11	17.12	11.78	1.51	0.50	0.00
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.0	1	3.95	4.78	3.46	2.08	0.00
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	1.08	33.0	*N/A*	0.0	11	0.0	18.01	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6	0.0	6.0	13.0	2.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	0.83	7.46	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	16	0.0	18.69	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	10	0.98	20.49	0.98	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SALAD, CHEF COBB VEGETARIAN	2 CUP	1	505	404	706	5.37	3.33	593.6	*N/A*	20.43	*2	27.7	37.38	26.53	10.81	0.00
SALAD, CHEF GRILLED CHICKEN	2 CUP	1	407	71	907	5.59	1.68	563.7	*N/A*	23.29	*3	27.33	36.42	17.57	8.15	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	988	5.37	1.47	553.6	*N/A*	20.43	*4	24.37	38.85	20.0	9.54	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/25/2025																
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	875	5.87	2.14	576.1	*N/A*	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF COBB HAM & CHEESE	2 CUP	1	489	250	1048	5.37	2.55	573.6	*N/A*	20.43	*4	30.37	39.85	25.0	11.04	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	235	35	469	3.68	1.47	177.2	*N/A*	*10.21	*1	12.85	25.1	9.64	1.50	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	*N/A*	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	*N/A*	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1. oz	1.OZ cup	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1	1.0	2.0	14.0	2.50	0.00
Weighted Daily Average % of Calories			4771	1063	8915	62.97	*19.78	*4667.4	*N/A*	*245.97	*178 *14.9%	223.89 18.8%	580.55 48.7%	180.58 34.1%	63.47 12.0%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 11/26/2025																
K- 8 Lunch NO SCHOOL TODAY	Total 1 each	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*
Nutrient Guideline			600-650		1230										<10.00	

Thu - 11/27/2025																
K- 8 Lunch NO SCHOOL TODAY	Total 1 each	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*
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)
Fri - 11/28/2025																
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			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			3875	722	6039	50.77	*18.44	*2783.7	*N/A*	*202.62	*164 *38.1%	179.17 18.5%	496.43 51.2%	138.21 32.1%	46.72 10.9%	*N/A*

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3875		600 - 650	596%			3225	Correction Required - Calories too High
Cholesterol (mg)	722							
Sodium 1 (mg)	6039		1230	491%			4809	Correction Required - Sodium too High
Sodium 1a (mg)	6039		1110	544%			4929	Correction Required - Sodium too High
Fiber (g)	50.77							
Iron (mg)	18.44							
Calcium (mg)	2783.7				Missing			
Vitamin A (IU)	*N/A*				Missing			
Sugars (g)	164	16.94%			Missing			
Vitamin C (mg)	202.62				Missing			
Protein (g)	179.17	18.50%						
Carbohydrate (g)	496.43	51.25%						
Total Fat (g)	138.21	32.10%						
Saturated Fat (g)	46.72	10.85%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	*N/A*				Missing			

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