

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)
-----------------	--------------	----------------	----------------	--------------	--------------	--------------	---------------	---------------	---------------	---------------	--------------	-------------	--------------	--------------	----------------------------

**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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 2

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:11 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 - 10/01/2025																
9 - 12 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
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
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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG (K-8)	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
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (K8)	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
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
--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	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
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
---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	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/01/2025																
Weighted Daily Average % of Calories			4842	749	6092	62.60	*22.46	*2724.0	*26827	*490.43	*285 *23.5%	190.34 15.7%	662.15 54.7%	168.00 31.2%	56.01 10.4%	0.50 0.1%
Nutrient Guideline			750-850		1420										<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 4

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:11 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 - 10/02/2025																
9 - 12 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
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	270	0.0	5	5.0	32.0	5.96	1.80	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	0	0.0	*24	0.0	32.08	0.0	0.00	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	0	0.0	24	1.0	30.0	0.0	0.00	0.00
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	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
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
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
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
--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	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
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
---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	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
--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	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 5

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:11 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 - 10/02/2025																
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, 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, 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, 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, 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			5299	1055	8995	64.47	*24.23	*4310.3	*38570	*237.29	*241	230.19	659.57	200.89	63.48	0.00
% of Calories											*18.2%	17.4%	49.8%	34.1%	10.8%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 6

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:11 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 - 10/03/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA	1 each	1	350	45	470	3.00	1.80	300.0	500	0.0	7	19.0	34.0	17.0	8.00	0.00
DDY'S																
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	350	45	570	3.00	1.80	300.0	500	0.0	1	19.0	34.0	17.0	8.00	0.00
CHICKEN ENCHILADA EMPAN	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
ADA																
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 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG (K-8)	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
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (K8)	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
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
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																

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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			5157	843	6961	60.56	*25.68	*3729.3	*27139	*271.21	*275 *21.4%	243.46 18.9%	684.32 53.1%	171.50 29.9%	63.73 11.1%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:11 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 - 10/06/2025																
9 - 12 Lunch	Total	1														
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 CUP)	1	1	202	0	374	2.52	0.47	7.4	0	0.0	*0	5.04	42.84	0.0	0.00	0.00
GARLIC CHEESE FRENCHBRE AD	1 each	1	340	40	550	2.00	2.70	250.0	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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	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
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED: 1/2 cup	1/2 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
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
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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (K8)	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
BENTO: PROTEIN EGG (K-8)	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 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 & 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
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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/06/2025																
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
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
Weighted Daily Average			4550	742	6523	55.71	*26.44	*2607.1	*26886	*239.26	*236	189.93	647.50	140.15	46.88	0.64
% of Calories											*20.7%	16.7%	56.9%	27.7%	9.3%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 10

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:11 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 - 10/07/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH	sandwich	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: HS	sandwich	1	350	55	640	4.00	3.24	40.0	0	0.0	6	25.0	47.0	9.0	1.50	0.00
BEEF & CHEDDAR SANDWICH	2.75	1	421	76	637	2.00	3.77	138.7	*156	*0.0	6	24.76	34.17	21.63	8.33	0.81
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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/07/2025																
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 & 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, 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, 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, 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, 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			5539	1116	10061	62.97	*25.75	*4170.3	*36894	*275.46	*204 *14.7%	248.04 17.9%	658.92 47.6%	222.18 36.1%	66.48 10.8%	0.81 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/08/2025																
9 - 12 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
TEXAS RANCHERO BEANS: B USH'S	1/2 cup	1	108	0	479	4.89	1.76	39.1	*N/A*	*N/A*	0	5.87	19.56	0.49	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG (K-8)	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
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (K8)	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
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
--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	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
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
---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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/08/2025																
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
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
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
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
Weighted Daily Average			4812	779	6324	64.50	*25.58	*2945.2	*31057	*479.35	*290	203.93	688.08	142.95	43.94	0.00
% of Calories											*24.1%	17.0%	57.2%	26.7%	8.2%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 14

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/09/2025																
9 - 12 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	sandwiche	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	sandwiche	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 /1slic e/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
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
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, FROZEN	1/2 cup	1	262	0	89	3.45	*0.39	9.9	*459	*0.01	*38	3.96	47.16	7.37	3.16	*0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	139	0	33	2.55	0.63	8.0	40	2.38	*24	1.68	32.0	0.72	0.12	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	195	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 15

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/09/2025																
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
--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	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
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 pouch	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, 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, 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			6231	1063	10617	71.37	*24.34	*4304.9	*36097	*317.30	*346	239.59	814.23	234.74	75.26	*0.00
% of Calories											*22.2%	15.4%	52.3%	33.9%	10.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/10/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA DDY'S	1 each	1	350	45	470	3.00	1.80	300.0	500	0.0	7	19.0	34.0	17.0	8.00	0.00
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	350	45	570	3.00	1.80	300.0	500	0.0	1	19.0	34.0	17.0	8.00	0.00
CHICKEN WINGS	4 wings	1	275	124	327	0.00	0.00	13.1	0	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	270	0.0	5	5.0	32.0	5.96	1.80	0.00
CARROTS, GLAZED	1/2 CUP	1	50	0	53	2.18	0.00	0.0	31	2.45	*8	0.0	11.13	0.45	0.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 17

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/10/2025																
BENTO: PROTEIN EGG (K-8)	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
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (K8)	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
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 & 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
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
Weighted Daily Average % of Calories			5372	903	6914	63.72	*20.42	*3344.2	*27535	*278.26	*322 *24.0%	223.01 16.6%	715.54 53.3%	190.68 31.9%	62.58 10.5%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 18

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/13/2025																
9 - 12 Lunch	Total	1														
CHICKEN DUMPLINGS ORANGE#3	3 DUMPLINGS	1	192	17	612	0.47	1.02	29.9	0	0.0	16	8.94	32.84	3.45	0.27	0.00
CHICKEN EGG ROLL	1 each	1	160	35	390	3.00	1.60	40.0	300	7.0	2	10.0	19.0	5.0	1.00	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
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
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	0	0.0	*0	5.04	42.84	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	50	0	53	2.18	0.00	0.0	31	2.45	*8	0.0	11.13	0.45	0.21	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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	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
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED: 1/2 cup	1/2 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
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
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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/13/2025																
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 & 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
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
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
Weighted Daily Average			5097	784	7441	61.52	*31.61	*2472.8	*30163	*299.32	*282	197.64	685.05	179.45	47.86	0.64
% of Calories											*22.2%	15.5%	53.8%	31.7%	8.5%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 20

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/14/2025																
9 - 12 Lunch	Total	1														
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
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
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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--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	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 & 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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/14/2025																
CKEN 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, 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, 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, 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			5035	1010	8729	68.05	*24.94	*4532.1	*35112	*289.00	*207 *16.4%	232.70 18.5%	645.53 51.3%	181.02 32.4%	64.26 11.5%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 22

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/15/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH	sandwich	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/HS	sandwich	1	403	55	727	4.67	3.72	53.3	0	0.0	8	27.0	56.67	10.0	1.67	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
VEGGIE BURGER, MORNING STAR	1 each	1	351	13	701	5.00	2.52	145.9	152	0.0	6	25.54	35.51	14.56	4.03	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
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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	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
--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	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
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
---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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 23

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:12 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 - 10/15/2025																
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
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
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
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
Weighted Daily Average % of Calories			5739	836	8427	74.99	*29.64	*2996.0	*27197	*277.80	*280 *19.5%	262.15 18.3%	769.41 53.6%	193.80 30.4%	51.34 8.1%	0.50 0.1%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 10/16/2025																
9 - 12 Lunch	Total	1														
STUFFED PEPPERONI SANDW	1 EACH	1	300	30	590	3.00	2.70	200.0	400	0.0	1	19.0	31.0	12.0	5.00	0.00
ICH, IW																
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	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
APPLESAUCE, INDIVIDUAL	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
MANGO PUNCH	BOX (6.7 5 oz)	1	90	0	10	0.00	0.00	0.0	0	0.0	21	0.0	23.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	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: 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: 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
Weighted Daily Average % of Calories			1310	100	2070	11.00	10.80	1273.9	*6900	23.96	*118 *36.0%	62.99 19.2%	192.94 58.9%	31.50 21.6%	11.50 7.9%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 10/17/2025																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*
Nutrient Guideline			750-850		1420										<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 25

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/20/2025																
9 - 12 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/HS	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
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
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
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
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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 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
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED: 1/2 cup	1/2 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
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
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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/20/2025																
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 & 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
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
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
Weighted Daily Average			5318	823	7690	63.60	*24.48	*3163.3	*38277	*235.99	*276	239.35	723.22	174.55	47.28	0.00
% of Calories											*20.8%	18.0%	54.4%	29.5%	8.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 27

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/21/2025																
9 - 12 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--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	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 ESEE	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 28

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/21/2025																
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, 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, 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, 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, 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			5099	1071	9232	62.42	*22.92	*4516.5	*34524	*277.22	*197	238.14	609.54	194.80	68.28	0.00
% of Calories											*15.5%	18.7%	47.8%	34.4%	12.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 29

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/22/2025																
9 - 12 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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*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
--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	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
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
---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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/22/2025																
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
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
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
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
Weighted Daily Average			5277	774	7051	65.95	*23.65	*3059.2	*27736	*496.62	*302	205.55	686.05	200.03	60.01	0.50
% of Calories											*22.9%	15.6%	52.0%	34.1%	10.2%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 31

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/23/2025																
9 - 12 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
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	270	0.0	5	5.0	32.0	5.96	1.80	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.80	0.00	7.2	0	0.0	*24	0.0	32.08	0.0	0.00	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	0	0.0	24	1.0	30.0	0.0	0.00	0.00
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	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
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
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
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
--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	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
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
---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	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
--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	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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/23/2025																
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, 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, 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, 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, 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			5299	1055	8995	64.47	*24.23	*4310.3	*38570	*237.29	*241 *18.2%	230.19 17.4%	659.57 49.8%	200.89 34.1%	63.48 10.8%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 33

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/24/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA	1 each	1	350	45	470	3.00	1.80	300.0	500	0.0	7	19.0	34.0	17.0	8.00	0.00
DDY'S																
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	350	45	570	3.00	1.80	300.0	500	0.0	1	19.0	34.0	17.0	8.00	0.00
CHICKEN ENCHILADA EMPAN	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
ADA																
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 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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 &	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
CARROT																
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
---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	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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	1577	0.63	2	28.31	30.4	18.15	8.07	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																

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/24/2025																
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
Weighted Daily Average			5183	808	6698	61.56	*25.08	*3569.4	*26642	*271.21	*279	226.04	668.44	188.39	61.17	0.00
% of Calories											*21.6%	17.4%	51.6%	32.7%	10.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 35

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/27/2025																
9 - 12 Lunch	Total	1														
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 CUP)	1	1	202	0	374	2.52	0.47	7.4	0	0.0	*0	5.04	42.84	0.0	0.00	0.00
GARLIC CHEESE FRENCHBRE AD	1 each	1	340	40	550	2.00	2.70	250.0	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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	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
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
--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	5000	6.0	*N/A*	0.0	7.0	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
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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	1577	0.63	2	28.31	30.4	18.15	8.07	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
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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/27/2025																
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
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
Weighted Daily Average			4860	757	6745	58.71	*27.51	*2639.1	*26692	*239.26	*241	196.93	656.63	169.15	50.88	0.64
% of Calories											*19.8%	16.2%	54.0%	31.3%	9.4%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 37

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/28/2025																
9 - 12 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/HS	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
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
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
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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--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	4899	20.43	*2	27.7	37.38	26.53	10.81	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 38

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:13 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 - 10/28/2025																
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 & 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, 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, 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, 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, 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			5593	1116	10148	63.63	*26.23	*4183.7	*36894	*275.46	*206 *14.7%	250.04 17.9%	668.59 47.8%	223.18 35.9%	66.65 10.7%	0.81 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 39

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:14 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 - 10/29/2025																
9 - 12 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
TEXAS RANCHERO BEANS: B USH'S	1/2 cup	1	108	0	479	4.89	1.76	39.1	*N/A*	*N/A*	0	5.87	19.56	0.49	0.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	682	3.00	1.82	80.7	*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
--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	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
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
---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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/29/2025																
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
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
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
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
Weighted Daily Average			5123	794	6547	67.50	*26.66	*2977.2	*30863	*479.35	*295	210.93	697.21	171.95	47.94	0.00
% of Calories											*23.1%	16.5%	54.4%	30.2%	8.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 41

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:14 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 - 10/30/2025																
9 - 12 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	sandwiche	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	sandwiche	1	160	0	260	2.00	1.44	40.0	0	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	152	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	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	0	0.02	*1	0.66	2.04	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	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, FROZEN	1/2 cup	1	262	0	89	3.45	*0.39	9.9	*459	*0.01	*38	3.96	47.16	7.37	3.16	*0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	139	0	33	2.55	0.63	8.0	40	2.38	*24	1.68	32.0	0.72	0.12	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 42

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:14 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 - 10/30/2025																
10001																
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
--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	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
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 pouch	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, 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, 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			6581	1075	11319	76.37	*26.86	*4450.8	*36249	*317.30	*352	265.13	849.73	249.30	79.29	*0.00
% of Calories											*21.4%	16.1%	51.6%	34.1%	10.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 43

Oct 1, 2025 thru Oct 31, 2025

9 - 12 Lunch

Generated on: 9/23/2025 4:35:14 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 - 10/31/2025																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA DDY'S	1 each	1	350	45	470	3.00	1.80	300.0	500	0.0	7	19.0	34.0	17.0	8.00	0.00
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	350	45	570	3.00	1.80	300.0	500	0.0	1	19.0	34.0	17.0	8.00	0.00
CHICKEN WINGS	4 wings	1	275	124	327	0.00	0.00	13.1	0	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	270	0.0	5	5.0	32.0	5.96	1.80	0.00
CARROTS, GLAZED	1/2 CUP	1	50	0	53	2.18	0.00	0.0	31	2.45	*8	0.0	11.13	0.45	0.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, ORIGINAL ASA 10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
--choose 1 veg--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	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
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
---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	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
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 10/31/2025																
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	760	385	660	9.00	*4.68	*92.0	*5000	*19.16	*21	24.0	64.95	46.0	10.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	639	85	980	3.99	*1.87	*528.0	*5000	*19.16	*37	26.99	67.89	28.99	7.50	0.00
BENTO: YOGURT (HS only)	1 EACH	1	648	45	578	9.50	*2.39	*388.0	*5194	*20.36	*41	20.9	87.82	24.3	4.40	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	767	3.15	2.36	197.5	1577	0.63	2	28.31	30.4	18.15	8.07	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
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
Weighted Daily Average			5683	918	7137	66.72	*21.50	*3376.2	*27341	*278.26	*328	230.01	724.67	219.68	66.58	0.00
% of Calories											*23.1%	16.2%	51.0%	34.8%	10.5%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			4913	833	7422	59.62	*23.48	*3289.3	*29312	*286.33	*252	209.36	641.99	175.99	54.95	*0.18
											*46.2%	17.0%	52.3%	32.2%	10.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4913		750 - 850	578%			4063	Correction Required - Calories too High
Cholesterol (mg)	833							
Sodium 1 (mg)	7422		1420	523%			6002	Correction Required - Sodium too High
Sodium 1a (mg)	7422		1280	580%			6142	Correction Required - Sodium too High
Fiber (g)	59.62							
Iron (mg)	23.48							
Calcium (mg)	3289.3				Missing			
Vitamin A (IU)	29312				Missing			
Sugars (g)	252	20.54%			Missing			
Vitamin C (mg)	286.33				Missing			
Protein (g)	209.36	17.05%						
Carbohydrate (g)	641.99	52.27%						
Total Fat (g)	175.99	32.24%						
Saturated Fat (g)	54.95	10.07%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.18	0.03%			Missing			

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.