

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 2

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/01/2025																
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	475	47	606	6.87	6.59	196.7	1252	15.32	*20	27.2	54.97	20.07	8.78	0.75
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CAESAR SALAD: (1 cup)	1 cup	1	79	0	215	2.50	0.51	74.7	3558	14.94	*0	4.82	6.45	4.43	1.51	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
FROOT JOOCE: BERRY AMERI CA	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	0.0	22	0.0	22.0	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	22	0.0	22.0	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
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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH ESEE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA	1.5 OZ.	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/01/2025																
RD	POUCH															
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			5486	534	9977	65.10	24.55	4760.7	*47787	*252.17	*250	245.01	614.24	238.83	70.52	0.75
% of Calories											*18.2%	17.9%	44.8%	39.2%	11.6%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 4

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/02/2025																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
School Favorite	servings	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*
CORN MUFFIN: IW	1 EACH	1	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	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	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/02/2025																
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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			7160	680	11476	87.55	37.10	4643.3	*25213	*311.89	*342 *19.1%	334.84 18.7%	925.51 51.7%	247.62 31.1%	98.74 12.4%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 6

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/05/2025																
9 - 12 Lunch	Total	1														
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	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
CHICKEN EGG ROLL (TWO)	2 each	1	320	70	780	6.00	3.20	80.0	600	14.0	4	20.0	38.0	10.0	2.00	0.00
MANDARIN SAUCE	1 oz	1	40	0	128	0.00	0.00	0.0	0	0.0	8	0.0	9.45	0.0	0.00	0.00
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
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	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
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average			6849	685	12096	84.14	33.27	3814.4	*19624	*210.13	*306	321.92	900.16	232.12	90.63	0.00
% of Calories											*17.9%	18.8%	52.6%	30.5%	11.9%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 8

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/06/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH: HS	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: HS	sandwiche	1	350	55	640	4.00	3.24	40.0	0	0.0	6	25.0	47.0	9.0	1.50	0.00
SALISBURY STEAK - 2025	sandwiche	1	43	0	240	0.00	0.01	1.2	0	0.0	*0	0.0	6.8	1.7	0.85	0.00
BROWN RICE (1 CUP)	1	1	201	0	374	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
SWEET POTATO, MAPLE ROA STED	0.5 cup	1	169	0	178	2.97	0.53	29.7	*N/A*	*N/A*	16	1.48	25.21	7.5	1.01	0.00
COLLARDS	1/2 CUP SERVING	1	43	0	113	2.37	1.29	177.9	28	0.04	*0	2.37	3.58	0.82	0.34	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/06/2025																
	UCH															
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 pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			5409	537	10780	64.56	22.22	4426.6	*42987	*288.55	*178 *13.2%	239.65 17.7%	602.91 44.6%	236.18 39.3%	63.22 10.5%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 10

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/07/2025																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	440	4.80	5.22	140.5	725	9.37	*11	24.06	42.88	17.82	8.00	0.75
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
BAKED POTATO	1 EACH	1	229	0	106	4.69	1.66	85.6	326	41.96	*2	6.3	41.21	4.86	1.39	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 11

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/07/2025																
SANT																
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average			7484	693	11931	100.53	42.14	4193.8	*30724	*562.55	*348	342.69	1005.0	247.84	95.53	0.75
% of Calories											*18.6%	18.3%	53.7%	29.8%	11.5%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 12

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/08/2025																
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	332	15	330	3.50	1.62	30.0	150	0.0	*12	4.0	39.0	19.0	3.00	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	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
SPINACH:CHEESY	1/2 CUP	1	118	15	346	4.92	3.36	371.0	19038	40.16	*2	10.38	7.31	6.84	2.98	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	93	2.62	0.97	22.5	36	31.87	*14	1.85	27.33	7.45	2.87	*0.00
BLUEBERRY CRISP, FROZEN	1/2 cup	1	191	0	93	3.18	0.53	15.8	36	1.89	*14	1.84	29.54	7.86	2.90	*0.00
PEACH CRISP, FROZEN	1/2 cup	1	262	0	92	3.45	*0.39	9.9	*1	*0.01	*38	3.96	47.16	7.37	2.86	*0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	223	0	97	3.47	0.47	8.4	38	0.0	*26	2.08	34.64	8.3	3.22	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	40	0	65	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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/08/2025																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, 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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			6824	631	11742	77.98	*29.09	5136.5	*62962	*365.57	*317 *18.6%	282.11 16.5%	779.87 45.7%	299.71 39.5%	93.73 12.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/09/2025																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
School Favorite	servings	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*
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
MANDARIN ORANGE, CUP	1 Each	1	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BUFFALO WING SAUCE 1 oz	1 oz	1	37	0	338	0.00	0.83	0.0	0	0.92	0	0.0	0.77	3.83	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/09/2025																
PEANUT BUTTER & JELLY: DO UBLE	2 sandwich es	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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			6715	652	11262	71.91	34.21	4337.9	*23584	*297.27	*328 *19.5%	313.50 18.7%	825.67 49.2%	255.03 34.2%	95.48 12.8%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/12/2025																
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
BISCUIT	1 BISCUIT	1	171	0	563	1.01	0.36	20.1	0	0.0	2	4.02	25.15	6.04	3.52	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	361	13	781	5.00	2.52	135.9	152	0.0	6	25.54	35.51	15.56	4.03	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
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
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
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	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
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROISSANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
PEANUT BUTTER & JELLY: DOUBBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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 slice	1	4	0	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			6629	658	12041	68.99	29.14	3591.6	*18647	*197.52	*294 *17.7%	320.27 19.3%	822.90 49.7%	245.06 33.3%	87.68 11.9%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 18

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/13/2025																
9 - 12 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	133	55	746	0.04	0.41	0.6	0	0.02	*11	17.13	11.83	1.52	0.51	0.00
BROWN RICE (1 CUP)	1	1	201	0	374	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	9.01	17	1.0	20.01	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY 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 pouc	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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/13/2025																
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4750	518	9646	58.54	17.95	4596.9	*46159	*293.33	*182	223.74	544.44	195.00	59.30	0.00
% of Calories											*15.4%	18.8%	45.8%	36.9%	11.2%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 20

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/14/2025																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	428	73	945	1.62	3.78	122.4	457	0.9	2	28.15	36.92	18.61	9.23	0.01
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 14FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00

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Wed - 05/14/2025																
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwich hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average % of Calories			7977	801	13744	93.72	41.68	4233.0	*27278	*286.71	*319 *16.0%	374.57 18.8%	1005.5 50.4%	287.86 32.5%	113.49 12.8%	0.01 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 22

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/15/2025																
9 - 12 Lunch	Total	1														
BARBECUE	SERVINGS	1	142	46	465	1.01	1.09	20.2	75	0.37	2	16.16	3.03	5.05	2.02	0.00
CHICKEN BARBECUE	SERVINGS	1	137	105	232	0.00	0.74	143.6	359	0.62	4	18.46	4.41	7.18	1.74	0.00
HUSHPUDDIES: 9-12	4 each	1	213	0	333	1.33	0.96	26.6	0	1.6	7	2.66	29.28	9.32	1.33	0.00
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
COLESLAW	1/2 cup	1	70	6	191	1.11	*0.22	*22.7	*400	*16.03	6	0.56	8.12	4.24	0.61	*0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	0	0.0	13	7.47	32.02	0.53	0.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/15/2025																
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 pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EES	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			8646	977	17969	109.51	*34.42	*8165.7	*85152	*515.24	*267	406.30	870.91	407.55	121.23	*0.00
% of Calories											*12.3%	18.8%	40.3%	42.4%	12.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 24

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/16/2025																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
School Favorite	servings	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*
CORN MUFFIN: IW	1 EACH	1	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
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
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, 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
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
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/16/2025																
SANT																
PEANUT BUTTER & JELLY: DO UBLE	2 sandwich hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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			7349	671	11226	90.79	*33.69	*4489.7	*25502	*319.03	*383 *20.8%	331.97 18.1%	990.51 53.9%	244.39 29.9%	96.69 11.8%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 26

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/19/2025																
9 - 12 Lunch	Total	1														
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	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
CHICKEN FILET SANDWICH: HS	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
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	51	0	66	2.91	0.27	29.3	6	2.45	*8	0.72	10.78	0.94	0.08	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
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	40	0	65	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
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			6997	685	11958	83.21	33.39	4140.0	*19001	*198.64	*328 *18.8%	335.00 19.2%	916.53 52.4%	235.43 30.3%	90.21 11.6%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 28

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/20/2025																
9 - 12 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
QUESO	1 oz	1	61	15	219	0.03	0.00	100.0	0	0.3	0	3.34	0.65	4.82	2.78	0.01
QUESADILLA CHICKEN PIZZA	EACH (50	1	320	20	770	4.00	2.70	200.0	300	0.0	5	18.0	38.0	11.0	2.50	0.00
SALSA: INDIVIDUAL CUPS (3oz)	PORTIO	1	29	0	191	0.00	0.00	0.0	0	0.0	3	0.0	5.88	0.0	0.00	0.00
	N CUPS															
CORN, STREET	1/2 CUP	1	147	15	230	2.64	0.46	117.9	189	0.32	*3	6.15	20.38	5.73	2.92	0.01
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	117	0	450	4.89	1.76	39.1	*N/A*	*N/A*	1	6.85	21.51	0.49	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/20/2025																
	UCH															
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 pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			5132	503	10438	69.26	*22.51	*4902.0	*43991	*290.93	*163 *12.7%	242.70 18.9%	574.86 44.8%	212.68 37.3%	67.03 11.8%	0.01 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 30

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/21/2025																
9 - 12 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	707	4.00	2.16	313.7	607	0.0	2	18.17	26.02	26.35	13.04	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00

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Wed - 05/21/2025																
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwich hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average % of Calories			7484	696	12667	92.78	36.65	4223.1	*26693	*534.92	*352 *18.8%	330.25 17.6%	952.72 50.9%	278.19 33.5%	105.23 12.7%	0.50 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 32

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/22/2025																
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	475	47	606	6.87	6.59	196.7	1252	15.32	*20	27.2	54.97	20.07	8.78	0.75
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CAESAR SALAD: (1 cup)	1 cup	1	79	0	215	2.50	0.51	74.7	3558	14.94	*0	4.82	6.45	4.43	1.51	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
FROOT JOOCE: BERRY AMERI CA	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	0.0	22	0.0	22.0	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	22	0.0	22.0	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
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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH ESEE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTA	1.5 OZ.	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/22/2025																
RD	POUCH															
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			5486	534	9977	65.10	24.55	4760.7	*47787	*252.17	*250	245.01	614.24	238.83	70.52	0.75
% of Calories											*18.2%	17.9%	44.8%	39.2%	11.6%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 34

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/23/2025																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
School Favorite	servings	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*
CORN MUFFIN: IW	1 EACH	1	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	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	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/23/2025																
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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			7160	680	11476	87.55	37.10	4643.3	*25213	*311.89	*342 *19.1%	334.84 18.7%	925.51 51.7%	247.62 31.1%	98.74 12.4%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 05/26/2025																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 36

Generated on: 4/22/2025 4:42:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/27/2025																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH: HS	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: HS	sandwiche	1	350	55	640	4.00	3.24	40.0	0	0.0	6	25.0	47.0	9.0	1.50	0.00
SALISBURY STEAK - 2025	sandwiche	1	43	0	240	0.00	0.01	1.2	0	0.0	*0	0.0	6.8	1.7	0.85	0.00
BROWN RICE (1 CUP)	1	1	201	0	374	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
SWEET POTATO, MAPLE ROA STED	0.5 cup	1	169	0	178	2.97	0.53	29.7	*N/A*	*N/A*	16	1.48	25.21	7.5	1.01	0.00
COLLARDS	1/2 CUP SERVING	1	43	0	113	2.37	1.29	177.9	28	0.04	*0	2.37	3.58	0.82	0.34	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/27/2025																
	UCH															
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 pouc	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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			5409	537	10780	64.56	22.22	4426.6	*42987	*288.55	*178 *13.2%	239.65 17.7%	602.91 44.6%	236.18 39.3%	63.22 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*
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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 38

Generated on: 4/22/2025 4:42:04 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 - 05/28/2025																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	440	4.80	5.22	140.5	725	9.37	*11	24.06	42.88	17.82	8.00	0.75
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
BAKED POTATO	1 EACH	1	229	0	106	4.69	1.66	85.6	326	41.96	*2	6.3	41.21	4.86	1.39	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
TURKEY & CHEESE ON CROIS	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:04 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 - 05/28/2025																
SANT																
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average			7484	693	11931	100.53	42.14	4193.8	*30724	*562.55	*348	342.69	1005.0	247.84	95.53	0.75
% of Calories											*18.6%	18.3%	53.7%	29.8%	11.5%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/29/2025																
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	332	15	330	3.50	1.62	30.0	150	0.0	*12	4.0	39.0	19.0	3.00	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	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
SPINACH:CHEESY	1/2 CUP	1	118	15	346	4.92	3.36	371.0	19038	40.16	*2	10.38	7.31	6.84	2.98	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	93	2.62	0.97	22.5	36	31.87	*14	1.85	27.33	7.45	2.87	*0.00
BLUEBERRY CRISP, FROZEN	1/2 cup	1	191	0	93	3.18	0.53	15.8	36	1.89	*14	1.84	29.54	7.86	2.90	*0.00
PEACH CRISP, FROZEN	1/2 cup	1	262	0	92	3.45	*0.39	9.9	*1	*0.01	*38	3.96	47.16	7.37	2.86	*0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	223	0	97	3.47	0.47	8.4	38	0.0	*26	2.08	34.64	8.3	3.22	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	40	0	65	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	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/29/2025																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, 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 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			6824	631	11742	77.98	*29.09	5136.5	*62962	*365.57	*317 *18.6%	282.11 16.5%	779.87 45.7%	299.71 39.5%	93.73 12.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 42

Generated on: 4/22/2025 4:42:04 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 - 05/30/2025																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
School Favorite	servings	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*
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
MANDARIN ORANGE, CUP	1 Each	1	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BUFFALO WING SAUCE 1 oz	1 oz	1	37	0	338	0.00	0.83	0.0	0	0.92	0	0.0	0.77	3.83	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
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
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00

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

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2025 thru May 31, 2025

9 - 12 Lunch

Generated on: 4/22/2025 4:42:04 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 - 05/30/2025																
TURKEY & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwiches	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	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			7345	682	12147	85.91	37.37	4665.9	*28684	*311.67	*341 *18.5%	332.50 18.1%	918.67 50.0%	274.03 33.6%	102.48 12.6%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			6391	622	11228	77.24	*30.16	*4431.0	*35621	*318.90	*279 *39.3%	291.83 18.3%	780.78 48.9%	245.76 34.6%	85.09 12.0%	*0.12 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	6391		750 - 850	752%			5541	Correction Required - Calories too High
Cholesterol (mg)	622							
Sodium 1 (mg)	11228		1420	791%			9808	Correction Required - Sodium too High
Sodium 1a (mg)	11228		1280	877%			9948	Correction Required - Sodium too High
Fiber (g)	77.24							
Iron (mg)	30.16							
Calcium (mg)	4431.0				Missing			
Vitamin A (IU)	35621				Missing			
Sugars (g)	279	17.45%			Missing			
Vitamin C (mg)	318.90				Missing			
Protein (g)	291.83	18.27%						
Carbohydrate (g)	780.78	48.87%						
Total Fat (g)	245.76	34.61%						
Saturated Fat (g)	85.09	11.98%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.12	0.02%			Missing			

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