

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 1

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2023																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	429	67	1041	1.62	3.78	408.5	0	0.21	2	28.82	38.19	17.3	9.12	0.00
ROLL, DINNER	1 each	1	197	0	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwic	1	346	63	410	2.00	2.10	130.9	152	0.0	2	17.74	23.71	20.86	8.83	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	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
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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			5874	453	8140	73.01	25.40	4276.2	30842	238.01	*298	237.47	810.67	191.62	74.27	0.00
% of Calories											*20.3%	16.2%	55.2%	29.4%	11.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 2

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/02/2023																
9 - 12 Lunch	Total	1														
BARBECUE	SERVINGS	1	131	46	465	1.01	1.22	27.6	75	0.37	2	16.16	3.03	5.05	2.02	0.00
CORN MUFFIN: IW	1 EACH	1	230	0	180	1.00	0.72	100.0	0	0.0	20	4.0	36.0	7.0	1.50	0.00
GARLIC CHEESE FRENCHBRE AD	1 each	1	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	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	88	12	179	1.11	0.22	25.1	400	16.03	6	0.56	8.12	6.05	1.21	*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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	270	0.00	0.30	10.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	40	10	160	0.00	0.00	0.0	0	0.0	7	0.0	8.0	0.5	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	50	0	85	0.00	0.10	0.0	0	0.0	12	0.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	718	5.65	1.25	410.8	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	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	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	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 3

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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			4990	471	9963	54.06	18.14	12922.	35613	258.00	*218 *17.5%	228.91 18.3%	547.46 43.9%	211.48 38.1%	60.85 11.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/03/2023																
9 - 12 Lunch	Total	1														
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	360	45	580	3.00	1.80	300.0	500	0.0	9	21.0	33.0	17.0	7.00	0.00
FOUR CHEESE PIZZA: BIG DADDY'S	1 each	1	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
FISH FILET WITH CHEESE	sandwiche	1	331	48	591	3.00	2.08	124.9	152	0.0	3	17.54	39.51	12.56	3.53	0.00
CATFISH FILET WITH CHEESE	sandwiche	1	254	23	506	2.00	1.00	124.9	152	0.0	2	14.54	29.5	10.55	3.53	0.00
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	89	0	399	0.99	0.37	2.4	0	0.0	*0	1.98	16.82	0.99	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	270	0.00	0.30	10.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	40	10	160	0.00	0.00	0.0	0	0.0	7	0.0	8.0	0.5	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	50	0	85	0.00	0.10	0.0	0	0.0	12	0.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
Weighted Daily Average % of Calories			2377	205	4307	13.29	7.46	2197.6	3433	104.34	*157 *26.5%	109.72 18.5%	302.51 50.9%	82.10 31.1%	26.06 9.9%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Page 4

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2023																
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
DOUBLE HOTDOG ON BUN	2 hotdog on bun	1	680	70	1600	4.00	4.64	100.0	0	0.0	8	24.0	64.0	37.0	12.00	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
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
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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
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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
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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
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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			5880	423	8858	70.13	24.16	4150.5	31038	236.85	*308 *20.9%	229.64 15.6%	809.15 55.0%	196.99 30.2%	73.11 11.2%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Tue - 03/07/2023																
9 - 12 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	199	39	448	0.00	1.82	0.0	71	0.0	4	16.33	6.45	14.52	6.80	0.91
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															
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
CHICKEN ENCHILADA EMPAN	1 each	1	300	35	650	3.00	1.80	200.0	*N/A*	*N/A*	4	19.0	32.0	11.0	5.00	0.00
ADA																
Salsa: Individual Cups	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: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
BLACK BEANS: BUSH'S	1/2 cup	1	110	0	130	5.01	1.80	60.1	0	0.0	1	7.02	20.04	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	718	5.65	1.25	410.8	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
ESEE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
ESE																
SALAD, CHEF, POPCORN CHI	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
CKEN																
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
	UCH															
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
RD	POUCH															
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ.	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
	POUCH															
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 6

Mar 1, 2023 thru Mar 31, 2023

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)
Weighted Daily Average % of Calories			4704	457	9297	59.83	18.91	12699.	*35895	*256.03	*146 *12.4%	231.17 19.7%	519.27 44.2%	193.47 37.0%	64.50 12.3%	0.91 0.2%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/08/2023																
9 - 12 Lunch	Total	1														
BREAKFAST BOWL WITH EGG & CHIX	1/2 cup	1	364	180	709	2.63	1.81	177.5	798	5.99	2	16.58	25.61	22.02	5.34	0.00
BISCUIT	1 BISCUIT	1	190	0	430	1.00	1.44	80.0	0	0.0	1	4.0	25.0	8.0	4.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	290	60	350	3.00	1.80	100.0	0	1.2	1	10.0	29.99	10.0	2.50	0.00
DELI POTATOES:HERB ROAST ED	1/2 cup	1	120	0	240	1.00	0.00	99.9	500	5.99	0	1.0	16.98	5.99	1.00	0.00
SPINACH:CHEESY	1/2 CUP	1	119	14	375	4.89	3.36	569.6	19038	39.88	*2	10.56	7.84	6.58	3.08	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
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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	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
PEANUT BUTTER &JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			6263	582	8857	76.06	*26.33	4747.6	*37736	*302.39	*340 *21.7%	231.84 14.8%	848.79 54.2%	218.94 31.5%	77.07 11.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 8

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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 - 03/09/2023																
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
ROLL, DINNER	1 each	1	197	0	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
SPAGHETTI, BAKED	1 CUP	1	475	47	655	6.87	6.53	779.2	1160	15.32	*20	26.88	54.97	20.07	8.45	0.75
CAESAR SALAD: (1 cup)	1 cup	1	79	0	306	2.50	0.51	104.9	3558	14.94	*0	4.82	6.45	4.43	1.51	0.00
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	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
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	0.00	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	718	5.65	1.25	410.8	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	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	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	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 9

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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			5163	479	10650	60.26	22.05	13384.	39885	179.40	*198 *15.3%	237.06 18.4%	545.17 42.2%	232.81 40.6%	64.80 11.3%	0.75 0.1%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/10/2023																
9 - 12 Lunch	Total	1														
INDIVIDUAL PEPPERONI PIZZA	1 each	1	310	35	540	3.00	15.00	35.0	10	20.0	7	23.0	31.0	11.0	5.00	0.00
BUFFALO FISH DIPPERS	3 pieces	1	210	45	380	2.00	1.08	20.0	*N/A*	*N/A*	0	15.0	17.0	10.0	1.00	0.00
CORN MUFFIN: IW	1 EACH	1	230	0	180	1.00	0.72	100.0	0	0.0	20	4.0	36.0	7.0	1.50	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
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
FRUIT MIX	1/2 cup	1	72	0	18	0.89	0.00	0.0	179	1.07	16	0.0	17.89	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	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
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 10

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			5850	439	8257	68.64	34.18	3995.0	*22554	*244.51	*328 *22.4%	230.84 15.8%	785.55 53.7%	205.00 31.5%	68.50 10.5%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 03/20/2023																
9 - 12 Lunch	Total	1														
CHEESY BEAN DIP	1 EACH	1	175	22	491	4.18	1.80	200.0	300	1.2	1	11.1	15.6	8.0	4.44	0.00
TOSTITO ROUNDS: INDIVIDUA L BAG	1 bag 1.4 5 oz	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
CHICKEN, SRIACHA HONEY	6 oz spoodl	1	350	20	1109	2.97	1.98	32.7	610	0.0	28	13.87	44.36	12.88	2.48	0.00
BROWN RICE (1 CUP)	1	1	201	0	568	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	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
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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	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
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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			5648	360	8808	75.10	22.30	3686.5	18514	234.93	*298 *21.1%	210.65 14.9%	817.49 57.9%	177.19 28.2%	62.84 10.0%	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 11

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2023																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH: HS	sandwiche	1	300	60	680	3.00	2.08	69.0	0	0.0	2	23.0	36.0	8.0	1.00	0.00
CHICKEN SPICY FILET: HS	sandwiche	1	300	55	590	4.00	2.80	49.0	0	0.0	3	22.0	41.0	7.0	1.00	0.00
SCRAMBLED EGG W/BACON & CHEESE	each 2.0 oz	1	120	170	280	0.00	0.72	60.0	300	0.0	1	8.0	1.0	9.0	3.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ PATTY	1	60	30	90	0.00	0.36	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
BISCUIT	1 BISCUIT	1	190	0	430	1.00	1.44	80.0	0	0.0	1	4.0	25.0	8.0	4.00	0.00
CALIFORNIA BLEND	1/2 cup	1	25	0	30	2.01	0.36	20.1	1510	21.14	2	1.01	4.03	0.0	0.00	0.00
TATER TOTS	serving, 9 tots	1	163	20	415	0.00	0.57	236.2	49	0.0	0	8.96	19.55	4.89	2.85	0.00
Pear, Fresh, Whole	1 EACH	1	51	0	0	4.00	0.00	0.0	45	4.8	9	1.0	13.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	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
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	718	5.65	1.25	410.8	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	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	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	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	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			4973	708	10282	56.82	19.89	12444.	36642	265.14	*143	243.69	517.35	218.23	62.47	0.00
% of Calories											*11.5%	19.6%	41.6%	39.5%	11.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2023																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	488	4.80	5.17	577.4	656	9.37	*11	23.82	42.88	17.82	7.75	0.75
ROLL, DINNER	1 each	1	197	0	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	290	60	350	3.00	1.80	100.0	0	1.2	1	10.0	29.99	10.0	2.50	0.00
DELI POTATOES:HERB ROAST ED	1/2 cup	1	120	0	240	1.00	0.00	99.9	500	5.99	0	1.0	16.98	5.99	1.00	0.00
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	0.00	0.00
APPLES, SPICED	1/2 CUP	1	75	0	17	2.35	0.08	6.0	6	0.0	*13	0.39	14.68	1.22	0.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	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
PEANUT BUTTER &JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 14

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2023																
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			6303	446	9282	74.34	25.91	4561.5	22415	251.30	*326 *20.7%	227.04 14.4%	830.34 52.7%	232.53 33.2%	74.89 10.7%	0.75 0.1%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 03/23/2023																
9 - 12 Lunch	Total	1														
CHEESEBURGERS	sandwic	1	346	63	410	2.00	2.10	130.9	152	0.0	2	17.74	23.71	20.86	8.83	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	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
MANGO PUNCH	BOX (6.7 5 oz)	1	90	0	45	0.00	0.00	0.0	750	60.0	22	0.0	23.0	0.0	0.00	0.00
DRAGON PUNCH	BOX (6.7 5 oz)	1	90	0	45	0.00	0.00	0.0	750	60.0	22	0.0	23.0	0.0	0.00	0.00
APPLESAUCE: IND. STRAWBE RRY	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
APPLESAUCE: INDIVIDUAL	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packs	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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
Weighted Daily Average % of Calories			1949	93	2211	13.20	4.86	1502.7	9052	228.00	*198 *40.7%	69.74 14.3%	288.17 59.1%	58.35 26.9%	15.33 7.1%	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 15

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2023																
9 - 12 Lunch	Total	1														
INDIVIDUAL PEPPERONI PIZZA	1 each	1	310	35	540	3.00	15.00	35.0	10	20.0	7	23.0	31.0	11.0	5.00	0.00
FISH FILET WITH CHEESE	sandwic	1	331	48	591	3.00	2.08	124.9	152	0.0	3	17.54	39.51	12.56	3.53	0.00
SWEET POTATO SEASONED FRY	1/2 cup	1	160	0	180	1.00	0.36	20.0	0	0.0	7	1.0	24.0	6.0	1.00	0.00
FRESH 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
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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
TARTAR SAUCE	1 pack	1	45	5	120	0.00	0.00	0.0	0	0.0	1	0.0	1.0	4.5	0.50	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO 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
PEANUT BUTTER & JELLY: DOUBLES	2 sandwich	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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			5608	411	8047	66.46	34.65	3903.2	18606	265.73	*309	226.33	777.95	181.71	64.97	0.00
% of Calories											*22.0%	16.1%	55.5%	29.2%	10.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2023																
9 - 12 Lunch	Total	1														
CHICKEN POPCORN	12 PIECES	1	230	20	350	3.00	2.00	33.0	0	0.0	1	14.0	14.0	13.0	2.50	0.00
BISCUIT	1 BISCUIT	1	190	0	430	1.00	1.44	80.0	0	0.0	1	4.0	25.0	8.0	4.00	0.00
VEGGIE BURGER, MORNING S	1 each	1	391	19	897	6.00	2.58	187.4	228	0.0	4	25.82	41.26	16.33	4.80	0.00
TAR																
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
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	89	0	299	0.81	0.58	0.0	0	1.94	0	0.81	16.16	2.42	0.00	0.00
ISP	14FRIES															
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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
TO BOX																
HUMMUS & CHEESE DIP BENT	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
O BOX																
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
PEANUT BUTTER & JELLY: DO	2 sandwic	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
UBLE	hes															
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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			5988	387	8910	73.27	23.52	4040.7	22693	234.38	*290	230.52	805.30	213.29	70.22	0.00
% of Calories											*19.4%	15.4%	53.8%	32.1%	10.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 17

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2023																
9 - 12 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	319	20	636	2.97	1.98	32.7	305	0.0	19	13.87	35.21	12.88	2.48	0.00
BROWN RICE (1 CUP)	1	1	201	0	568	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	290	60	350	3.00	1.80	100.0	0	1.2	1	10.0	29.99	10.0	2.50	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
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
FRUIT MIX	1/2 cup	1	72	0	18	0.89	0.00	0.0	179	1.07	16	0.0	17.89	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	718	5.65	1.25	410.8	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	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	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	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4601	432	8821	55.98	16.57	12354.	35341	243.87	*192	206.84	543.18	175.99	50.59	0.00
% of Calories											*16.7%	18.0%	47.2%	34.4%	9.9%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2023																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	429	67	1041	1.62	3.78	408.5	0	0.21	2	28.82	38.19	17.3	9.12	0.00
ROLL, DINNER	1 each	1	197	0	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwiche	1	346	63	410	2.00	2.10	130.9	152	0.0	2	17.74	23.71	20.86	8.83	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	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
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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			5874	453	8140	73.01	25.40	4276.2	30842	238.01	*298	237.47	810.67	191.62	74.27	0.00
% of Calories											*20.3%	16.2%	55.2%	29.4%	11.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 19

Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2023																
9 - 12 Lunch	Total	1														
BARBECUE	SERVINGS	1	131	46	465	1.01	1.22	27.6	75	0.37	2	16.16	3.03	5.05	2.02	0.00
CORN MUFFIN: IW	1 EACH	1	230	0	180	1.00	0.72	100.0	0	0.0	20	4.0	36.0	7.0	1.50	0.00
GARLIC CHEESE FRENCHBRE AD	1 each	1	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	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	88	12	179	1.11	0.22	25.1	400	16.03	6	0.56	8.12	6.05	1.21	*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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	270	0.00	0.30	10.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	40	10	160	0.00	0.00	0.0	0	0.0	7	0.0	8.0	0.5	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	50	0	85	0.00	0.10	0.0	0	0.0	12	0.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	718	5.65	1.25	410.8	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	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	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	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	20	0	75	0.00	0.00	0.0	200	0.0	1	0.0	4.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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Generated on: 2/27/2023 8:44:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			4990	471	9963	54.06	18.14	12922.	35613	258.00	*218 *17.5%	228.91 18.3%	547.46 43.9%	211.48 38.1%	60.85 11.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/31/2023																
9 - 12 Lunch	Total	1														
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	360	45	580	3.00	1.80	300.0	500	0.0	9	21.0	33.0	17.0	7.00	0.00
FOUR CHEESE PIZZA: BIG DADDY'S	1 each	1	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
FISH FILET WITH CHEESE	sandwiche	1	331	48	591	3.00	2.08	124.9	152	0.0	3	17.54	39.51	12.56	3.53	0.00
CATFISH FILET WITH CHEESE	sandwiche	1	254	23	506	2.00	1.00	124.9	152	0.0	2	14.54	29.5	10.55	3.53	0.00
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	89	0	399	0.99	0.37	2.4	0	0.0	*0	1.98	16.82	0.99	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	270	0.00	0.30	10.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	40	10	160	0.00	0.00	0.0	0	0.0	7	0.0	8.0	0.5	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	50	0	85	0.00	0.10	0.0	0	0.0	12	0.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	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
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	600	35	861	9.03	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO 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
PEANUT BUTTER & JELLY: DOUBLES	2 sandwiches	1	600	0	590	7.00	2.70	150.0	0	0.0	22	20.0	69.0	31.0	4.50	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

9 - 12 Lunch

Generated on: 2/27/2023 8:44:36 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			6445	503	10051	70.75	24.02	4664.9	18798	219.78	*335 *20.8%	261.61 16.2%	858.39 53.3%	227.13 31.7%	79.48 11.1%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			5193	432	8491	60.46	*21.77	6818.4	*26973	*236.59	*256 *44.3%	215.52 16.6%	664.71 51.2%	190.00 32.9%	62.50 10.8%	*0.13 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	5193		750 - 850	611%			4343	Correction Required - Calories too High
Cholesterol (mg)	432							
Sodium 1 (mg)	8491		1420				7071	Correction Required - Sodium too High
Sodium 2 (mg)	8491		1080				7411	Correction Required - Sodium too High
Fiber (g)	60.46							
Iron (mg)	21.77				Missing			
Calcium (mg)	6818.4							
Vitamin A (IU)	26973				Missing			
Sugars (g)	256	19.69%			Missing			
Vitamin C (mg)	236.59				Missing			
Protein (g)	215.52	16.60%						
Carbohydrate (g)	664.71	51.20%						
Total Fat (g)	190.00	32.93%						
Saturated Fat (g)	62.50	10.83%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.13	0.02%			Missing			

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