

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 1

Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:01 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																
K- 8 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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			2275	205	3456	22.55	18.38	1958.9	15477	27.77	*101 *17.8%	113.57 20.0%	275.79 48.5%	79.58 31.5%	28.85 11.4%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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	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 - 03/02/2023																
K- 8 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
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	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
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
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
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, 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, 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, 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

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			6993	631	13166	92.42	26.72	14435.	46923	211.61	*274 *15.7%	298.29 17.1%	832.09 47.6%	271.71 35.0%	87.89 11.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/03/2023																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	336	41	435	3.00	2.34	310.0	0	0.0	6	20.0	27.0	16.0	10.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	310	35	470	3.00	2.70	350.0	400	9.0	6	23.0	30.0	11.0	6.00	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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER &JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			2773	251	5202	20.29	18.44	2357.6	2833	18.54	*132 *19.1%	138.72 20.0%	312.51 45.1%	109.10 35.4%	36.06 11.7%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2023																
K- 8 Lunch	Total	1														
MAC AND CHEESE	6 oz. by weight	1	298	35	779	1.00	0.00	0.0	500	0.6	8	15.0	31.0	11.77	6.64	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
HOTDOG ON BUN	1 hotdog on bun	1	330	25	820	2.00	2.54	64.5	1	0.0	3	12.0	31.0	18.5	6.00	1.00
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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SINGLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average			2089	135	3904	17.66	14.68	1558.8	15774	27.21	*106	92.74	262.28	74.22	26.33	1.00
% of Calories											*20.2%	17.8%	50.2%	32.0%	11.3%	0.4%
Nutrient Guideline			600-650		1230										<10.00	

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Tue - 03/07/2023																
K- 8 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
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
EES																
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
EES																
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																
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																
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																
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																

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 6

Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:01 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 - 03/07/2023																
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
Weighted Daily Average % of Calories			7616	717	13883	110.85	30.56	17416.	*52417	*240.90	*225 *11.8%	339.80 17.8%	912.04 47.9%	293.71 34.7%	107.95 12.8%	0.91 0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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Generated on: 2/27/2023 8:44:02 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 - 03/08/2023																
K- 8 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
APPLE CRISP: CANNED APPLES	1/2 cup	1	223	0	106	3.47	0.47	8.4	38	0.0	*26	2.08	34.64	8.3	3.22	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
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
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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER &JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average			3487	359	6039	30.06	*20.19	2519.7	*22610	*92.15	*209	112.02	401.55	156.71	41.37	*0.00
% of Calories											*24.0%	12.8%	46.1%	40.4%	10.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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 - 03/09/2023																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	0	0.0	0	20.0	13.0	7.0	1.00	0.00
SPAGHETTI, BAKED	1 CUP	1	475	47	655	6.87	6.53	779.2	1160	15.32	*20	26.88	54.97	20.07	8.45	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
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 AMERICA	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
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
ESE																
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 & CHEESE	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
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
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, 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, FRENCH 1.5 oz	1.5 oz pouch	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, 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

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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			6777	619	12338	95.64	30.63	14797.	50895	227.80	*254 *15.0%	306.45 18.1%	821.04 48.5%	255.04 33.9%	85.84 11.4%	0.75 0.1%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/10/2023																
K- 8 Lunch	Total	1														
STUFFED CRUST CHEESE PIZZA	1 each	1	340	15	860	2.00	2.70	150.0	0	0.0	4	15.0	37.0	14.0	4.00	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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			2071	150	3584	17.18	14.86	1740.7	*7179	*14.27	*127 *24.5%	97.94 18.9%	253.67 49.0%	73.96 32.1%	18.58 8.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 03/13/2023																
K- 8 Lunch	Total	1														
SPRING BREAK	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*
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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 - 03/14/2023																
K- 8 Lunch	Total	1														
SPRING BREAK	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%*
Nutrient Guideline			600-650		1230										<10.00	

Wed - 03/15/2023																
K- 8 Lunch	Total	1														
SPRING BREAK	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%*
Nutrient Guideline			600-650		1230										<10.00	

Thu - 03/16/2023																
K- 8 Lunch	Total	1														
SPRING BREAK	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%*
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/17/2023																
K- 8 Lunch	Total	1														
SPRING BREAK	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%*
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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 - 03/20/2023																
K- 8 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	1/2 cup	1	100	0	285	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	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
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
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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average			1952	112	4082	23.65	15.12	1367.1	3549	24.68	*101	84.39	261.81	64.27	17.42	0.00
% of Calories											*20.7%	17.3%	53.6%	29.6%	8.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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																
K- 8 Lunch	Total	1														
CHICKEN FILET SANDWICH: E	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
S/MS																
CHICKEN SPICY FILET: ES/MS	sandwiche	1	337	55	660	4.67	3.13	65.3	0	0.0	4	23.0	48.67	7.33	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
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
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	52.0	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	270	0.00	0.30	10.0	0	0.0	8	0.0	10.0	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
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 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																
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																
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																

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 13

Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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																
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
Weighted Daily Average % of Calories			7962	968	15207	108.50	32.18	17187.	53165	250.00	*231 *11.6%	353.32 17.8%	927.78 46.6%	318.80 36.0%	105.92 12.0%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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																
K- 8 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
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. 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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER &JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average			2705	198	4598	23.88	18.89	2244.2	7050	41.06	*129	103.14	295.46	120.50	29.46	0.75
% of Calories											*19.1%	15.3%	43.7%	40.1%	9.8%	0.3%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2023																
K- 8 Lunch	Total	1														
CHEESEBURGERS	sandwich	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: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
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
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
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
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	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
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
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			1819	143	2681	13.20	11.70	1502.7	9052	133.20	*157	77.74	240.16	60.35	18.83	0.00
% of Calories											*34.6%	17.1%	52.8%	29.9%	9.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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																
K- 8 Lunch	Total	1														
CHEESY BITES, WILD MIKES	4 BITES	1	280	35	460	2.00	1.80	350.0	400	0.0	1	19.0	28.0	10.0	6.00	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
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
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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SINGLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average			2273	185	3989	16.99	15.43	2044.8	3783	35.49	*112	113.97	276.56	80.22	24.07	0.00
% of Calories											*19.7%	20.1%	48.7%	31.8%	9.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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																
K- 8 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 TAR	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
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 ISP	0.5 CUP/ 14FRIES	1	89	0	299	0.81	0.58	0.0	0	1.94	0	0.81	16.16	2.42	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	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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average			2390	139	4226	22.81	16.50	1723.4	7328	24.14	*93	106.62	270.42	101.26	24.80	0.00
% of Calories											*15.6%	17.8%	45.3%	38.1%	9.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

Generated on: 2/27/2023 8:44:02 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																
K- 8 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	1/2 cup	1	100	0	285	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	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
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 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
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
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
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

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			7413	692	13123	105.82	28.00	17068.	51863	228.73	*272 *14.7%	313.11 16.9%	914.68 49.4%	275.34 33.4%	94.04 11.4%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 03/29/2023																
K- 8 Lunch	Total	1														
BUFFALO CHICKEN PASTA ROLL, DINNER	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
CHEESEBURGERS	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
CORN: frozen, yellow	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
CARROTS, GLAZED	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
FRESH APPLE	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
MILK, STRAWBERRY, SKIM	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: 1% WHITE	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: CHOCOLATE SKIM	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: 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
TURKEY & CHEESE ANYTIMERS	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
PEANUT BUTTER & JELLY: SINGLE	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			2275	205	3456	22.55	18.38	1958.9	15477	27.77	*101 *17.8%	113.57 20.0%	275.79 48.5%	79.58 31.5%	28.85 11.4%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 20

Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2023																
K- 8 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
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	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
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
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
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, 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, 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, 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

Base Menu Spreadsheet

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Mar 1, 2023 thru Mar 31, 2023

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			6993	631	13166	92.42	26.72	14435.	46923	211.61	*274 *15.7%	298.29 17.1%	832.09 47.6%	271.71 35.0%	87.89 11.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/31/2023																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	336	41	435	3.00	2.34	310.0	0	0.0	6	20.0	27.0	16.0	10.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	310	35	470	3.00	2.70	350.0	400	9.0	6	23.0	30.0	11.0	6.00	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
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
PEANUT BUTTER & JELLY: SIN GLE	1 sandwich	1	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			2773	251	5202	20.29	18.44	2357.6	2833	18.54	*132 *19.1%	138.72 20.0%	312.51 45.1%	109.10 35.4%	36.06 11.7%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			3158	286	5709	37.03	*16.12	5159.5	*18049	*80.45	*132 *37.5%	139.02 17.6%	377.10 47.8%	121.31 34.6%	38.92 11.1%	*N/A*
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Pitt County Schools

Base Menu Spreadsheet

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K- 8 Lunch

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calcmm (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	3158		600 - 650	486%					2508								
Cholesterol (mg)	286																
Sodium 1 (mg)	5709		1230						4479								
Sodium 2 (mg)	5709		935						4774								
Fiber (g)	37.03																
Iron (mg)	16.12					Missing											
Calcium (mg)	5159.5																
Vitamin A (IU)	18049					Missing											
Sugars (g)	132	16.66%				Missing											
Vitamin C (mg)	80.45					Missing											
Protein (g)	139.02	17.61%															
Carbohydrate (g)	377.10	47.77%															
Total Fat (g)	121.31	34.57%															
Saturated Fat (g)	38.92	11.09%	<10.00%														
Trans Fat ¹ (g)	*N/A*					Missing											
Error Messages (if any)																	
Correction Required - Calories too High																	
Correction Required - Sodium too High																	
Correction Required - Sodium too High																	
Correction Required - Sat. Fat too High																	

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