

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**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 2

Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/01/2025																
K- 8 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	133	55	746	0.04	0.41	0.6	0	0.02	*11	17.13	11.83	1.52	0.51	0.00
BROWN RICE	1/2 cup	1	100	0	188	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	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	9.01	17	1.0	20.01	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00

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)
Tue - 04/01/2025																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			4642	528	10008	57.36	17.60	4583.5	*46559	*233.33	*157 *13.6%	221.46 19.1%	498.52 43.0%	205.14 39.8%	60.80 11.8%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/02/2025																
K- 8 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	428	73	945	1.62	3.78	122.4	457	0.9	2	28.15	36.92	18.61	9.23	0.01
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwich	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	0.00
HAMBURGERS	sandwich	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
ISP	14FRIES															
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00
Weighted Daily Average			4117	533	8167	41.20	26.25	2315.7	*14223	*108.74	*109	233.57	458.51	164.68	69.89	0.01
% of Calories											*10.6%	22.7%	44.5%	36.0%	15.3%	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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Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

Generated on: 3/27/2025 11:41:32 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 - 04/03/2025																
K- 8 Lunch	Total	1														
BARBECUE ON BUN	3.3 oz on bun	1	302	46	725	3.01	2.53	60.2	75	0.37	7	22.16	32.03	8.05	2.52	0.00
CHICKEN BARBECUE ON BUN	3 oz on bun	1	297	105	492	2.00	2.18	183.6	359	0.62	9	24.46	33.41	10.18	2.24	0.00
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
COLESLAW	1/2 cup	1	70	6	191	1.11	*0.22	*22.7	*400	*16.03	6	0.56	8.12	4.24	0.61	*0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	0	0.0	13	7.47	32.02	0.53	0.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	0	0.0	12	0.0	13.16	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/03/2025																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			5324	610	11113	63.32	*22.64	*5049.8	*44593	*238.93	*185 *13.9%	261.72 19.7%	554.52 41.7%	237.39 40.1%	69.39 11.7%	*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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/04/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
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	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
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
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			4371	301	5563	66.18	*24.16	*3187.9	*20445	*193.28	*227	171.36	632.82	129.40	45.56	0.00
% of Calories											*20.7%	15.7%	57.9%	26.6%	9.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 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)
Mon - 04/07/2025																
K- 8 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
BEEF AND BROCCOLI	#6 SCOOP	1	286	63	588	1.28	2.95	38.0	*0	*0.0	15	16.89	21.33	14.19	5.24	0.81
BROWN RICE	1/2 cup	1	100	0	188	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	0.00	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
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	51	0	66	2.91	0.27	29.3	6	2.45	*8	0.72	10.78	0.94	0.08	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
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
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			3986	288	5976	55.71	23.45	2838.7	*14141	*69.10	*175	153.60	534.33	134.53	45.32	0.81
% of Calories											*17.5%	15.4%	53.6%	30.4%	10.2%	0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 9

Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

Generated on: 3/27/2025 11:41:32 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 - 04/08/2025																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
QUESO	1 oz	1	61	15	219	0.03	0.00	100.0	0	0.3	0	3.34	0.65	4.82	2.78	0.01
QUESADILLA CHICKEN PIZZA	EACH (50	1	320	20	770	4.00	2.70	200.0	300	0.0	5	18.0	38.0	11.0	2.50	0.00
SALSA: INDIVIDUAL CUPS (3oz)	PORTIO	1	29	0	191	0.00	0.00	0.0	0	0.0	3	0.0	5.88	0.0	0.00	0.00
	N CUPS															
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	117	0	450	4.89	1.76	39.1	*N/A*	*N/A*	1	6.85	21.51	0.49	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
ESEE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	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	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	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)
Tue - 04/08/2025																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			4795	487	10178	66.61	*21.84	*4772.9	*43802	*230.61	*119 *9.9%	236.55 19.7%	509.48 42.5%	206.95 38.8%	64.11 12.0%	0.01 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/09/2025																
K- 8 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	707	4.00	2.16	313.7	607	0.0	2	18.17	26.02	26.35	13.04	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	0	0.0	13	7.47	32.02	0.53	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00

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* - 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)
Weighted Daily Average % of Calories			3365	403	6515	40.26	21.22	2265.8	*13638	*356.95	*137 *16.2%	188.24 22.4%	397.66 47.3%	130.01 34.8%	58.13 15.5%	0.50 0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/10/2025																
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	606	6.87	6.59	196.7	1252	15.32	*20	27.2	54.97	20.07	8.78	0.75
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	0	0.0	1	4.0	24.0	5.0	1.00	0.00
CAESAR SALAD: (1 cup)	1 cup	1	79	0	215	2.50	0.51	74.7	3558	14.94	*0	4.82	6.45	4.43	1.51	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			4932	499	9383	62.24	24.27	4720.2	*50968	*253.37	*176 *14.3%	243.01 19.7%	532.87 43.2%	214.80 39.2%	66.52 12.1%	0.75 0.1%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/11/2025																
K- 8 Lunch	Total	1														
STUFFED CRUST PEP PIZZA	1 each	1	320	30	820	3.00	2.70	350.0	400	0.0	4	19.0	34.0	12.0	6.00	0.00
BEEF FAJITA	#6 SCOOP	1	290	78	534	0.73	2.45	134.6	*0	*0.32	3	19.04	8.13	19.45	8.20	0.82
TORTILLA: SOFT 10"	1 EACH	1	170	0	150	3.00	1.80	40.0	0	0.0	2	4.0	29.0	4.5	1.50	0.00
CALIFORNIA BLEND W/CHEESE	1/2 cup	1	98	9	224	2.63	0.71	104.6	0	0.0	0	4.72	12.11	3.86	2.06	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
MANDARIN ORANGE, CUP	1 Each	1	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
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
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			3897	293	5984	60.66	28.97	3153.8	*20955	*168.41	*169 *17.3%	161.25 16.6%	524.17 53.8%	124.54 28.8%	48.28 11.2%	0.82 0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/14/2025																
K- 8 Lunch	Total	1														
FRENCH TOAST STICKS:IW	2 sticks	1	240	10	260	2.00	0.18	210.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SCRAMBLED EGGS	0.25 cup	1	90	155	240	0.00	0.72	30.0	0	0.0	0	5.5	1.5	6.5	1.75	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	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
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	0	6.01	0	2.0	20.05	3.01	0.00	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			3887	375	5577	53.36	20.81	2950.1	13664	72.61	*166	148.26	549.13	120.03	40.25	0.00
% of Calories											*17.1%	15.3%	56.5%	27.8%	9.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/15/2025																
K- 8 Lunch	Total	1														
CHICKEN FILET SANDWICH: E S/MS	sandwiche	1	350	60	730	3.00	2.52	60.0	0	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: ES/MS	sandwiche	1	403	55	727	4.67	3.72	53.3	0	0.0	8	27.0	56.67	10.0	1.67	0.00
SALISBURY STEAK - 2025	sandwiche	1	43	0	240	0.00	0.01	1.2	0	0.0	*0	0.0	6.8	1.7	0.85	0.00
BROWN RICE	1/2 cup	1	100	0	188	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	0.00	0.00
SWEET POTATO, MAPLE ROASTED	0.5 cup	1	169	0	178	2.97	0.53	29.7	*N/A*	*N/A*	16	1.48	25.21	7.5	1.01	0.00
COLLARDS	1/2 CUP SERVING	1	43	0	113	2.37	1.29	177.9	28	0.04	*0	2.37	3.58	0.82	0.34	0.00
GRAPES: FRESH	1/2 cup	1	60	0	0	1.00	0.36	0.0	100	9.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ.	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

Generated on: 3/27/2025 11:41:32 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 - 04/15/2025																
RD	POUCH															
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			5172	537	10651	64.05	22.29	4425.8	*42987	*228.55	*138	239.29	546.31	236.30	63.38	0.00
% of Calories											*10.7%	18.5%	42.3%	41.1%	11.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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 17

Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

Generated on: 3/27/2025 11:41:32 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 - 04/16/2025																
K- 8 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	440	4.80	5.22	140.5	725	9.37	*11	24.06	42.88	17.82	8.00	0.75
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
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
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
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00
Weighted Daily Average			3464	450	6108	38.27	21.78	2162.8	*17543	*124.18	*113	188.03	393.71	144.94	54.55	0.75
% of Calories											*13.1%	21.7%	45.5%	37.7%	14.2%	0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 18

Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

Generated on: 3/27/2025 11:41:33 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 - 04/22/2025																
K- 8 Lunch	Total	1														
SWEET THAI CHILI CHICKEN	servings	1	133	55	746	0.04	0.41	0.6	0	0.02	*11	17.13	11.83	1.52	0.51	0.00
BROWN RICE	1/2 cup	1	100	0	188	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	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	9.01	17	1.0	20.01	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00

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Tue - 04/22/2025																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			4642	528	10008	57.36	17.60	4583.5	*46559	*233.33	*157 *13.6%	221.46 19.1%	498.52 43.0%	205.14 39.8%	60.80 11.8%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/23/2025																
K- 8 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	428	73	945	1.62	3.78	122.4	457	0.9	2	28.15	36.92	18.61	9.23	0.01
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	0.00
HAMBURGERS	sandwiche	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
LETTUCE,TOMATO & PICKLE	1/4c / 1 slic	1	4	0	381	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
ISP	14FRIES															
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00
Weighted Daily Average			4117	533	8167	41.20	26.25	2315.7	*14223	*108.74	*109	233.57	458.51	164.68	69.89	0.01
% of Calories											*10.6%	22.7%	44.5%	36.0%	15.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/24/2025																
K- 8 Lunch	Total	1														
BARBECUE ON BUN	3.3 oz on bun	1	302	46	725	3.01	2.53	60.2	75	0.37	7	22.16	32.03	8.05	2.52	0.00
CHICKEN BARBECUE ON BUN	3 oz on bun	1	297	105	492	2.00	2.18	183.6	359	0.62	9	24.46	33.41	10.18	2.24	0.00
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
COLESLAW	1/2 cup	1	70	6	191	1.11	*0.22	*22.7	*400	*16.03	6	0.56	8.12	4.24	0.61	*0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	0	0.0	13	7.47	32.02	0.53	0.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	0	0.0	12	0.0	13.16	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/24/2025																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			5324	610	11113	63.32	*22.64	*5049.8	*44593	*238.93	*185 *13.9%	261.72 19.7%	554.52 41.7%	237.39 40.1%	69.39 11.7%	*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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Apr 1, 2025 thru Apr 30, 2025

K- 8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/25/2025																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
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	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
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
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			4371	301	5563	66.18	*24.16	*3187.9	*20445	*193.28	*227	171.36	632.82	129.40	45.56	0.00
% of Calories											*20.7%	15.7%	57.9%	26.6%	9.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/28/2025																
K- 8 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
BEEF AND BROCCOLI	#6 SCOOP	1	286	63	588	1.28	2.95	38.0	*0	*0.0	15	16.89	21.33	14.19	5.24	0.81
BROWN RICE	1/2 cup	1	100	0	188	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	0.00	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
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	51	0	66	2.91	0.27	29.3	6	2.45	*8	0.72	10.78	0.94	0.08	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
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
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			3986	288	5976	55.71	23.45	2838.7	*14141	*69.10	*175	153.60	534.33	134.53	45.32	0.81
% of Calories											*17.5%	15.4%	53.6%	30.4%	10.2%	0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/29/2025																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
QUESO	1 oz	1	61	15	219	0.03	0.00	100.0	0	0.3	0	3.34	0.65	4.82	2.78	0.01
QUESADILLA CHICKEN PIZZA	EACH (50	1	320	20	770	4.00	2.70	200.0	300	0.0	5	18.0	38.0	11.0	2.50	0.00
SALSA: INDIVIDUAL CUPS (3oz)	PORTIO	1	29	0	191	0.00	0.00	0.0	0	0.0	3	0.0	5.88	0.0	0.00	0.00
	N CUPS															
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	117	0	450	4.89	1.76	39.1	*N/A*	*N/A*	1	6.85	21.51	0.49	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
ESEE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	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	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00

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Weighted Values - Detailed

	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 - 04/29/2025																
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			4795	487	10178	66.61	*21.84	*4772.9	*43802	*230.61	*119 *9.9%	236.55 19.7%	509.48 42.5%	206.95 38.8%	64.11 12.0%	0.01 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/30/2025																
K- 8 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	707	4.00	2.16	313.7	607	0.0	2	18.17	26.02	26.35	13.04	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	0	0.0	13	7.47	32.02	0.53	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	0.00
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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	0.00
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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00

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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			3365	403	6515	40.26	21.22	2265.8	*13638	*356.95	*137 *16.2%	188.24 22.4%	397.66 47.3%	130.01 34.8%	58.13 15.5%	0.50 0.1%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			4345	445	8039	55.78	*22.76	*3549.5	*28469	*195.21	*157 *32.5%	205.94 19.0%	511.47 47.1%	171.41 35.5%	57.86 12.0%	*0.26 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4345		600 - 650	668%			3695	Correction Required - Calories too High
Cholesterol (mg)	445							
Sodium 1 (mg)	8039		1230	654%			6809	Correction Required - Sodium too High
Sodium 1a (mg)	8039		1110	724%			6929	Correction Required - Sodium too High
Fiber (g)	55.78							
Iron (mg)	22.76				Missing			
Calcium (mg)	3549.5				Missing			
Vitamin A (IU)	28469				Missing			
Sugars (g)	157	14.43%			Missing			
Vitamin C (mg)	195.21				Missing			
Protein (g)	205.94	18.96%						
Carbohydrate (g)	511.47	47.09%						
Total Fat (g)	171.41	35.51%						
Saturated Fat (g)	57.86	11.99%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.26	0.05%			Missing			

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