

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

Generated on: 5/29/2025 2:53:34 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/16/2025																
SF Bag Lunch Summer Men	Total	2														
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
PIZZA ANYTIMERS KIT	kits	1	175	20	440	2.00	0.90	225.0	200	4.5	3	7.5	17.5	7.5	3.50	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00

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

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

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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 - 06/16/2025																
Weighted Daily Average			2310	223	4403	17.00	*14.73	*1461.4	*7388	*75.07	*128	91.48	278.26	93.32	27.17	0.00
% of Calories											*22.1%	15.8%	48.2%	36.4%	10.6%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 06/17/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/18/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS, WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS, (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE, individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD, individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	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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SF Bag Lunch Summer Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/19/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS, WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS, (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE, individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD, individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/23/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE, individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD, individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

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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 - 06/24/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS, WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE, individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD, individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
	POUCH															
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	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

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

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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 - 06/25/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE, individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD, individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	POUCH 1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	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

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

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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 - 06/26/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS, WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE, individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD, individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
	POUCH															
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	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

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

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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 - 06/30/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	0.0	0.00	0.00
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
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
	POUCH															
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			2465	241	4794	18.78	*15.53	*1661.4	*7566	*79.07	*131	98.15	293.82	99.99	30.28	0.00
											*47.7%	15.9%	47.7%	36.5%	11.1%	0.0%

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Jun 30, 2025

SF Bag Lunch Summer Menu

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)											
Calories	2465		600 - 650		379%				1815	Correction Required - Calories too High							
Cholesterol (mg)	241																
Sodium 1 (mg)	4794		1230		390%				3564	Correction Required - Sodium too High							
Sodium 1a (mg)	4794		1110		432%				3684	Correction Required - Sodium too High							
Fiber (g)	18.78																
Iron (mg)	15.53					Missing											
Calcium (mg)	1661.4					Missing											
Vitamin A (IU)	7566					Missing											
Sugars (g)	131	21.19%				Missing											
Vitamin C (mg)	79.07					Missing											
Protein (g)	98.15	15.93%															
Carbohydrate (g)	293.82	47.67%															
Total Fat (g)	99.99	36.50%															
Saturated Fat (g)	30.28	11.06%	<10.00%							Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.00	0.00%															

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

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

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

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