

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Jun 30, 2025

SF Lunch Menu

Generated on: 5/28/2025 10:21:43 AM

	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)
Mon - 06/16/2025																
SF Lunch Menu	Total	1														
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
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															
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: 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
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
Weighted Daily Average			872	82	1414	3.00	3.18	751.8	1152	9.60	61	37.49	109.70	31.02	10.69	0.00
% of Calories											28.0%	17.2%	50.3%	32.0%	11.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 06/17/2025																
SF Lunch Menu	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															
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
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
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	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
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
Weighted Daily Average			931	106	1289	9.41	*3.65	*879.5	*1727	*9.60	*51	46.01	109.30	33.09	13.39	0.00
% of Calories											*21.9%	19.8%	47.0%	32.0%	12.9%	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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Weighted Values - Detailed

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Jun 16, 2025 thru Jun 30, 2025

SF Lunch Menu

Generated on: 5/28/2025 10:21:44 AM

	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* (g)
Mon - 06/23/2025																
SF Lunch Menu	Total	1														
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	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
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
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
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
Weighted Daily Average			761	50	1341	6.00	2.89	626.4	1101	45.79	61	28.04	111.00	22.08	7.53	0.50
% of Calories											32.1%	14.7%	58.4%	26.1%	8.9%	0.6%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 06/24/2025																
SF Lunch Menu	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, RF: IND BAG	1 bag 0.875 oz	1	120	0	100	2.00	0.00	0.0	*N/A*	*N/A*	0	2.0	18.0	4.5	0.50	0.00
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
CARROTS: STEAM FRZ CRINKLE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
MILK: 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
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
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
Weighted Daily Average			829	106	1245	8.91	*3.05	*870.7	*1833	*12.00	*42	42.75	94.22	30.14	12.89	0.00
% of Calories											*20.1%	20.6%	45.5%	32.7%	14.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

* - 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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SF Lunch 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)
Mon - 06/30/2025																
SF Lunch Menu	Total	1														
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
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															
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
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
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
Weighted Daily Average			892	82	1414	5.00	2.82	731.8	1152	9.60	63	37.49	114.70	31.02	10.69	0.00
% of Calories											28.3%	16.8%	51.5%	31.3%	10.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			836	74	1326	6.50	*3.01	*835.7	*1280	*28.24	*60	38.29	110.18	25.95	10.13	0.06
											*65.0%	18.3%	52.7%	27.9%	10.9%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	836		600 - 650	129%			186	Correction Required - Calories too High
Cholesterol (mg)	74							
Sodium 1 (mg)	1326		1230	108%			96	Correction Required - Sodium too High
Sodium 1a (mg)	1326		1110	119%			216	Correction Required - Sodium too High
Fiber (g)	6.50							
Iron (mg)	3.01				Missing			
Calcium (mg)	835.7				Missing			
Vitamin A (IU)	1280				Missing			
Sugars (g)	60	28.89%			Missing			
Vitamin C (mg)	28.24				Missing			
Protein (g)	38.29	18.32%						
Carbohydrate (g)	110.18	52.71%						
Total Fat (g)	25.95	27.93%						
Saturated Fat (g)	10.13	10.91%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.06	0.06%						

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