

# Pitt County Schools

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
		0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0	0.0	0	0.00
000074 ANIMAL CRACKERS	1 package	29	130	4.00 27.7%	1.00 6.9%	0	110	0.00% 64.6%	2.00	*N/A* *N/A%*	2.00 6.2%	0	0.0	100	1.08
000048 APPLE COBBLER	1/2 CUP	161	248	11.28 41.0%	5.04 18.3%	0	216	34.62 55.9%	2.15	17.85 28.8%	1.93 3.1%	38	2.3	23	1.20
001300 APPLE COBBLER: PreK	1/4 CUP	80	124	5.64 41.0%	2.52 18.3%	0	108	17.31 55.9%	1.08	8.93 28.8%	0.97 3.1%	19	1.2	11	0.60
000957 APPLE CRISP: CANNED APPL	1/2 cup	155	213	7.90 33.3%	3.16 13.3%	0	113	34.76 65.1%	2.14	*24.24* *45.4%*	1.58 3.0%	423	2.4	11	0.78
001256 APPLE CRISP: PRE-K	1/4 cup	77	107	3.95 33.3%	1.58 13.3%	0	57	17.38 65.1%	1.07	*12.12* *45.4%*	0.79 3.0%	211	1.2	5	0.39
000744 APPLE JUICE: 6OZ. AFSCH	6 OZ	170	80	0.00 0.0%	0.00 0.0%	0	15	20.00 100.0%	0.00	17.00 85.0%	0.00 0.0%	0	1.2	0	0.00
000879 APPLE JUICE: APPLE & EVE	6.75 oz	191	100	0.00 0.0%	0.00 0.0%	0	25	24.00 96.0%	0.00	21.00 84.0%	1.00 4.0%	500	60.0	20	0.00
000862 APPLE MUFFIN: 4OZ ALA MS/	4 OZ	113	350	11.00 28.3%	3.50 9.0%	75	240	57.00 65.1%	4.00	*N/A* *N/A%*	6.00 6.9%	100	4.8	60	1.80
000350 APPLE SLICES: FRESH, IND B	1/2 cup	57	30	0.00 0.0%	0.00 0.0%	0	0	8.00 106.7%	1.00	*N/A* *N/A%*	1.00 13.3%	0	78.0	20	0.00
000987 APPLE STRUDEL STICK	packag(2.2 9 oz)	65	210	6.00 25.7%	1.50 6.4%	0	280	36.00 68.6%	2.00	11.00 21.0%	5.00 9.5%	0	0.0	0	1.08
000940 APPLE WHITE GRA JUICE: AL	6.75 oz	191	110	0.00 0.0%	0.00 0.0%	0	10	26.00 94.5%	0.00	26.00 94.5%	0.00 0.0%	0	18.0	20	0.36
000064 APPLE: FRESH	EACH	182	100	0.00 0.0%	0.00 0.0%	0	0	25.00 100.0%	4.00	*N/A* *N/A%*	0.00 0.0%	100	8.4	20	0.36
000024 APPLES, SPICED	1/2 CUP	114	64	1.22 17.1%	0.50 7.0%	0	27	13.11 81.8%	1.57	*12.29* *76.7%*	0.00 0.0%	100	2.3	8	0.29
001257 APPLES, SPICED- PREK	1/4 CUP	57	32	0.61 17.1%	0.25 7.0%	0	14	6.55 81.8%	0.79	*6.14* *76.7%*	0.00 0.0%	50	1.2	4	0.14
000348 APPLESAUCE: CHILLED	1/2 cup	128	50	0.00 0.0%	0.00 0.0%	0	15	14.95 120.0%	1.00	11.96 96.0%	0.00 0.0%	0	0.0	0	0.00
000836 APPLESAUCE: IND. STRAWB	1 each	128	90	0.00 0.0%	0.00 0.0%	0	15	22.00 97.8%	2.00	19.00 84.4%	0.00 0.0%	0	60.0	0	0.00
000544 APPLESAUCE: INDIVIDUAL	each	128	50	0.00 0.0%	0.00 0.0%	0	15	14.00 112.0%	1.00	12.00 96.0%	0.00 0.0%	0	0.0	0	0.00
001315 ASPARAGUS: ROASTED	1/4 CUP	96	28	0.99 32.4%	0.13 4.1%	0	51	3.79 55.0%	2.01	*1.78* *25.8%*	2.10 30.5%	715	5.3	23	2.04
000545 BABY CARROT CUP	1/2 cup	73	32	0.00 0.0%	0.00 0.0%	0	26	7.68 94.7%	1.71	*N/A* *N/A%*	0.85 10.5%	11520	0.0	0	0.00
000634 BABY CARROTS: (BAG 2.6 OZ)	1 each	74	30	0.00 0.0%	0.00 0.0%	0	55	7.00 93.3%	2.00	*N/A* *N/A%*	0.00 0.0%	5000	6.0	0	0.00
001120 BACON: sliced	servings	9	53	4.67 78.7%	1.67 28.1%	10	167	0.00 0.0%	0.00	0.00	2.67 20.0%	0	0.0	0	0.00

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000019 BAKED BEANS	1/2 cup	142	151	0.67 4.0%	0.00 0.0%	0	473	31.89 84.5%	4.37	*9.99* *26.5%*	6.60 17.5%	815	2.6	90	3.94
001221 BAKED BEANS: BUSH'S	1/2 cup	142	153	0.00 0.0%	0.00 0.0%	0	414	32.71 85.7%	4.36	13.08 34.3%	4.36 11.4%	0	0.0	44	1.96
001266 BAKED BEANS: BUSH'S PRE	1/4 cup	71	76	0.00 0.0%	0.00 0.0%	0	207	16.36 85.7%	2.18	6.54 34.3%	2.18 11.4%	0	0.0	22	0.98
001265 BAKED BEANS: PREK	1/4 cup	83	78	0.33 3.9%	0.00 0.0%	0	238	16.51 85.2%	2.40	*2.38* *12.3%*	3.49 18.0%	437	2.0	54	2.16
000044 BAKED POTATO	EACH	251	229	4.86 19.1%	1.06 4.1%	0	129	41.21 72.0%	4.69	*2.00* *3.5%*	6.30 11.0%	704	42.0	86	1.66
000900 BANANA BREAD	Slice	96	280	10.00 32.1%	2.00 6.4%	0	220	44.00 62.9%	2.00	25.00 35.7%	5.00 7.1%	100	0.0	80	1.08
000984 BANANA MUFFIN: ALA MS/HS	MUFFINS	57	169	4.97 26.5%	1.99 10.6%	35	119	28.85 68.2%	1.99	*N/A* *N/A%*	2.98 7.1%	99	0.0	20	0.72
000068 BANANA: MEDIUM 7"	EACH	126	110	0.00 0.0%	0.00 0.0%	0	0	30.00 109.1%	3.00	*N/A* *N/A%*	1.00 3.6%	100	9.0	0	0.36
001161 BARBECUE	SERVINGS	94	142	5.05 31.9%	2.02 12.8%	46	465	3.03 8.5%	1.01	2.02 5.7%	16.16 45.4%	75	0.4	28	1.22
000494 BARBECUE ON BUN	3.3 oz on bun	151	292	7.55 23.2%	2.52 7.8%	46	765	29.03 39.7%	4.01	4.02 5.5%	22.16 30.3%	75	0.4	128	3.02
001024 BARBECUE SLIDERS: (2 each)	2 sliders	151	282	7.05 22.5%	2.02 6.4%	46	765	31.03 43.9%	3.01	*2.02* *2.9%*	20.16 28.6%	101	1.2	100	2.53
000401 BBQ CHICKEN	3OZ. SERVING	127	228	10.01 39.4%	3.50 13.8%	100	818	13.88 24.3%	0.06	*12.37* *21.7%*	19.02 33.3%	243	2.7	2	1.55
000590 BBQ SAUCE: 1 oz cup	1 oz cup	28	35	0.00 0.0%	0.00 0.0%	0	385	7.09 80.0%	1.01	*N/A* *N/A%*	1.01 11.4%	101	0.0	0	0.36
001225 BBQ TERIYAKI CHICKEN	scoop	69	116	3.54 27.4%	1.01 7.8%	71	333	6.06 20.9%	0.00	6.06 20.9%	15.15 52.2%	0	0.0	0	0.73
001174 Bean Blend	2 TBSP	227	708	35.58 45.3%	4.48 5.7%	0	221	115.95 65.5%	62.80	*16.52* *9.3%*	34.59 19.6%	79180	10.9	967	77.95
001237 BEEF FIESTADA PIZZA	each	154	350	14.00 36.0%	6.00 15.4%	25	860	40.00 45.7%	4.00	9.00 10.3%	17.00 19.4%	500	0.0	250	3.60
000815 BEEFARONI	1 CUP	270	406	17.16 38.0%	6.94 15.4%	64	457	40.49 39.9%	7.18	*10.99* *10.8%*	24.99 24.6%	789	9.6	163	6.71
000954 BELL PEPPER: FROZEN, DIC	1/4 cup	58	8	0.00 0.0%	0.00 0.0%	0	3	2.06 100.0%	0.41	1.24 60.0%	0.41 20.0%	82	47.0	8	0.30
001196 BISCUIT	1 BISCUIT	64	220	10.00 40.9%	5.00 20.5%	0	370	27.00 49.1%	1.00	3.00 5.5%	4.00 7.3%	0	0.0	100	1.44
000189 BISCUIT:WG	1 BISCUIT	62	180	8.00 40.0%	5.00 25.0%	0	395	20.00 44.4%	2.00	2.00 4.4%	4.00 8.9%	0	0.0	20	1.80
001267 BLACK BEANS: FIESTA BUSH	1/4 cup	67	56	0.51 8.2%	0.00 0.0%	0	241	10.24 72.7%	2.05	1.02 7.3%	2.56 18.2%	0	0.0	20	0.92
000938 BLACK CHERRY SWITCH: MS	ea	227	120	0.00 0.0%	0.00 0.0%	0	5	30.00 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	0	60.0	0	0.00

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Aug 31, 2018

Page 3

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000481 BLACK EYE PEAS	1/2 cup	93	57	0.00 0.0%	0.00 0.0%	0	68	10.03 70.0%	3.57	*1.43* *10.0%*	3.57 24.9%	26	0.0	14	1.30
000255 BLUEBERRIES: Fresh	1/2 CUP	74	42	0.24 5.2%	0.02 0.4%	0	1	10.72 101.7%	1.78	7.37 69.9%	0.55 5.2%	40	7.2	4	0.21
000899 BLUEBERRIES: W/ TOPPING	1/2 cup	80	52	1.46 25.2%	1.00 17.3%	0	2	10.21 78.3%	2.16	*0.98* *7.5%*	0.36 2.8%	35	1.9	6	0.14
001258 BLUEBERRIES: W/ TOPPING:	1/4 cup	40	26	0.73 25.2%	0.50 17.3%	0	1	5.11 78.3%	1.08	*0.49* *7.5%*	0.18 2.8%	18	0.9	3	0.07
000319 BREADSTICK, Garlic	1 each	34	90	3.00 30.0%	0.00 0.0%	0	95	15.00 66.7%	1.00	1.00 4.4%	3.00 13.3%	0	0.0	0	0.72
000800 BREAKFAST BAGEL	each	78	180	6.00 30.0%	2.00 10.0%	15	470	23.00 51.1%	2.00	7.00 15.6%	9.00 20.0%	100	0.0	200	1.44
000995 BREAKFAST BAGEL: IW	each	74	160	4.00 22.5%	1.50 8.4%	10	400	22.00 55.0%	2.00	5.00 12.5%	10.00 25.0%	100	0.0	200	1.08
000701 BROCCOLI FLORETS: RAW	1/2 CUP	32	11	0.12 9.6%	0.01 1.0%	0	11	2.11 77.9%	0.79	*N/A* *N/A*	0.89 33.1%	679	28.3	15	0.23
000768 BROCCOLI SALAD: with raisin	1/2 CUP	82	171	6.62 34.9%	1.30 6.9%	6	141	31.07 72.8%	1.62	21.34 50.0%	1.56 3.6%	198	28.8	26	0.64
001204 BROCCOLI SALAD:w/ cranberr	1/2 CUP	82	172	7.06 36.8%	0.65 3.4%	13	152	29.23 67.8%	1.90	*8.59* *19.9%*	0.90 2.1%	198	28.3	15	0.33
000028 BROCCOLI W/ CHEESE SAUC	1/2 cup	129	79	3.14 35.7%	2.02 22.9%	9	218	7.77 39.2%	2.29	2.29 11.6%	4.98 25.2%	687	96.2	136	0.82
001268 BROCCOLI W/ CHEESE SAUC	1/4 cup	64	38	1.47 34.5%	0.98 23.0%	5	107	4.09 42.5%	1.15	1.15 11.9%	2.45 25.5%	393	48.1	72	0.41
001199 BROCCOLI, STEAMED: cut	1/2 cup	91	26	0.00 0.0%	0.00 0.0%	0	21	4.17 64.0%	2.09	1.04 16.0%	2.09 32.0%	521	37.5	21	0.75
001113 BROCCOLI, STEAMED: florets	1/2 cup	91	26	0.00 0.0%	0.00 0.0%	0	15	4.54 69.0%	2.72	0.91 13.8%	2.72 41.4%	1043	81.6	36	0.65
001269 BROCCOLI, STEAMED: florets	1/4 cup	45	15	0.00 0.0%	0.00 0.0%	0	15	3.09 80.0%	1.03	1.03 26.7%	1.03 26.7%	309	43.3	21	0.37
001053 BROCCOLI: FLORETS, RAW 1	1/4 cup	16	5	0.06 9.6%	0.01 1.0%	0	5	1.05 77.9%	0.40	*N/A* *N/A*	0.45 33.1%	340	14.1	8	0.12
000801 BROWN RICE	1/2 cup	73	94	0.00 0.0%	0.00 0.0%	0	285	18.71 80.0%	1.04	*0.00* *0.00%*	2.08 8.9%	0	0.0	1	0.38
001169 BUFFALO CHICKEN PIZZA	each	130	280	11.00 35.4%	5.00 16.1%	30	610	27.00 38.6%	3.00	2.00 2.9%	19.00 27.1%	300	1.2	350	2.70
000242 BUG BITE CINNAMON GRAH	each	28	120	3.50 26.3%	1.00 7.5%	0	115	21.00 70.0%	1.00	*N/A* *N/A*	2.00 6.7%	500	0.0	100	0.72
000530 Bun	bun	57	150	2.50 15.0%	0.50 3.0%	0	300	26.00 69.3%	3.00	2.00 5.3%	6.00 16.0%	0	0.0	100	1.80
001305 BUTTERNUT SQUASH: TE	1/2 CUPS	182	80	0.56 6.3%	0.08 0.9%	0	16	19.21 96.2%	2.13	*4.27* *21.4%*	2.13 10.7%	*0*	*0.0*	*0*	*0.00*
000010 CABBAGE: SEASONED	1/2 CUP	104	39	0.14 3.2%	0.14 3.2%	0	230	8.01 81.2%	2.46	*N/A* *N/A*	1.21 12.2%	111	50.5	58	0.45

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001343 CAESAR SALAD: (1 cup)	1 cup	76	86	4.43 46.2%	1.51 15.8%	0	195	6.45 29.9%	1.42	*0.00* *0.00%*	3.74 17.3%	3558	14.9	105	0.51
000793 CALIFORNIA BLEND W/CHEE	1/2 cup	114	73	3.20 39.3%	2.06 25.3%	9	220	5.52 30.1%	1.84	2.76 15.1%	3.66 20.0%	4141	27.6	91	1.32
001270 CALIFORNIA BLEND W/CHEE	1/4 cup	57	35	1.50 38.1%	1.00 25.4%	5	108	2.97 33.5%	0.92	1.38 15.6%	1.79 20.2%	2121	13.8	50	0.66
001137 Candy Carnival COOKIE: ALL A	cookie (1 oz)	28	116	4.05 31.3%	1.01 7.8%	5	76	18.22 62.6%	1.01	9.11 31.3%	1.01 3.5%	0	0.0	0	0.36
000546 CANTALOUPE	1/2 CUP	136	44	0.00 0.0%	0.00 0.0%	0	17	10.47 96.0%	1.74	*N/A* *N/A%*	1.74 16.0%	4361	52.3	0	0.00
001037 CAROLINA CAVIAR	1/2 cup	156	123	4.50 32.9%	0.64 4.7%	0	138	14.65 47.5%	5.06	*2.31* *7.5%*	4.90 15.9%	224	17.3	23	1.83
001145 Carrots: bag, rainbow	1 each	57	25	0.00 0.0%	0.00 0.0%	0	40	4.97 80.0%	1.99	2.98 48.0%	0.99 16.0%	9450	3.6	20	0.00
000971 CARROTS: CANNED	1/2 CUP	108	49	0.00 0.0%	0.00 0.0%	0	104	10.89 88.6%	1.51	*5.65* *46.0%*	0.74 6.0%	2976	2.7	15	0.81
001271 CARROTS: CANNED PREK	1/4 CUP	54	25	0.00 0.0%	0.00 0.0%	0	52	5.45 88.6%	0.75	*2.83* *46.0%*	0.37 6.0%	1488	1.3	8	0.40
001357 CARROTS: GLAZED	1/2 CUP	101	57	0.45 7.2%	0.19 3.0%	0	69	11.52 81.3%	2.91	*8.50* *60.0%*	0.00 0.0%	13044	5.9	29	0.53
000867 CARROTS: STEAM FRZ CRIN	1/2 CUP	96	50	0.00 0.0%	0.00 0.0%	0	65	10.95 87.5%	2.91	*8.01* *64.0%*	0.00 0.0%	13024	3.5	29	0.53
001272 CARROTS: STEAM FRZ PREK	1/4 CUP	48	25	0.00 0.0%	0.00 0.0%	0	33	5.47 87.5%	1.46	*4.01* *64.0%*	0.00 0.0%	6512	1.7	15	0.26
001208 CEREAL BAR, CINN TOAST C	EACH	40	150	3.00 18.0%	0.50 3.0%	0	115	30.00 80.0%	3.00	8.00 21.3%	3.00 8.0%	0	0.0	200	1.80
001205 CEREAL BAR, COCOA PUFFS	EACH	30	110	1.50 12.3%	0.00 0.0%	0	120	25.00 90.9%	2.00	8.00 29.1%	2.00 7.3%	500	6.0	100	4.50
001209 CEREAL BAR, TRIX	EACH	40	150	3.00 18.0%	0.50 3.0%	0	105	30.00 80.0%	3.00	9.00 24.0%	3.00 8.0%	100	1.2	200	1.80
001167 CEREAL, APPLE JACKS: pouc	1.0 oz	28	110	1.00 8.2%	0.50 4.1%	0	160	24.00 87.3%	2.00	8.00 29.1%	2.00 7.3%	400	12.0	0	3.60
001089 CEREAL, CINNAMON CHEX	BOWL	28	110	2.00 16.4%	0.00 0.0%	0	170	23.00 83.6%	1.00	7.00 25.5%	1.00 3.6%	400	4.8	80	7.20
000214 CEREAL, CINNAMON TOAST	BOWL	28	110	3.00 24.5%	0.50 4.1%	0	160	22.00 80.0%	3.00	6.00 21.8%	1.00 3.6%	400	4.8	200	3.60
001166 CEREAL, FROOT LOOPS: pou	1.0 oz	28	110	1.00 8.2%	0.50 4.1%	0	170	24.00 87.3%	3.00	8.00 29.1%	2.00 7.3%	400	12.0	0	3.60
000928 CEREAL, HONEY CHEX	BOWL	31	120	0.50 3.8%	0.00 0.0%	0	190	27.00 90.0%	1.00	9.00 30.0%	2.00 6.7%	500	6.0	100	4.50
000805 CEREAL, MARSHMALLOW M	1 BOWL	28	110	1.50 12.3%	0.00 0.0%	0	270	21.00 76.4%	2.00	6.00 21.8%	3.00 10.9%	500	6.0	100	9.00
000219 CEREAL, TRIX	BOWL	28	110	1.00 8.2%	0.00 0.0%	0	140	24.00 87.3%	1.00	7.00 25.5%	1.00 3.6%	400	4.8	80	4.50

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# Pitt County Schools

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000803 CEREAL: CHEERIOS	BOWL	28	100	2.00 18.0%	0.50 4.5%	0	140	20.00 80.0%	3.00	1.00 4.0%	3.00 12.0%	500	6.0	100	8.10
000806 CEREAL: COCOA PUFFS	BOWL	30	110	1.50 12.3%	0.00 0.0%	0	120	25.00 90.9%	2.00	8.00 29.1%	2.00 7.3%	500	6.0	100	4.50
000929 CEREAL: RICE CHEX	BOWL	28	100	0.50 4.5%	0.00 0.0%	0	250	24.00 96.0%	1.00	2.00 8.0%	2.00 8.0%	500	6.0	100	9.00
001241 CEREAL: TRIX	BOWL	28	110	1.00 8.2%	0.00 0.0%	0	140	24.00 87.3%	1.00	7.00 25.5%	1.00 3.6%	400	4.8	80	4.50
000913 CHEESE BISCUIT	1 BISCUIT	28	81	6.08 67.5%	3.54 39.4%	15	283	2.03 10.0%	0.00	1.01 5.0%	7.09 35.0%	202	0.0	202	0.00
001304 CHEESE CURD	1 OZ	28	*N/A*	9.00 *N/A%*	5.00 *N/A%*	30	180	0.00 *N/A%*	0.00	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
000753 CHEESE OMELET	each 2.0 oz	57	130	11.00 76.2%	3.50 24.2%	170	290	1.00 3.1%	0.00	0.00 0.00%	7.00 21.5%	0	0.0	60	1.08
000743 CHEESE PIZZA: Whole Grain 4	slice	142	309	11.98 34.8%	5.99 17.4%	30	359	29.95 38.7%	3.00	5.99 7.7%	21.96 28.4%	499	9.0	449	2.69
000071 CHEESE SAUCE	2 oz SERVINGS	57	87	6.00 62.3%	4.00 41.5%	20	367	2.67 12.3%	0.00	0.00 0.00%	5.34 24.6%	200	0.0	200	0.00
000171 CHEESE STICK: 1 oz,Gluten Fr	1 oz	28	110	9.00 73.6%	6.00 49.1%	30	200	0.00 0.0%	0.00	0.00 0.00%	7.00 25.5%	284	0.0	204	0.00
000154 CHEESE STIX	2 sticks	119	300	11.00 33.0%	6.00 18.0%	30	490	30.00 40.0%	3.00	4.00 5.3%	19.00 25.3%	78	0.0	363	2.00
000982 CHEESEBURGER, Deluxe	sandwich	135	375	20.84 49.9%	8.57 20.5%	58	521	27.21 29.0%	3.00	*0.51* *0.5%*	20.74 22.1%	101	0.0	207	2.90
001198 CHEESEBURGER, Deluxe: Ba	sandwich	144	429	25.50 53.5%	10.24 21.5%	68	687	27.21 25.4%	3.00	*0.51* *0.5%*	23.41 21.8%	101	0.0	207	2.90
000031 CHEESEBURGERS	sandwiches	135	375	20.84 49.9%	8.57 20.5%	58	521	27.21 29.0%	3.00	*0.51* *0.5%*	20.74 22.1%	101	0.0	207	2.90
001189 CHEESEBURGERS - HS	sandwiches	135	375	20.84 49.9%	8.57 20.5%	58	521	27.21 29.0%	3.00	*0.51* *0.5%*	20.74 22.1%	101	0.0	207	2.90
000994 CHEESESTICK: BOSCO ALA	stick	87	220	7.00 28.6%	3.00 12.3%	15	290	28.00 50.9%	3.00	*N/A* *N/A%*	12.00 21.8%	200	0.0	200	1.80
000931 CHEESY GARLIC CHEESE PI	ea	122	330	15.00 40.9%	6.00 16.4%	20	680	30.00 36.4%	3.00	*N/A* *N/A%*	18.00 21.8%	500	0.0	300	1.80
000331 CHEESY GRITS	3/4 cup	219	149	10.70 64.7%	6.58 39.8%	29	207	6.33 17.0%	0.29	*0.04* *0.1%*	7.42 19.9%	354	0.0	200	0.41
001090 CHEESY SPINACH	1/2 CUP	154	103	6.21 54.5%	3.01 26.4%	15	341	6.08 23.7%	3.43	*1.58* *6.1%*	8.82 34.4%	13386	27.9	337	2.41
001323 CHEESY TOMATOES	1/2 CUP	120	58	2.93 45.7%	1.20 18.7%	4	155	5.04 34.9%	1.73	*0.02* *0.1%*	2.86 19.8%	839	11.0	92	1.04
000709 CHEEZ-IT	each	21	100	3.50 31.5%	1.00 9.0%	5	150	14.00 56.0%	1.00	*N/A* *N/A%*	2.00 8.0%	500	0.0	100	0.72
001017 CHEEZ-IT: atomic	each	21	100	3.50 31.5%	1.00 9.0%	0	200	14.00 56.0%	1.00	0.00 0.00%	2.00 8.0%	500	0.0	100	0.72

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# Pitt County Schools

## Recipe Audit Report - Summary

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001298 CHERRY COBBLER	1/2 CUP	148	287	11.28 35.4%	5.04 15.8%	0	202	45.17 62.9%	1.71	27.04 37.7%	2.98 4.1%	629	1.3	15	1.32
001299 CHERRY COBBLER: PreK	1/4 CUP	74	144	5.64 35.4%	2.52 15.8%	0	101	22.58 62.9%	0.85	13.52 37.7%	1.49 4.1%	315	0.7	8	0.66
000751 CHERRY CRISP: CANNED CH	3/4 cup	167	219	7.90 32.5%	3.16 13.0%	0	128	34.33 62.6%	0.56	*23.59* *43.1%*	2.59 4.7%	383	2.7	3	0.50
000956 CHERRY CRISP: FROZEN CH	3/4 cup	187	199	3.98 18.0%	1.44 6.5%	0	51	41.22 82.9%	2.85	*15.05* *30.3%*	2.88 5.8%	1504	2.8	22	1.29
001259 CHERRY CRISP: PREK	1/2 cup	94	99	1.99 18.0%	0.72 6.5%	0	25	20.61 82.9%	1.42	*7.53* *30.3%*	1.44 5.8%	752	1.4	11	0.65
001098 cherry SORBET: ALL ALA	4.4 oz	125	70	0.00 0.0%	0.00 0.0%	0	5	19.00 108.6%	3.00	15.00 85.7%	0.00 0.0%	0	60.0	60	0.36
000037 CHICKEN AND DUMPLINGS	1 CUP	632	501	32.38 58.1%	13.62 24.5%	48	875	35.37 28.2%	1.08	*3.20* *2.6%*	18.17 14.5%	167	0.2	38	2.06
001111 Chicken and Mashed Potato Bo	servings	313	400	19.11 43.0%	3.94 8.9%	15	1007	46.44 46.5%	4.00	*8.99* *9.0%*	23.42 23.4%	198	9.8	267	2.63
001297 CHICKEN AND PASTRY	1 CUP	594	240	10.10 37.8%	3.54 13.2%	48	473	22.05 36.7%	0.66	*0.00* *0.00%*	17.09 28.4%	167	0.1	14	1.45
000082 Chicken and Pastry	1 CUP	279	203	5.31 23.6%	2.21 9.8%	66	1077	21.83 43.0%	0.96	*2.27* *4.5%*	17.11 33.7%	160	1.3	54	1.80
001303 CHICKEN AND PASTRY	1 CUP	594	240	10.10 37.8%	3.54 13.2%	48	473	22.05 36.7%	0.66	*0.00* *0.00%*	17.09 28.4%	167	0.1	14	1.45
001154 Chicken and Waffle: IW	SERVNGS	79	161	6.03 33.8%	0.00 0.0%	70	352	20.10 50.0%	2.01	2.01 5.0%	8.04 20.0%	0	0.0	40	1.81
000996 CHICKEN BISCUIT: IW	each 3.6 oz	102	220	11.00 45.0%	1.50 6.1%	0	720	29.00 52.7%	1.00	2.00 3.6%	12.00 21.8%	0	0.0	80	1.80
000238 CHICKEN BREAST NUGGET:	3 nuggets	92	206	9.81 42.9%	1.56 6.8%	34	469	14.62 28.4%	1.54	*N/A* *N/A%*	13.89 27.0%	86	0.8	11	0.64
001118 CHICKEN BUFFALO BITES	SERVING (10 EA)	99	160	4.00 22.5%	1.00 5.6%	35	440	14.00 35.0%	1.00	0.00 0.00%	18.00 45.0%	200	0.0	60	2.70
000981 CHICKEN CAESAR SALAD: AL	ea	278	333	14.47 39.1%	5.19 14.1%	75	756	22.05 26.5%	3.84	*1.88* *2.3%*	29.52 35.5%	4506	22.4	262	2.78
001182 CHICKEN CHEESY PASTA	1-#6scoop	195	380	14.56 34.5%	8.14 19.3%	61	869	36.85 38.8%	5.34	*3.23* *3.4%*	26.96 28.4%	213	1.8	429	3.23
000895 CHICKEN CHUNKS: ENTREE	servings (5 ea)	107	201	7.03 31.5%	1.51 6.8%	45	482	16.06 32.0%	2.01	0.00 0.00%	17.07 34.0%	188	0.0	15	1.00
001215 CHICKEN DICED W/GRAVY	servings	86	74	2.06 24.9%	0.00 0.0%	43	68	0.22 1.2%	0.00	*0.07* *0.4%*	12.14 65.3%	0	1.2	1	0.37
000689 CHICKEN FAJITA STRIPS W/	4.2 oz	179	145	2.92 18.1%	0.00 0.0%	78	635	1.89 5.2%	0.00	*0.16* *0.4%*	27.00 74.3%	0	0.0	1	0.52
001014 CHICKEN FAJITA TACO: HS	1 wrap (3.0oz)	149	254	5.08 18.0%	1.50 5.3%	57	667	28.04 44.2%	3.00	*0.00* *0.00%*	24.73 39.0%	0	0.0	80	1.81

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000685 CHICKEN FAJITA TACO: K-8	1 WRAP(3.0 oz)	127	214	6.08 25.6%	0.50 2.1%	58	747	17.04 31.9%	2.00	*0.00* *0.00%*	23.73 44.4%	0	0.0	40	1.45
001230 CHICKEN FILET SANDWICH:	sandwiche s	145	380	17.50 41.4%	3.50 8.3%	30	580	38.00 40.0%	4.00	2.00 2.1%	17.00 17.9%	100	1.2	120	3.24
000486 CHICKEN FILET SANDWICH:	sandwiche s	170	370	10.50 25.5%	2.00 4.9%	65	790	41.00 44.3%	4.00	4.00 4.3%	27.00 29.2%	100	0.0	140	3.60
000309 CHICKEN NUGGETS: BAKED	5 each	91	232	14.11 54.8%	3.02 11.7%	25	333	14.11 24.3%	2.02	1.01 1.7%	13.10 22.6%	0	1.2	20	1.81
000916 CHICKEN PATTY: breakfast	each 1.63 oz	45	90	4.50 45.0%	1.00 10.0%	0	220	6.00 26.7%	1.00	0.00 0.00%	7.00 31.1%	0	0.0	0	0.72
001162 Chicken Philly Sandwich	servings	170	281	7.12 22.8%	2.02 6.5%	51	777	29.64 42.2%	4.20	3.20 4.6%	24.45 34.8%	130	3.6	151	2.25
001163 Chicken Philly: USDA	servings	147	253	8.13 28.9%	3.37 12.0%	36	533	28.79 45.5%	4.20	3.20 5.1%	16.52 26.1%	130	3.6	151	1.94
000662 CHICKEN POPCORN	10 PIECES	85	160	6.00 33.8%	1.50 8.4%	25	360	13.00 32.5%	1.00	1.00 2.5%	14.00 35.0%	100	0.0	80	1.80
000067 CHICKEN SALAD	1/2 CUP	96	136	7.29 48.2%	1.77 11.7%	49	333	6.40 18.8%	0.19	*1.70* *5.0%*	13.28 39.0%	73	1.6	13	0.91
001339 CHICKEN SALAD ON CROISS	1/2 CUP	166	353	16.18 41.2%	5.25 13.4%	54	638	34.14 38.6%	2.16	*3.68* *4.2%*	19.20 21.7%	468	1.6	52	2.33
001335 CHICKEN SALAD WRAP	1/2 CUP	158	296	10.79 32.8%	2.80 8.5%	54	572	33.51 45.3%	3.19	*2.70* *3.6%*	18.28 24.7%	73	1.6	73	2.71
001231 CHICKEN SPICY FILET: ES/M	sandwiche s	164	430	18.33 38.4%	3.67 7.7%	30	680	46.67 43.4%	5.00	2.67 2.5%	19.00 17.7%	100	1.2	153	3.84
001229 CHICKEN SPICY FILET: HS	sandwiche s	170	372	10.34 25.0%	1.97 4.8%	61	675	42.27 45.4%	4.69	2.15 2.3%	26.95 28.9%	259	0.1	123	3.78
001147 CHICKEN STRIPS W/GRAVY	servings	142	89	4.14 42.0%	2.02 20.6%	47	205	0.53 2.4%	0.00	*0.18* *0.8%*	12.15 54.9%	0	0.0	1	0.01
001171 Chicken Taco	2.0	81	123	3.45 25.3%	0.23 1.7%	45	497	7.87 25.6%	3.22	*0.73* *2.4%*	17.27 56.2%	2564	0.9	64	4.20
001170 Chicken Taco on Soft Shell	1.5 oz	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
000785 CHICKEN TENDERS: BAKED	3 STRIPS	123	202	9.00 40.1%	1.25 5.6%	49	382	11.10 22.0%	1.00	1.00 2.0%	18.40 36.4%	218	1.0	19	1.00
001104 Chicken, Mandarin	2.85oz servings	81	146	2.50 15.4%	1.00 6.2%	53	414	14.00 38.4%	0.00	14.00 38.4%	15.00 41.1%	0	0.0	0	1.08
001142 CHICKEN, OVEN FRIED	servings	85	215	13.00 54.4%	3.00 12.6%	41	382	11.00 20.5%	1.00	0.00 0.00%	12.00 22.3%	78	1.0	12	1.00
001190 CHICKEN, ROASTED	servings	85	166	10.00 54.2%	3.50 19.0%	100	95	0.00 0.0%	0.00	0.00 0.00%	19.00 45.8%	105	1.0	1	1.00
001103 Chicken, Spicy Garlic/Ginger	2.85oz servings	81	110	2.50 20.5%	1.00 8.2%	53	378	5.00 18.2%	0.00	4.00 14.5%	15.00 54.5%	20	0.0	0	1.08

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001202 CHICKEN, SWEET THAI CHILI	servings	93	184	10.27 50.4%	3.50 17.2%	100	153	3.69 8.0%	0.25	*3.63* *7.9%*	19.09 41.6%	3391	1.1	8	1.05
001212 CHICKEN, SWEET THAI CHILI	servings	79	103	4.32 37.9%	2.03 17.8%	47	236	3.69 14.4%	0.25	*3.63* *14.2%*	12.24 47.7%	3286	0.1	7	0.05
001102 Chicken, Teriyaki	2.85oz servings	81	150	4.00 24.0%	1.00 6.0%	63	370	14.00 37.3%	0.00	14.00 37.3%	14.00 37.3%	70	0.0	10	0.90
001112 Chicken: Mandarin Bowl	servings	318	359	2.50 6.3%	1.00 2.5%	53	999	55.96 62.3%	4.80	*14.91* *16.6%*	21.88 24.3%	1043	81.6	38	2.49
000991 CHILI CHEESE FRIES	servings	269	362	22.08 54.9%	9.65 24.0%	47	944	25.83 28.5%	2.96	*2.32* *2.6%*	19.55 21.6%	602	11.8	219	2.90
000155 CHILI CON CARNE & BEANS	1/2 CUP	50	23	0.19 7.4%	0.03 1.3%	0	70	4.75 82.4%	1.09	*0.43* *7.5%*	1.20 20.8%	359	6.7	12	0.54
000977 CHILI: FOR CHEESE FRIES	4oz #10 scoop	144	148	10.20 62.0%	4.67 28.4%	27	244	6.51 17.6%	1.01	*2.32* *6.3%*	12.25 33.1%	402	9.4	19	2.20
001306 CHILI: W/ BEANS	1 cup	265	267	11.53 38.9%	4.02 13.6%	50	443	19.91 29.9%	7.05	*2.96* *4.4%*	20.83 31.3%	3083	74.1	149	5.89
000832 CHILI: W/ BEANS	3/4 cup	198	197	9.14 41.8%	4.22 19.3%	24	292	17.33 35.2%	5.75	*2.22* *4.5%*	15.56 31.7%	480	10.9	52	3.38
000985 CHOC CANDY COOKIE: 1.5oz	cookie	43	175	6.00 30.9%	1.50 7.7%	7	110	27.02 61.7%	1.50	14.01 32.0%	2.00 4.6%	0	0.0	0	0.72
000861 CHOC CANDY COOKIE: ALA	cookie (1 oz)	28	100	3.50 31.5%	1.00 9.0%	0	95	18.00 72.0%	1.00	*N/A* *N/A%*	1.00 4.0%	100	0.0	0	0.36
000342 CHOC CHIP COOKIE: ALL AL	cookie (1 oz)	28	109	3.95 32.7%	0.99 8.2%	0	69	17.78 65.5%	0.99	8.89 32.7%	0.99 3.6%	0	0.0	0	0.36
000263 CHOC CHIP COOKIE:1.5 oz	cookie	40	155	5.65 32.7%	1.41 8.2%	5	99	25.41 65.5%	1.41	13.18 33.9%	1.41 3.6%	66	0.0	0	0.68
000878 CHOPPED ROMAINE SALAD:	1 cup	91	15	0.03 1.8%	0.00 0.3%	0	4	3.03 81.2%	1.76	*0.40* *10.7%*	1.00 26.7%	3714	17.9	19	0.61
001318 CIABATTA BREAD	each	51	160	3.50 19.7%	0.50 2.8%	0	170	30.00 75.0%	3.00	2.00 5.0%	5.00 12.5%	0	0.0	20	1.44
001295 CILANTRO LIME RICE	1/2 cup	77	94	1.22 11.7%	0.18 1.7%	0	289	19.15 81.9%	1.16	*0.00* *0.00%*	2.08 8.9%	56	0.2	3	0.24
000986 CINNAMON ROLL	1 roll (2.7oz)	76	240	7.00 26.3%	1.50 5.6%	0	240	38.00 63.3%	3.00	12.00 20.0%	5.00 8.3%	2250	0.0	40	1.80
000562 COLESLAW	1/2 cup	73	88	6.05 61.6%	0.61 6.2%	12	191	8.12 36.7%	1.11	5.65 25.6%	0.56 2.5%	400	16.0	23	0.22
001273 COLESLAW: PREK	1/4 cup	36	44	3.03 61.6%	0.30 6.2%	6	95	4.06 36.7%	0.56	2.83 25.6%	0.28 2.5%	200	8.0	11	0.11
000718 COLLARDS	1/2 CUP SERVING	102	42	0.82 17.5%	0.34 7.2%	0	130	3.51 33.1%	2.32	*0.00* *0.00%*	2.32 21.8%	65	0.0	93	0.85
000409 CORN: CANNED	1/2 cup	78	69	4.75 62.0%	0.00 0.0%	0	74	16.30 94.5%	1.91	*6.78* *39.3%*	1.90 11.0%	0	3.4	0	0.35
001274 CORN: CANNED - PREK	1/4 cup	39	34	2.38 62.0%	0.00 0.0%	0	37	8.15 94.5%	0.95	*3.39* *39.3%*	0.95 11.0%	0	1.7	0	0.17

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 9

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000209 CORN: frozen, yellow	1/2 CUP	83	71	0.50 6.4%	0.00 0.0%	0	70	17.23 97.2%	2.02	*2.13* *12.0%*	2.01 11.4%	201	6.0	0	0.37
001275 CORN: frozen, yellow - PREK	1/4 CUP	41	35	0.25 6.4%	0.00 0.0%	0	35	8.62 97.2%	1.01	*1.06* *12.0%*	1.01 11.4%	101	3.0	0	0.18
001186 Couscous	1/2 cup	88	35	0.05 1.3%	0.00 0.0%	0	3	7.17 81.8%	0.40	0.00 0.00%	1.20 13.6%	0	0.0	4	0.14
001253 CRACKERS: CAPTAIN WAFE	4 packs	26	120	3.00 22.5%	1.00 7.5%	0	210	18.00 60.0%	2.00	2.00 6.7%	2.00 6.7%	0	0.0	40	0.72
000659 CRACKERS: CAPTAIN WAFE	8 pks	52	240	6.00 22.5%	2.00 7.5%	0	420	36.00 60.0%	4.00	4.00 6.7%	4.00 6.7%	0	0.0	80	1.44
001252 CRAISINS: BLUEBERRY	1 each	33	110	0.00 0.0%	0.00 0.0%	0	0	28.00 101.8%	3.00	24.00 87.3%	0.00 0.0%	0	0.0	0	0.00
001036 CRAISINS: STRAWBERRY	1 each	33	110	0.00 0.0%	0.00 0.0%	0	0	28.00 101.8%	3.00	24.00 87.3%	0.00 0.0%	0	0.0	0	0.00
001107 CROISSANT	each	35	110	4.50 36.8%	2.00 16.4%	0	150	15.00 54.5%	1.00	1.00 3.6%	3.00 10.9%	200	0.0	20	0.72
001227 CRUMB CAKE: CINNAMON	each	85	290	8.00 24.8%	1.50 4.7%	30	270	48.00 66.2%	3.00	21.00 29.0%	5.00 6.9%	0	0.0	20	1.44
001191 CRUNCHMANIA, CINNAMON	package	50	220	7.00 28.6%	2.00 8.2%	0	230	37.00 67.3%	2.00	12.00 21.8%	4.00 7.3%	750	0.0	150	1.44
001092 CRUNCHMANIA, FRENCH TO	package	50	210	6.00 25.7%	2.00 8.6%	0	220	37.00 70.5%	3.00	13.00 24.8%	4.00 7.6%	750	0.0	150	1.44
001177 Crustless Apple Pie	1/2 cup	120	90	1.89 18.8%	0.78 7.8%	0	33	18.53 82.0%	1.66	*17.54* *77.6%*	0.01 0.0%	148	2.3	10	0.31
001291 CUBAN PORK SANDWICH	subs	190	329	11.30 30.9%	4.44 12.1%	73	1273	28.61 34.8%	3.11	3.10 3.8%	24.15 29.3%	37	0.0	156	2.10
000794 CUCUMBERS, SLICED: 1/2 cu	1/2 cup	74	7	0.00 0.0%	0.00 0.0%	0	0	1.49 80.0%	0.74	*N/A* *N/A%*	0.74 40.0%	149	4.5	15	0.27
001055 CUCUMBERS: FRESH SLI 1/4	1/4 cup	18	2	0.00 0.0%	0.00 0.0%	0	0	0.37 80.0%	0.18	*N/A* *N/A%*	0.18 40.0%	37	1.1	4	0.07
001310 CUPCAKE, BIRTHDAY, SUPE	each	43	140	2.50 16.1%	0.50 3.2%	20	170	27.00 77.1%	6.00	7.00 20.0%	2.00 5.7%	*N/A*	*N/A*	*N/A*	*N/A*
001236 DEEP DISH PEPPERONI PIZZ	each	138	310	10.00 29.0%	3.00 8.7%	15	470	35.00 45.2%	3.00	9.00 11.6%	17.00 21.9%	500	0.0	300	2.70
000855 DELI POTATOES:HERB ROAS	1/2 cup	87	100	2.00 18.0%	0.00 0.0%	0	115	18.98 76.0%	2.00	0.00 0.00%	3.00 12.0%	0	6.0	0	0.72
001276 DELI POTATOES:PREK	1/4 cup	43	50	1.00 18.0%	0.00 0.0%	0	57	9.49 76.0%	1.00	0.00 0.00%	1.50 12.0%	0	3.0	0	0.36
001217 DONUT, IW SUPER	each	85	240	8.00 30.0%	2.50 9.4%	0	300	38.00 63.3%	2.00	19.00 31.7%	7.00 11.7%	2500	30.0	250	9.00
001218 DONUT, YEAST	each	84	325	16.00 44.3%	7.00 19.4%	0	300	41.00 50.5%	2.64	18.00 22.2%	5.00 6.2%	11	0.0	14	0.80
001359 DOUBLE HOT DOG W/BUN	EACH	114	360	32.00 80.0%	12.00 30.0%	70	1220	4.00 4.4%	0.00	2.00 2.2%	12.00 13.3%	0	0.0	40	0.72

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 10

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001360 DOUBLE HOTDOG ON BUN	2 hotdog on bun	228	660	37.00 50.5%	13.00 17.7%	70	1820	56.00 33.9%	6.00	6.00 3.6%	24.00 14.5%	0	0.0	200	4.32
001352 DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	43	160	16.00 90.0%	3.00 16.9%	15	450	3.00 7.5%	0.00	2.00 5.0%	2.00 5.0%	0	0.0	40	0.00
001254 DRESSING, FF HONEY MUST	1.5 OZ. POUCH	43	50	0.00 0.0%	0.00 0.0%	0	170	11.00 88.0%	0.00	6.00 48.0%	0.00 0.0%	0	0.0	20	0.00
000609 DRESSING, LIGHT FRENCH 1	1.5 oz pouch	43	80	3.50 39.4%	0.50 5.6%	0	410	11.00 55.0%	1.00	8.00 40.0%	0.00 0.0%	300	0.0	0	0.00
000602 DRESSING, LIGHT ITALIAN 1.	1.5 OZ. POUCH	43	80	3.50 39.4%	0.50 5.6%	0	410	11.00 55.0%	1.00	8.00 40.0%	0.00 0.0%	300	0.0	0	0.00
000603 DRESSING, RANCH 1 oz	1 OZ. POUCH	28	130	14.00 96.9%	2.00 13.8%	10	180	1.00 3.1%	0.00	1.00 3.1%	0.00 0.0%	0	0.0	0	0.00
001101 DRESSING, RANCH FF 12gm	each	12	10	0.00 0.0%	0.00 0.0%	0	125	2.00 80.0%	0.00	0.00 0.00%	0.00 0.0%	0	0.0	0	0.00
001203 DRIED CRANBERRIES	0.25 CUP	28	87	0.71 7.3%	0.00 0.0%	0	1	23.39 107.3%	1.42	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.13
001211 EARLY COLLEGE ONLY	each	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
001292 EDAMAME: Shelled Frozen, Si	3 oz serving	85	100	4.00 36.0%	0.00 0.0%	0	92	7.02 28.0%	4.01	*3.00* *12.0%*	9.00 36.0%	0	9.0	60	1.81
001364 EGG & SAUSAGE TACO	EACH	71	140	5.00 32.1%	1.50 9.6%	50	360	17.00 48.6%	1.00	1.00 2.9%	7.00 20.0%	100	0.0	60	1.08
001110 English Muffin, Egg and Cheese	each	92	180	6.00 30.0%	2.00 10.0%	60	460	26.00 57.8%	2.00	2.00 4.4%	11.00 24.4%	200	0.0	200	1.44
001222 FIESTA BLACK BEANS: BUSH	1/2 cup	133	113	1.02 8.2%	0.00 0.0%	0	481	20.48 72.7%	4.10	2.05 7.3%	5.12 18.2%	0	0.0	41	1.84
001219 FISH FILET WITH CHEESE	sandwic es	173	360	12.54 31.3%	3.27 8.2%	43	672	43.01 47.7%	4.00	3.51 3.9%	20.54 22.8%	101	0.0	201	2.88
000784 FISH NUGGETS: BAKED	4 nuggets	113	220	8.00 32.7%	1.50 6.1%	50	240	21.00 38.2%	2.00	1.00 1.8%	15.00 27.3%	0	0.0	20	1.08
001311 Fish Sticks:WG Nacho Encrust	4 sticks	113	230	9.00 35.2%	1.50 5.9%	50	350	22.00 38.3%	2.00	*N/A* *N/A%*	15.00 26.1%	*N/A*	*N/A*	*N/A*	*N/A*
001340 FLATBREAD	EACH	57	180	5.00 25.0%	1.00 5.0%	0	330	28.00 62.2%	3.00	2.00 4.4%	6.00 13.3%	0	0.1	34	1.76
001234 FOUR CHEESE PIZZA: BIG D	each	147	360	16.00 40.0%	7.00 17.5%	35	490	35.00 38.9%	3.00	9.00 10.0%	21.00 23.3%	93	0.0	441	2.10
001058 FRENCH FRIES: BAKEABLE S	1/2CUP	68	120	4.00 30.0%	0.50 3.7%	0	135	20.01 66.7%	2.00	0.00 0.00%	1.00 3.3%	0	2.4	0	0.36
001277 FRENCH FRIES: PREK	1/4 CUP	34	60	2.00 30.0%	0.25 3.7%	0	68	10.01 66.7%	1.00	0.00 0.00%	0.50 3.3%	0	1.2	0	0.18
000840 FRENCH TOAST MINI: CHO C	POUCH	86	210	5.00 21.4%	1.50 6.4%	0	240	37.00 70.5%	3.00	*N/A* *N/A%*	4.00 7.6%	500	0.0	100	2.70
000841 FRENCH TOAST MINI: CINN R	POUCH	75	220	7.00 28.6%	1.00 4.1%	5	380	37.00 67.3%	2.00	11.00 20.0%	3.00 5.5%	0	0.0	60	1.08

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 11

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000368 FRENCH TOAST STICKS:IW	2 sticks	85	240	7.00 26.2%	1.00 3.7%	10	260	38.02 63.3%	2.00	10.01 16.7%	6.00 10.0%	0	0.0	40	0.72
001149 Fresh Fruit	servings	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
000086 FRESH ORANGE: 125 ct	EACH	154	80	0.00 0.0%	0.00 0.0%	0	0	19.00 95.0%	3.00	*N/A* *N/A%*	1.00 5.0%	100	0.0	60	0.00
001185 FRITTATA: TURKEY SAUSAG	each 2.2 oz	62	111	8.05 65.5%	3.02 24.5%	176	302	1.01 3.6%	0.00	0.00 0.00%	8.05 29.1%	312	0.0	67	0.88
001332 FROSTED COOKIE	cookie	43	172	6.70 35.1%	1.50 7.8%	7	110	27.02 62.8%	1.50	14.01 32.6%	2.00 4.7%	0	0.0	0	0.72
000933 FRUIT BY THE FOOT: ALL AL	package	21	80	1.50 16.9%	0.50 5.6%	0	40	16.00 80.0%	0.00	*N/A* *N/A%*	0.00 0.0%	0	15.0	0	0.00
000871 FRUIT JUICE BLEND: AFSCH	6 OZ	170	90	0.00 0.0%	0.00 0.0%	0	8	21.00 93.3%	0.00	18.00 80.0%	0.00 0.0%	0	1.2	0	0.00
000880 FRUIT JUICE: APPLE EVE AL	6.75 oz	191	90	0.00 0.0%	0.00 0.0%	0	20	22.00 97.8%	0.00	19.00 84.4%	0.00 0.0%	500	60.0	20	0.00
000362 FRUIT MIX	1/2 cup	125	72	0.00 0.0%	0.00 0.0%	0	18	17.89 100.0%	0.89	*N/A* *N/A%*	0.00 0.0%	179	1.1	0	0.00
001260 FRUIT MIX - PREK	1/4 cup	63	36	0.00 0.0%	0.00 0.0%	0	9	8.94 100.0%	0.45	8.05 90.0%	0.00 0.0%	89	0.5	0	0.00
001136 FRUIT MIX WITH KIWI	1/2 cup	112	65	0.17 2.3%	0.00 0.0%	0	13	16.10 99.0%	1.42	*2.67* *16.4%*	0.33 2.1%	143	28.0	10	0.09
001144 Fruit Selection	servings	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
001069 FRUIT SNACK: MIXED ALA	1 package	44	130	0.00 0.0%	0.00 0.0%	0	20	33.96 104.6%	3.00	*N/A* *N/A%*	1.00 3.1%	1248	59.9	0	0.00
001085 FRUIT SNACK:BERRIES ALA	1 package	44	130	0.00 0.0%	0.00 0.0%	0	20	33.96 104.6%	3.00	*N/A* *N/A%*	1.00 3.1%	1248	59.9	0	0.00
001002 FRUITABLE: POWER PUNCH	BOX (6.75 oz)	191	90	0.00 0.0%	0.00 0.0%	0	20	22.00 97.8%	0.00	19.00 84.4%	0.00 0.0%	500	60.0	0	0.00
001004 FRUITABLE: TROPICAL TWIS	BOX (6.75 oz)	191	90	0.00 0.0%	0.00 0.0%	0	20	22.00 97.8%	0.00	19.00 84.4%	0.00 0.0%	500	60.0	0	0.00
001354 FUNYUNS															
CHIPS	BAG	21	100	3.50 31.5%	0.50 4.5%	0	125	14.00 56.0%	0.00	0.00 0.00%	2.00 8.0%	0	0.0	0	0.36
001329 GENERAL TSO'S CHICKEN	scoop	112	212	7.08 30.0%	1.01 4.3%	51	455	24.28 45.7%	1.01	14.16 26.7%	12.14 22.9%	0	0.0	20	0.73
000993 GO GURT: ALL ALA	2.25 oz	64	70	0.50 6.4%	0.00 0.0%	5	30	13.00 74.3%	0.00	10.00 57.1%	2.00 11.4%	400	0.0	100	0.00
000945 GOLDFISH CRACKER, KICKIN	each	21	100	3.00 27.0%	1.00 9.0%	5	190	14.00 56.0%	0.00	*N/A* *N/A%*	3.00 12.0%	0	0.0	20	1.08
000870 GOLDFISH CRACKERS	each	21	100	3.50 31.5%	1.00 9.0%	5	170	14.00 56.0%	1.00	*N/A* *N/A%*	3.00 12.0%	0	0.0	20	0.36

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 12

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001183 Gourmet Grilled Cheese	sandwich	147	324	17.36 48.2%	9.66 26.8%	46	646	28.45 35.1%	5.13	*0.75* *0.9%*	22.67 28.0%	921	5.3	552	2.50
001188 Gourmet Grilled Cheese	sandwich	114	317	17.30 49.1%	9.65 27.4%	46	635	26.80 33.8%	4.51	*0.00* *0.00%*	22.31 28.2%	492	0.6	546	2.23
000134 GRAHAM CRACKERS	each	22	90	2.50 25.0%	0.00 0.0%	0	95	17.00 75.6%	1.00	*N/A* *N/A%*	2.00 8.9%	500	0.0	100	0.72
000821 GRAHAMS, GIANT GOLDFISH	each	26	120	4.00 30.0%	1.00 7.5%	0	110	19.00 63.3%	1.00	6.00 20.0%	1.00 3.3%	30	0.0	100	0.72
001194 GRAHAMS: DISNEY	each	28	140	5.00 32.1%	1.50 9.6%	0	115	23.00 65.7%	2.00	8.00 22.9%	2.00 5.7%	0	0.0	0	0.72
000615 GRAPE JELLY	.5 oz packet	14	35	0.00 0.0%	0.00 0.0%	0	0	9.11 102.9%	0.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
000619 GRAPE JUICE: 4 oz	4 OZ	113	80	0.00 0.0%	0.00 0.0%	0	10	19.00 95.0%	0.00	18.00 90.0%	0.00 0.0%	0	0.0	0	0.00
000745 GRAPE JUICE: AFSCH 6 oz	6 OZ	170	120	0.00 0.0%	0.00 0.0%	0	30	29.00 96.7%	0.00	27.00 90.0%	0.00 0.0%	0	60.0	40	0.72
001244 GRAPE JUICE: APPLE & EVE	6.75 oz	191	110	0.00 0.0%	0.00 0.0%	0	20	29.00 105.5%	0.00	28.00 101.8%	0.00 0.0%	0	60.0	20	0.00
000934 GRAPE SORBET: ALL ALA	4.4 oz	125	70	0.00 0.0%	0.00 0.0%	0	5	19.00 108.6%	3.00	15.00 85.7%	0.00 0.0%	0	60.0	60	0.36
000452 GRAPES: FRESH	1/2 cup	80	60	0.00 0.0%	0.00 0.0%	0	0	14.00 93.3%	1.00	*N/A* *N/A%*	1.00 6.7%	100	9.0	0	0.36
000021 GRAVY: BROWN	2 OZ.	10	40	1.62 36.0%	0.81 18.0%	0	227	6.48 64.0%	0.00	0.00 0.00%	0.00 0.0%	0	0.0	0	0.00
000070 GREEN BEANS	1/2 CUP	78	13	0.00 0.1%	0.00 0.0%	0	300	2.68 80.4%	1.30	*1.29* *38.7%*	0.66 19.7%	129	2.3	13	0.01
001087 GREEN BEANS: FROZEN	1/2 CUP	79	22	0.00 0.1%	0.00 0.0%	0	72	4.73 84.4%	2.33	*1.16* *20.7%*	1.17 20.9%	436	3.3	33	0.53
001279 GREEN BEANS: FROZEN PRE	1/4 CUP	40	11	0.00 0.1%	0.00 0.0%	0	36	2.37 84.4%	1.17	*0.58* *20.7%*	0.59 20.9%	218	1.6	16	0.27
001278 GREEN BEANS: PREK	1/4 CUP	39	7	0.00 0.1%	0.00 0.0%	0	150	1.34 80.4%	0.65	*0.64* *38.7%*	0.33 19.7%	64	1.2	7	0.00
001160 Grill Chicken Sandwich: w/ PJ	patty	142	306	11.06 32.6%	4.54 13.4%	53	706	28.51 37.3%	3.00	2.00 2.6%	24.04 31.5%	152	0.0	201	2.52
000520 Grill Chicken Sandwich: w/ pro	patty	164	330	13.50 36.8%	5.50 15.0%	55	785	27.00 32.7%	3.00	*1.00* *1.2%*	24.00 29.1%	100	1.2	200	2.16
000686 GRILLED CHEESE SANDWIC	1 sandwich	126	387	21.28 49.5%	10.00 23.3%	30	935	30.05 31.1%	4.00	*4.00* *4.1%*	20.17 20.9%	729	0.0	445	1.44
001290 GRILLED CHEESE WITH BAC	1 sandwich	131	390	25.44 58.7%	11.67 26.9%	40	1022	27.05 27.7%	4.00	*2.00* *2.1%*	22.84 23.4%	729	0.0	755	2.70
000447 Grits	1/4 cup	37	130	0.50 3.5%	0.00 0.0%	0	0	29.00 89.2%	2.00	*N/A* *N/A%*	3.00 9.2%	0	0.0	2	1.30
000922 HAM & CHEESE ON BUN	1 sandwich	140	268	8.96 30.1%	3.36 11.3%	55	860	27.75 41.4%	3.00	*2.00* *3.0%*	21.40 31.9%	94	1.0	194	2.67

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# Pitt County Schools

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000949 HAM & CHEESE ON SUB	sandwich	151	278	9.24 29.9%	3.36 10.9%	64	921	27.77 39.9%	3.00	2.41 3.5%	23.21 33.4%	81	1.2	181	2.84
001153 Ham and Cheese Slider: IW	SERVNGS	74	169	6.97 37.1%	2.99 15.9%	15	468	18.93 44.7%	1.99	2.99 7.1%	9.96 23.5%	100	0.0	20	0.72
000137 HAM AND CHEESE WRAP	wrap	120	241	11.21 41.9%	5.09 19.0%	57	803	17.72 29.4%	1.00	*1.01* *1.7%*	20.54 34.1%	202	0.8	262	1.47
000814 HAM WRAP	wrap	173	317	13.59 38.6%	7.05 20.0%	51	979	35.47 44.7%	3.18	4.31 5.4%	22.22 28.0%	278	0.4	265	2.21
000978 HERB ROASTED POTATO: FR	1/2 cup	67	170	6.65 35.2%	0.95 5.0%	0	161	25.15 59.2%	2.01	0.00 0.00%	2.01 4.7%	0	4.8	0	0.72
001213 Hoagie	bun	57	150	2.50 15.0%	0.50 3.0%	0	300	26.00 69.3%	3.00	2.00 5.3%	6.00 16.0%	0	0.0	100	1.80
000535 HONEY MUSTARD SAUCE: 1	1 OZ CUP	28	80	6.00 67.5%	0.00 0.0%	10	125	7.00 35.0%	0.00	5.00 25.0%	0.00 0.0%	0	0.0	0	0.00
000180 HOT DOG CHILI	1 oz	28	25	1.50 54.0%	0.50 18.0%	7	119	2.50 40.0%	0.50	0.50 8.0%	3.50 56.0%	250	0.0	10	0.54
001327 HOT HAWAIIAN TURKEY & C	1 sandwich	128	270	6.17 20.6%	1.99 6.6%	25	569	39.50 58.5%	2.89	7.58 11.2%	15.42 22.8%	177	0.0	153	2.69
000591 HOT SAUCE: INDIV	2 Packets	14	0	0.00 0.00%	0.00 0.00%	0	200	2.00 0.00%	0.00	*N/A* *N/A%*	0.00 0.00%	200	2.4	0	0.00
000493 HOTDOG ON BUN	1 hotdog on bun	114	330	18.50 50.5%	6.50 17.7%	35	910	28.00 33.9%	3.00	3.00 3.6%	12.00 14.5%	0	0.0	100	2.16
001312 HUMMUS	2 oz	57	140	9.00 57.9%	1.00 6.4%	0	340	14.00 40.0%	4.00	2.00 5.7%	6.00 17.1%	0	2.4	40	1.44
001358 HUMMUS BENTO BOX	1 EACH	454	834	41.00 44.2%	5.00 5.4%	0	1756	106.17 50.9%	22.09	*14.05* *6.7%*	32.07 15.4%	309	21.7	235	8.63
001119 HUSHPUPIES: 9-12	4 each	69	213	9.32 39.4%	1.33 5.6%	0	333	29.28 55.0%	1.33	6.65 12.5%	2.66 5.0%	0	1.6	27	0.96
001108 HUSHPUPIES: K-8	2 each	35	106	4.66 39.4%	0.67 5.6%	0	166	14.64 55.0%	0.67	3.33 12.5%	1.33 5.0%	0	0.8	13	0.48
001035 ICE CREAM CUP:STR4OZ AL	4 oz	113	100	2.00 18.0%	1.00 9.0%	10	45	19.00 76.0%	0.00	*N/A* *N/A%*	2.00 8.0%	200	0.0	80	0.00
001033 ICE CREAM CUP:VAN4OZ AL	4 oz	113	100	2.00 18.0%	1.50 13.5%	10	50	19.00 76.0%	0.00	*N/A* *N/A%*	2.00 8.0%	200	0.0	80	0.00
001032 ICE CREAM: SAND. VAN ALA	4oz	113	160	3.00 16.9%	1.00 5.6%	5	95	30.00 75.0%	0.00	*N/A* *N/A%*	3.00 7.5%	500	0.0	40	0.00
001028 ICE CREAM:CRUMCOOKIE AL	3 oz	85	207	4.25 18.5%	1.82 7.9%	6	128	37.66 72.9%	0.00	*N/A* *N/A%*	3.65 7.1%	607	0.0	73	0.88
001031 ICE CREAM:SHORTCAKE ALA	3 oz	85	170	4.25 22.5%	1.22 6.4%	6	73	26.73 62.9%	0.00	*N/A* *N/A%*	2.43 5.7%	607	0.0	49	0.88
001029 ICE CREAM:VAN/CHO ALA M	3 oz	85	182	3.65 18.0%	1.82 9.0%	6	109	32.80 72.0%	0.00	*N/A* *N/A%*	2.43 5.3%	607	0.0	97	0.88
001232 INDIVIDUAL CHEESE PIZZA	each	153	320	12.00 33.7%	6.00 16.9%	30	380	31.00 38.7%	3.00	7.00 8.7%	22.00 27.5%	500	12.0	450	2.70

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 14

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001325 INDIVIDUAL HAMBURGER PIZ	each	156	320	12.00 33.7%	6.00 16.9%	30	430	31.00 38.8%	4.00	7.00 8.7%	22.00 27.5%	500	12.0	400	2.70
001233 INDIVIDUAL MEATEATERS PI	each	158	310	11.00 31.9%	5.00 14.5%	40	590	30.00 38.7%	3.00	4.00 5.2%	22.00 28.4%	500	12.0	300	1.80
001361 INDIVIDUAL PEPPERONI PIZZ	each	153	310	11.00 31.9%	5.00 14.5%	35	540	31.00 40.0%	3.00	7.00 9.0%	23.00 29.7%	10	20.0	35	15.00
001195 INDIVIDUAL SUPREME PIZZA	each	180	380	18.00 42.6%	7.00 16.6%	45	660	31.00 32.6%	4.00	7.00 7.4%	22.00 23.2%	400	18.0	300	2.70
001148 Italian Combo Sandwich	1 sandwich	128	330	12.00 32.7%	4.00 10.9%	45	740	32.00 38.8%	3.00	6.00 7.3%	19.00 23.0%	300	1.2	200	1.80
000472 JIGGLY FRUIT	1/2 cup	183	124	0.00 0.0%	0.00 0.0%	0	55	30.92 99.5%	1.26	*N/A* *N/A*	0.33 1.1%	253	6.5	0	0.00
001317 JIGGLY FRUIT: PREK	1/4 cup	92	62	0.00 0.0%	0.00 0.0%	0	28	15.46 99.5%	0.63	*11.36* *73.1%*	0.17 1.1%	126	3.3	0	0.00
001348 JUICE BOX: APPLE 4 oz	4.23 OZ	120	60	0.00 0.0%	0.00 0.0%	0	5	14.00 93.3%	0.00	13.00 86.7%	0.00 0.0%	0	0.0	0	0.00
001347 JUICE BOX: FRUIT PUNCH 4	4.23 OZ	120	60	0.00 0.0%	0.00 0.0%	0	5	15.00 100.0%	0.00	14.00 93.3%	0.00 0.0%	0	0.0	0	0.00
001346 JUICE BOX: GRAPE 4 oz	4.23 OZ	120	80	0.00 0.0%	0.00 0.0%	0	10	20.00 100.0%	0.00	19.00 95.0%	0.00 0.0%	0	60.0	0	0.00
000617 JUICE: APPLE 4 oz	4 OZ	113	60	0.00 0.0%	0.00 0.0%	0	5	14.00 93.3%	0.00	12.00 80.0%	0.00 0.0%	0	0.0	0	0.00
000824 JUICE: FRUIT BLEND:4 OZ	4 OZ	113	60	0.00 0.0%	0.00 0.0%	0	5	14.00 93.3%	0.00	12.00 80.0%	0.00 0.0%	0	0.0	0	0.00
001308 JUICE: FRUITABLES,APPLE S	BOX (6.75 oz)	120	56	*N/A* *-16.1%*	0.00 0.0%	*N/A*	1	14.00 100.0%	*N/A*	12.00 85.7%	*N/A* *-7.1%*	*N/A*	*N/A*	*N/A*	*N/A*
001309 JUICE: FRUITABLES,GRAPE	BOX (6.75 oz)	120	56	*N/A* *-16.1%*	0.00 0.0%	*N/A*	1	14.00 100.0%	*N/A*	12.00 85.7%	*N/A* *-7.1%*	*N/A*	*N/A*	*N/A*	*N/A*
001242 JUICE: ORANGE PINEAPPLE	4 oz	113	60	0.00 0.0%	0.00 0.0%	0	0	14.00 93.3%	0.00	12.00 80.0%	0.00 0.0%	0	60.0	0	0.00
000616 JUICE: ORANGE, 4 oz	4 OZ	113	60	0.00 0.0%	0.00 0.0%	0	0	14.00 93.3%	0.00	12.00 80.0%	0.00 0.0%	0	60.0	0	0.00
001302 KALE CHIPS	0.5 cup	28	25	1.60 58.3%	0.23 8.4%	0	92	1.99 32.4%	0.64	*0.01* *0.1%*	0.94 15.3%	1499	6.3	60	0.36
001296 KETCHUP, SRIACHA: Inv Pack	packs	8	10	0.00 0.0%	0.00 0.0%	0	75	2.00 80.0%	0.00	2.00 80.0%	0.00 0.0%	0	0.0	0	0.00
000222 KETCHUP: individual	2 packs	18	20	0.00 0.0%	0.00 0.0%	0	50	4.00 80.0%	0.00	*N/A* *N/A*	0.00 0.0%	0	0.0	0	0.00
000937 KIWI BERRY SWITCH: MS/HS	ea	227	120	0.00 0.0%	0.00 0.0%	0	5	30.00 100.0%	0.00	*N/A* *N/A*	0.00 0.0%	0	0.0	0	0.00
001121 Krave, smores	package	28	110	3.00 24.5%	0.50 4.1%	0	95	21.00 76.4%	3.00	9.00 32.7%	2.00 7.3%	750	12.0	0	3.60
001351 LACTAID	each	227	90	0.00 0.0%	0.00 0.0%	5	125	13.00 57.8%	0.00	12.00 53.3%	8.00 35.6%	500	0.0	500	0.00

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# Pitt County Schools

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000771 LEMONADE	SERVINGS	255	139	0.04 0.3%	0.00 0.0%	0	10	37.24 107.2%	0.08	*36.00* *103.6%*	0.00 0.0%	8	4.6	7	0.05
000034 LETTUCE & TOMATO: romaine/	1/4c / 1 slice	21	4	0.02 6.0%	0.00 0.8%	0	1	0.78 83.8%	0.35	*0.32* *34.8%*	0.21 22.4%	602	3.8	3	0.11
000330 LIMA BEANS	1/2 cup	121	117	0.00 0.0%	0.00 0.0%	0	487	21.35 72.8%	4.28	*13.86* *47.2%*	6.40 21.8%	320	9.6	43	1.93
001240 LOAF BREAD: BLUEBERRY	loaf	57	160	5.00 28.1%	0.50 2.8%	20	95	26.00 65.0%	1.00	13.00 32.5%	3.00 7.5%	0	0.0	20	0.36
001140 Luigi's Sorbet: Grape	4.4 fl oz	125	70	0.00 0.0%	0.00 0.0%	0	5	19.00 108.6%	3.00	15.00 85.7%	0.00 0.0%	0	60.0	60	0.36
001138 Luigi's Sorbet: Orange	4.4 fl oz	125	70	0.00 0.0%	0.00 0.0%	0	5	19.00 108.6%	3.00	*N/A* *N/A%*	0.00 0.0%	3000	60.0	60	0.36
001139 Luigi's Sorbet: Chry Blu Rspbry	4.4 fl oz	125	70	0.00 0.0%	0.00 0.0%	0	5	18.00 102.9%	3.00	15.00 85.7%	0.00 0.0%	500	60.0	80	0.36
000781 MAC AND CHEESE	6 oz. by weight	170	284	10.21 32.3%	6.80 21.6%	32	983	30.62 43.1%	1.70	6.80 9.6%	17.01 24.0%	653	0.0	407	1.02
000866 MANDARIN ORANGES	1/2 cup	142	81	0.00 0.0%	0.00 0.0%	0	20	20.25 100.0%	1.01	18.22 90.0%	1.01 5.0%	304	21.3	20	0.36
001261 MANDARIN ORANGES- PREK	1/4 cup	71	40	0.00 0.0%	0.00 0.0%	0	10	10.13 100.0%	0.51	9.11 90.0%	0.51 5.0%	152	10.6	10	0.18
000221 MARGARINE: INDIVIDUAL	2 each	10	40	4.67 105.0%	1.00 22.5%	0	87	0.00 0.0%	0.00	0.00 0.00%	0.00 0.0%	500	0.0	0	0.00
000830 MARINARA SAUCE: 2 OZ CUP	0.5 cup	71	40	1.00 22.5%	0.00 0.0%	0	230	7.99 80.0%	1.00	*N/A* *N/A%*	1.00 10.0%	200	6.0	20	0.36
000951 MARINARA: #10 CAN	1/2 cup (2.4oz)	124	61	2.02 30.0%	0.00 0.0%	0	494	9.08 60.0%	2.02	5.04 33.3%	2.02 13.3%	504	9.1	20	1.09
001067 MASHED POTATOES	1/2 cup	116	70	1.00 12.9%	0.00 0.0%	0	322	14.97 85.7%	1.00	*0.60* *3.4%*	1.00 5.7%	2	6.4	9	0.20
001280 MASHED POTATOES: PREK	1/4 cup	58	35	0.50 12.9%	0.00 0.0%	0	161	7.49 85.7%	0.50	*0.30* *3.4%*	0.50 5.7%	1	3.2	4	0.10
001050 MAYONNAISE: individual PC	1 PK=12G	12	30	3.00 90.0%	0.00 0.0%	0	85	1.00 13.3%	0.00	0.00 0.00%	0.00 0.0%	0	0.0	0	0.00
001123 MEATBALL SUB	subs	205	455	22.97 45.5%	10.05 19.9%	50	757	35.67 31.4%	4.78	6.49 5.7%	27.87 24.5%	441	3.5	356	3.73
001255 MEATBALLS	5 meatballs	119	213	14.39 60.7%	6.00 25.3%	35	274	8.65 16.2%	1.78	4.49 8.4%	14.78 27.7%	294	3.5	48	1.86
001314 MEATBALLS W/GRAVY	4.2 oz	130	227	15.49 61.3%	6.75 26.7%	35	430	9.97 17.5%	1.00	*1.00* *1.8%*	14.00 24.6%	100	1.2	41	1.45
001192 MEATBALLS: ALLERGEN FRE	5 meatballs	119	175	11.39 58.5%	4.00 20.5%	48	355	6.65 15.2%	1.78	4.49 10.2%	12.78 29.2%	195	2.3	36	1.42
001216 MEATLOAF, CHEESY	each	82	190	12.00 56.8%	6.00 28.4%	40	390	8.00 16.8%	1.00	5.00 10.5%	11.00 23.2%	200	9.0	60	1.44

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001321 MEXICAN CORN: frozen, yello	1/2 CUP	120	109	1.30 10.8%	0.24 2.0%	0	140	24.93 91.8%	2.87	*2.87* *10.5%*	2.88 10.6%	461	9.9	4	0.66
001172 Mexican Seasoning	tsp	131	420	18.31 39.2%	2.28 4.9%	0	1489	70.60 67.2%	32.15	*7.26* *6.9%*	18.80 17.9%	25635	9.3	638	39.09
000630 MILK, STRAWBERRY, SKIM	cup	227	110	0.00 0.0%	0.00 0.0%	5	125	19.00 69.1%	0.00	18.00 65.5%	8.00 29.1%	500	1.2	300	0.00
000734 MILK: 1% WHITE	cup	227	110	2.50 20.4%	1.50 12.3%	10	130	13.00 47.3%	0.00	12.00 43.6%	8.00 29.1%	500	2.4	300	0.00
000629 MILK: CHOCOLATE SKIM	cup	227	120	0.00 0.0%	0.00 0.0%	5	180	20.00 66.7%	0.00	18.00 60.0%	8.00 26.7%	500	1.2	300	0.00
000631 MILK: SKIM	cup	227	90	0.00 0.0%	0.00 0.0%	5	130	13.00 57.8%	0.00	12.00 53.3%	8.00 35.6%	500	2.4	300	0.00
000999 MILK: WHOLE	cup	227	150	8.00 48.0%	5.00 30.0%	35	120	12.00 32.0%	0.00	11.00 29.3%	8.00 21.3%	300	2.4	300	0.00
000360 MINI CORN DOGS: BAKED (M	6 nuggets	114	290	14.00 43.4%	3.50 10.9%	55	380	29.99 41.4%	3.00	7.00 9.7%	10.00 13.8%	0	0.0	100	1.80
000146 Mixed Vegetables	1/2 cup	101	68	1.06 14.0%	0.06 0.8%	0	92	13.86 81.5%	4.02	*0.00* *0.00%*	3.00 17.6%	5089	10.2	24	0.90
000667 MOZZERELLA STICK: ALA MS	5 pieces	103	438	28.53 58.6%	9.36 19.2%	35	350	26.00 23.7%	2.00	5.00 4.6%	19.00 17.3%	400	0.0	450	1.08
000124 MOZZERELLA STRING CHEE	1 oz	28	60	3.00 45.0%	2.00 30.0%	10	200	1.00 6.7%	0.00	1.00 6.7%	7.00 46.7%	200	0.0	200	0.00
001365 Muffin, Choc. Chip-IW, WG,Bak	EACH	88	270	9.00 30.0%	1.50 5.0%	40	190	44.00 65.2%	2.00	22.00 32.6%	4.00 5.9%	0	0.0	40	1.80
000202 MUFFIN: BLUEBERRY	MUFFIN	88	250	7.99 28.8%	1.00 3.6%	35	180	40.95 65.6%	2.00	18.97 30.4%	3.99 6.4%	100	1.2	40	1.44
001239 MUFFIN: CHOCOLATE CHIP	MUFFIN	88	270	9.00 30.0%	1.50 5.0%	40	190	44.00 65.2%	2.00	22.00 32.6%	4.00 5.9%	0	0.0	40	1.80
000869 MUNCHIE MIX	package	25	110	4.00 32.7%	0.50 4.1%	0	200	18.00 65.5%	1.00	*N/A* *N/A%*	2.00 7.3%	500	6.0	0	1.80
000223 MUSTARD: individual PC	2PK	11	8	0.40 46.8%	0.02 2.6%	0	129	0.54 28.1%	0.21	0.12 6.3%	0.35 18.0%	1	0.1	7	0.19
001328 NACHO FISH STICKS	servings	113	230	9.00 35.2%	1.50 5.9%	50	350	22.00 38.3%	2.00	0.00 0.00%	15.00 26.1%	0	0.0	20	1.08
001207 NO SCHOOL TODAY	each	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001132 Nurti Grain Bar : Apple	each	44	160	4.00 22.5%	0.50 2.8%	0	130	30.00 75.0%	3.00	14.00 35.0%	2.00 5.0%	750	0.0	200	1.80
001133 Nurti Grain Bar : Blueberry	each	44	160	4.00 22.5%	0.50 2.8%	0	135	30.00 75.0%	3.00	15.00 37.5%	2.00 5.0%	750	0.0	200	1.80
001134 Nurti Grain Bar : Strawberry	each	44	160	4.00 22.5%	0.50 2.8%	0	150	29.00 72.5%	3.00	14.00 35.0%	2.00 5.0%	750	0.0	200	1.80
001045 Oatmeal	0.5 cup	243	246	4.83 17.7%	1.25 4.6%	0	23	45.00 73.2%	4.50	*15.00* *24.4%*	7.00 11.4%	233	0.0	14	1.64

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 17

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000323 OATMEAL	3/4 CUP	268	240	4.46 16.7%	1.22 4.6%	0	25	45.55 75.8%	4.26	*20.00* *33.3%*	6.38 10.6%	159	0.0	30	1.89
001228 OATMEAL BREAKFAST BUN	each	74	230	7.00 27.4%	2.00 7.8%	0	340	39.00 67.8%	3.00	10.00 17.4%	6.00 10.4%	200	0.0	80	2.70
001100 Okra, breaded: BAKED	1/4 cup	90	170	7.00 37.1%	1.00 5.3%	0	250	24.00 56.5%	3.00	2.00 4.7%	4.00 9.4%	100	3.6	80	1.44
001115 Onion: raw, condiment	servings	11	3	0.00 0.0%	0.00 0.0%	0	0	0.84 97.8%	0.23	*N/A* *N/A%*	0.08 8.9%	0	0.9	3	0.06
000953 ONIONS: FROZEN, DICED	1/4 cup	56	17	0.00 0.0%	0.00 0.0%	0	2	4.13 97.8%	1.13	*N/A* *N/A%*	0.38 8.9%	0	4.5	15	0.27
000746 ORANGE JUICE: AFSCH 6 OZ.	6 OZ	170	90	0.00 0.0%	0.00 0.0%	0	0	19.00 84.4%	0.00	18.00 80.0%	0.00 0.0%	0	63.0	0	0.00
000935 ORANGE SORBET: ALL ALA	4.4 oz	125	70	0.00 0.0%	0.00 0.0%	0	5	19.00 108.6%	3.00	*N/A* *N/A%*	0.00 0.0%	3000	60.0	60	0.36
000939 ORANGE TANGERINE SWITC	ea	227	120	0.00 0.0%	0.00 0.0%	0	5	30.00 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	1000	60.0	0	0.00
001353 ORIENTAL VEGETABLE STIR	1/2 cup	101	38	0.89 21.0%	0.37 8.6%	0	114	6.03 63.1%	2.01	*2.99* *31.4%*	1.00 10.5%	4531	41.9	40	0.38
001313 PANCAKE/SAUSAGE ON STI	EACH	81	200	10.00 45.0%	2.50 11.2%	25	310	17.00 34.0%	3.00	4.00 8.0%	7.00 14.0%	0	0.0	0	1.44
001193 PANCAKES:MINI BANANA	POUCH	85	200	4.00 18.0%	0.00 0.0%	5	240	37.00 74.0%	4.00	7.00 14.0%	5.00 10.0%	0	0.0	*N/A*	*N/A*
000276 PANCAKES:MINI MAPLE BUR	POUCH	85	200	4.00 18.0%	0.50 2.2%	5	280	36.00 72.0%	4.00	13.00 26.0%	5.00 10.0%	200	3.6	0	1.44
001333 PARFAIT															
BLUEBERRY	EACH	217	208	3.55 15.4%	0.38 1.6%	3	127	39.04 75.2%	3.40	*18.10* *34.9%*	5.22 10.1%	39	2.1	133	0.51
001362 PARFAIT															
BLUEBERRY HS	EACH	349	372	6.55 15.9%	0.71 1.7%	5	254	67.84 73.0%	4.40	*36.21* *39.0%*	10.08 10.9%	39	2.1	259	0.87
001345 PARFAIT															
STRAWBERRY	EACH	259	254	3.00 10.6%	0.33 1.2%	3	126	50.72 80.0%	2.99	36.04 56.8%	5.86 9.2%	0	65.8	146	0.72
001363 PARFAIT															
STRAWBERRY HS	EACH	391	418	6.00 12.9%	0.67 1.4%	5	253	79.52 76.2%	3.99	54.15 51.9%	10.72 10.3%	0	65.8	272	1.08
000960 PASTA SALAD	3/4 cup serving	113	102	0.00 0.0%	0.00 0.0%	0	875	23.31 91.2%	3.24	*3.67* *14.4%*	4.07 15.9%	181	3.4	7	1.80
000061 PEACH COBBLER	1/2 CUP	213	106	3.78 32.2%	0.89 7.6%	0	66	17.43 65.9%	0.27	*8.05* *30.4%*	0.58 2.2%	0	0.0	2	0.84

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# Pitt County Schools

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000151 PEACH CRISP	1/2 cup	217	263	7.49 25.6%	2.97 10.2%	0	103	50.10 76.2%	2.92	*38.47* *58.5%*	2.33 3.5%	963	4.3	16	1.17
001262 PEACH CRISP-PREK	1/4 cup	108	132	3.75 25.6%	1.49 10.2%	0	51	25.05 76.2%	1.46	*19.24* *58.5%*	1.16 3.5%	482	2.2	8	0.58
001179 Peach: fresh	EACH	98	38	0.20 4.7%	0.00 0.0%	0	0	9.00 94.7%	1.50	8.00 84.2%	1.00 10.5%	300	6.6	10	0.18
001146 Peach: fresh white	EACH	147	60	0.50 7.5%	0.00 0.0%	0	0	15.00 100.0%	2.00	13.00 86.7%	1.00 6.7%	300	9.0	0	0.36
001027 PEACHES : CUPS	1/2 cup	125	80	0.00 0.0%	0.00 0.0%	0	0	18.96 95.0%	1.00	15.97 80.0%	1.00 5.0%	299	161.7	0	0.36
000886 PEACHES N BERRIES	1/2 CUP	100	44	0.04 0.9%	0.00 0.1%	0	3	11.90 107.0%	1.25	*5.28* *47.5%*	0.17 1.5%	18	17.5	15	0.29
000407 PEACHES: Sliced	1/2 cup	181	91	0.00 0.0%	0.00 0.0%	0	6	24.59 108.6%	1.29	15.53 68.6%	0.00 0.0%	0	4.7	26	0.00
001263 PEACHES: Sliced - PREK	1/4 cup	91	45	0.00 0.0%	0.00 0.0%	0	3	12.29 108.6%	0.65	7.76 68.6%	0.00 0.0%	0	2.3	13	0.00
000890 PEANUT BUTTER	1.1 oz cup	31	180	15.00 75.0%	2.50 12.5%	0	130	8.00 17.8%	2.00	3.00 6.7%	6.00 13.3%	0	0.0	20	0.72
001326 PEANUT BUTTER & JELLY: D	1 sandwich	78	300	16.00 48.0%	2.50 7.5%	0	300	34.00 45.3%	4.00	11.00 14.7%	10.00 13.3%	0	0.0	60	1.44
000589 PEANUT BUTTER & JELLY: SI	1 sandwich	78	300	16.00 48.0%	2.50 7.5%	0	300	34.00 45.3%	4.00	11.00 14.7%	10.00 13.3%	0	0.0	60	1.44
001116 Pear: Fresh, Whole	EACH	122	51	0.00 0.0%	0.00 0.0%	0	0	13.00 102.0%	4.00	9.00 70.6%	1.00 7.8%	45	4.8	0	0.00
001200 PEARS: BAKED	1/2 cup	144	111	2.03 16.4%	0.83 6.7%	0	30	23.01 82.8%	1.15	*21.72* *78.2%*	0.01 0.0%	329	7.6	2	0.43
001264 PEARS: BAKED - PREK	1/4 cup	72	56	1.01 16.4%	0.42 6.7%	0	15	11.51 82.8%	0.58	*10.86* *78.2%*	0.00 0.0%	165	3.8	1	0.21
001288 PEARS: DICED	1/2 cup	137	74	0.00 0.0%	0.00 0.0%	0	11	17.86 97.1%	1.05	16.81 91.4%	0.00 0.0%	210	7.6	0	0.38
000415 PEARS: DICED, PREK	1/4 cup	68	37	0.00 0.0%	0.00 0.0%	0	5	8.93 97.1%	0.53	8.41 91.4%	0.00 0.0%	105	3.8	0	0.19
000090 PEARS: FRESH	EACH	166	100	0.00 0.0%	0.00 0.0%	0	0	26.00 104.0%	6.00	*N/A* *N/A%*	1.00 4.0%	0	6.0	20	0.00
001044 PEARS: HALVES	1/2 cup	198	112	0.05 0.4%	0.00 0.0%	0	10	30.11 107.3%	3.13	*N/A* *N/A%*	0.37 1.3%	0	1.4	10	0.55
001281 PEAS GREEN: CANNED, PRE	1/4 CUP	54	38	0.44 10.5%	0.03 0.8%	0	232	6.27 66.3%	2.21	*N/A* *N/A%*	2.47 26.1%	477	2.3	13	0.52
001065 PEAS GREEN: CANNED, DRAI	1/2 CUP	108	76	0.88 10.5%	0.06 0.8%	0	465	12.55 66.3%	4.42	*N/A* *N/A%*	4.93 26.1%	954	4.7	25	1.03
000040 PEAS: FROZEN	1/2 CUP	96	66	0.00 0.0%	0.00 0.0%	0	389	13.26 80.0%	3.98	*5.29* *32.0%*	5.30 32.0%	1985	15.9	27	1.44
001282 PEAS: FROZEN, PREK	1/4 CUP	48	33	0.00 0.0%	0.00 0.0%	0	195	6.63 80.0%	1.99	*2.65* *32.0%*	2.65 32.0%	992	7.9	13	0.72

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# Pitt County Schools

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001235 PEPPERONI PIZZA: BIG DAD	each	147	370	16.00 38.9%	8.00 19.5%	40	560	35.00 37.8%	3.00	8.00 8.6%	21.00 22.7%	77	0.0	366	2.20
000569 PEPPERONI PIZZA:4x6 (Nardo	each	142	349	16.97 43.7%	6.99 18.0%	40	579	28.95 33.1%	3.00	5.99 6.9%	21.96 25.1%	399	9.0	349	2.69
000872 PHYS EDIBLE CRACKER	package	26	120	4.00 30.0%	1.00 7.5%	0	105	19.00 63.3%	1.00	*N/A* *N/A%*	2.00 6.7%	100	2.4	0	3.60
001117 Pickle, chips: dill	1 oz	28	0	0.00 0.00%	0.00 0.00%	0	380	0.00 0.00%	0.00	0.00 0.00%	0.00 0.00%	0	0.0	0	0.00
000860 PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	135	77	0.00 0.0%	0.00 0.0%	0	2	20.30 105.0%	0.97	16.43 85.0%	0.00 0.0%	82	8.7	19	0.35
000406 PINEAPPLE TIDBITS: 3/4C AF	3/4 cup	179	102	0.00 0.0%	0.00 0.0%	0	3	26.79 105.0%	1.28	21.69 85.0%	0.00 0.0%	108	11.5	26	0.46
001176 PINTO BEANS	1/2 CUP	95	129	2.38 16.6%	0.34 2.4%	0	109	22.49 69.5%	7.54	*0.75* *2.3%*	7.53 23.3%	3599	0.6	98	4.68
000410 PINTO BEANS	1/2 CUP	107	122	0.96 7.1%	0.17 1.2%	0	124	21.66 70.9%	5.86	*N/A* *N/A%*	7.46 24.4%	34	0.2	68	1.44
000464 Pizza Calzone	each	128	301	13.01 38.9%	5.00 14.9%	25	459	30.28 40.2%	3.24	*3.99* *5.3%*	14.02 18.6%	243	2.7	160	3.08
001068 PLUMS: FRESH	EACH	83	38	0.23 5.5%	0.01 0.3%	0	0	9.42 99.2%	1.20	*N/A* *N/A%*	0.58 6.1%	285	7.8	5	0.14
000125 PLUOTS	EACH	66	30	0.18 5.5%	0.01 0.3%	0	0	7.54 99.3%	0.92	6.55 86.3%	0.46 6.1%	228	6.3	4	0.11
000702 POLISH ICE	4 OZ. CUP	113	113	0.00 0.0%	0.00 0.0%	0	15	28.87 101.8%	0.00	*N/A* *N/A%*	0.00 0.0%	0	61.9	0	0.00
001181 POP TART, Blueberry	2 pastry (1 pk)	100	370	5.00 12.2%	2.00 4.9%	0	360	76.00 82.2%	6.00	30.00 32.4%	4.00 4.3%	1000	0.0	200	3.60
000808 POP TART, cinnamon	2 pastry (1 pk)	100	370	6.00 14.6%	2.00 4.9%	0	390	76.00 82.2%	6.00	31.00 33.5%	5.00 5.4%	1000	0.0	200	3.60
000988 POP TART, Strawberry	2 pastry (1pk)	99	357	4.96 12.5%	1.98 5.0%	0	357	74.42 83.3%	5.95	28.77 32.2%	3.97 4.4%	992	0.0	198	3.57
001122 Popped Crisps: BBQ	package	22	90	2.50 25.0%	0.00 0.0%	0	170	17.00 75.6%	1.00	2.00 8.9%	1.00 4.4%	10	0.0	0	0.36
001355 PORK CARNITAS	scoop	71	150	8.05 48.3%	3.02 18.1%	53	57	1.01 2.7%	0.00	1.01 2.7%	16.10 43.0%	0	1.8	10	0.54
000990 PORK CHOP SANDWICH	1 sandwich	163	420	18.50 39.6%	5.00 10.7%	35	690	44.00 41.9%	5.00	3.00 2.9%	20.00 19.0%	0	0.0	140	3.60
000011 PORK RIB SANDWICH	1 sandwich	146	337	12.50 33.4%	4.00 10.7%	30	902	40.05 47.5%	4.00	12.44 14.8%	18.00 21.4%	160	1.9	140	3.10
000926 POTATO WEDGES: BAKED	1/2 cup	82	120	5.00 37.5%	1.00 7.5%	0	430	18.00 60.0%	2.00	*N/A* *N/A%*	2.00 6.7%	0	2.4	0	1.08
001293 POTATOES AU GRATIN	0.5 cup	169	120	1.50 11.3%	0.50 3.8%	0	645	25.01 83.3%	2.00	2.00 6.7%	2.00 6.7%	0	9.0	44	0.36
001294 POTATOES AU GRATIN: PRE	0.25 cup	96	68	0.85 11.3%	0.28 3.8%	0	365	14.17 83.3%	1.13	1.13 6.7%	1.13 6.7%	0	5.1	25	0.20

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000020 POTATOES IN RED SAUCE	1/2 CUP	132	84	0.00 0.0%	0.00 0.0%	0	542	19.02 90.5%	1.32	*7.99* *38.0%*	0.66 3.1%	180	10.1	26	1.39
001283 POTATOES IN RED SAUCE, P	1/4 CUP	66	42	0.00 0.0%	0.00 0.0%	0	271	9.41 89.5%	0.66	*4.00* *38.0%*	0.33 3.1%	80	4.9	13	0.70
001109 Pretzel: baked mini	1 oz	28	70	0.50 6.4%	0.00 0.0%	0	100	14.00 80.0%	1.00	0.00 0.00%	2.00 11.4%	0	0.0	0	0.72
001214 PULLED PORK	4 oz	113	228	10.00 39.5%	4.00 15.8%	100	482	0.00 0.0%	0.00	0.00 0.00%	22.00 38.6%	0	0.0	0	0.00
001316 PULLED PORK W/TANGY BB	4 oz	134	259	10.00 34.8%	4.00 13.9%	100	720	6.79 10.5%	0.00	6.11 9.5%	22.00 34.0%	68	0.8	0	0.24
001180 PUMPKIN BREAD	3.4 oz	96	280	8.00 25.7%	1.50 4.8%	0	210	47.00 67.1%	3.00	21.00 30.0%	5.00 7.1%	500	0.0	40	1.80
000715 QUESADILLA CHICKEN PIZZA	EACH (5OZ)	142	300	10.00 30.0%	2.00 6.0%	15	700	37.00 49.3%	4.00	2.00 2.7%	17.00 22.7%	0	0.0	180	2.70
001349 RAISELS															
WATERMELON	BOX, 1.5 OZ	43	138	0.00 0.0%	0.00 0.0%	0	0	34.61 100.0%	0.99	26.70 77.1%	0.99 2.9%	0	0.0	20	0.71
000073 RAISINS: BOX	box	38	119	0.00 0.0%	0.00 0.0%	0	5	28.77 96.7%	1.98	26.79 90.0%	0.99 3.3%	0	0.0	20	1.07
001114 RELISH, SWEET	each	9	15	0.00 0.0%	0.00 0.0%	0	70	3.00 80.0%	0.00	3.00 80.0%	0.00 0.0%	0	0.0	0	0.00
001307 ROASTED BUTTERNUT SQU	1/4 CUP	91	40	0.28 6.3%	0.04 0.9%	0	14	9.61 96.2%	1.07	*2.13* *21.4%*	1.07 10.7%	*0*	*0.0*	*0*	*0.00*
000902 ROASTED ROTISSERI CHICK	servings	87	166	10.00 54.2%	3.50 19.0%	100	379	0.00 0.0%	0.00	*0.00* *0.00%*	19.00 45.8%	105	1.0	1	1.00
001088 ROASTED ROTISSERI CHICK	3 OZ. SERVING	87	166	10.00 54.2%	3.50 19.0%	100	392	0.00 0.0%	0.00	*0.00* *0.00%*	19.00 45.8%	105	1.0	1	1.00
001106 ROLL, DINNER	each	57	160	2.00 11.2%	0.00 0.0%	0	200	30.00 75.0%	3.00	5.00 12.5%	5.00 12.5%	0	0.0	0	1.80
001135 ROMAINE SALAD: (1/4 cup)	1/4 cup	0	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	*N/A* *N/A%*	0.00 0.00%	0	0.0	0	0.00
001223 ROSATI ICE: BIRTHDAY CAK	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001246 ROSATI ICE: CHILLIN BAT	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001341 ROSATI ICE: EMOJI	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001250 ROSATI ICE: HAPPY NEW YE	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001251 ROSATI ICE: HIP HOPPIN	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001247 ROSATI ICE: LUCK O' IRISH	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00

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# Pitt County Schools

## Recipe Audit Report - Summary

Aug 31, 2018

Page 21

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001249 ROSATI ICE: SNO JOE	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001245 ROSATI ICE: SOUR APPLE	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
001248 ROSATI ICE: SWEET HEART	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	0	12.0	0	0.00
000208 SALAD, CHEF (DICED CHICK	2 CUP	231	237	12.54 47.7%	7.21 27.4%	91	427	6.18 10.5%	2.23	*0.25* *0.4%*	26.40 44.6%	5944	24.7	250	2.38
000107 SALAD, CHEF (NEW 10/07)EG	1 CUP	175	152	8.15 48.2%	2.45 14.5%	215	362	3.39 8.9%	0.86	*0.76* *2.0%*	15.27 40.2%	1677	7.6	43	1.50
000046 SALAD, CHEF (TURKEY)	2 CUP	190	179	11.13 55.9%	6.74 33.8%	53	492	5.71 12.7%	1.43	*0.25* *0.6%*	16.29 36.3%	3322	13.9	238	1.02
000117 SALAD, CHEF CHICKEN FAJI	2 CUP	202	205	11.57 50.7%	6.82 29.9%	70	515	5.80 11.3%	1.41	*0.25* *0.5%*	21.66 42.2%	3254	13.7	264	1.21
001322 SALAD, CHEF CHIX CAESAR	2 CUP	133	114	5.36 42.2%	2.33 18.3%	24	254	5.65 19.8%	2.00	*0.08* *0.3%*	10.10 35.3%	5704	21.9	111	1.07
001320 SALAD, CHEF SOUTHWEST	2 CUP	315	284	11.86 37.6%	6.88 21.8%	53	627	27.71 39.1%	6.10	*2.67* *3.8%*	19.06 26.9%	6229	27.2	263	2.78
000103 SALAD, CHEF w/ chicken strips	1 CUP	251	284	12.03 38.1%	1.67 5.3%	65	514	17.90 25.2%	3.08	*1.72* *2.4%*	25.47 35.8%	4366	19.5	44	1.96
000703 SALAD, CHEFW/ DICED HAM/	2 CUP	221	253	14.47 51.4%	8.20 29.1%	72	730	7.42 11.7%	1.43	*0.25* *0.4%*	24.84 39.2%	3358	13.9	266	1.97
000045 SALAD, GARDEN	1 CUP	117	14	0.00 0.0%	0.00 0.0%	0	5	3.44 98.8%	1.26	*N/A* *N/A%*	0.98 28.2%	1075	10.3	20	0.35
001226 SALISBURY STEAK	patty	94	173	12.06 62.8%	4.98 25.9%	39	436	6.32 14.6%	0.60	*2.00* *4.6%*	10.30 23.8%	80	0.0	16	1.30
000778 SALSA: (1/2 cup)	1/2 cup	117	40	0.00 0.0%	0.00 0.0%	0	282	8.06 80.0%	0.00	*N/A* *N/A%*	0.00 0.0%	2014	24.2	81	1.45
001284 SALSA: (1/4 cup)	1/4 cup	58	21	0.00 0.0%	0.00 0.0%	0	143	4.12 80.0%	0.00	1.37 26.7%	0.00 0.0%	687	8.2	27	0.49
001141 Salsa: Individual Cups	PORTION CUPS	85	30	0.00 0.0%	0.00 0.0%	0	210	6.00 80.0%	0.00	3.00 40.0%	0.00 0.0%	100	2.4	0	0.36
000997 SAUSAGE BISCUIT: IW	SERVNGS	92	220	10.00 40.9%	5.00 20.5%	10	420	28.00 50.9%	2.00	4.00 7.3%	5.00 9.1%	0	0.0	40	1.44
001238 SAUSAGE BISCUIT: IW CHIC	SERVNGS	89	200	8.00 36.0%	4.50 20.2%	0	740	23.00 46.0%	2.00	1.00 2.0%	10.00 20.0%	0	0.0	60	1.80
000914 SAUSAGE PATTY:TRKY	1.025 OZ PATTY	29	60	4.00 60.0%	1.00 15.0%	30	90	0.00 0.0%	0.00	0.00 0.00%	6.00 40.0%	0	0.0	0	0.36
000337 SAUSAGE PIZZA BAGEL:BRK	each	78	180	8.00 40.0%	2.00 10.0%	15	430	19.00 42.2%	2.00	2.00 4.4%	10.00 22.2%	200	0.0	150	1.08
001105 SAUSAGE PIZZA: BREAKFAST	each	104	240	8.00 30.0%	2.50 9.4%	15	340	31.00 51.7%	3.00	4.00 6.7%	11.00 18.3%	0	1.2	150	1.80
001143 School Favorite	servings	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*

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# Pitt County Schools

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000748 SCOOBY DOO GRAHAMS	EACH	28	120	3.50 26.3%	1.00 7.5%	0	115	21.00 70.0%	1.00	*N/A* *N/A%*	2.00 6.7%	500	0.0	100	0.72
001015 SCOOPIN TACOS: (TURKEY)	3.9 OZ(serving )	152	378	18.85 44.9%	3.96 9.4%	69	476	32.95 34.9%	3.00	*0.00* *0.00%*	20.78 22.0%	0	0.0	60	1.78
000677 SCOOPIN TACOS: BEEF	2 oz	122	207	13.60 59.1%	4.80 20.9%	60	282	3.03 5.9%	0.00	0.69 1.3%	16.80 32.4%	392	4.1	30	2.41
001175 Seasoned Pinto Beans	1/2 cup	170	243	1.11 4.1%	0.23 0.9%	0	2	44.60 73.3%	15.31	0.58 1.0%	15.33 25.2%	0	1.4	78	3.56
000468 SHREDDED CHEESE	1 oz	28	81	6.08 67.5%	3.54 39.4%	15	213	1.01 5.0%	0.00	0.00 0.00%	7.09 35.0%	101	0.0	202	0.00
001129 Slushie: Cherry	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	125	12.0	0	0.00
001130 Slushie: Ice	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	125	12.0	0	0.00
001131 Slushie: Jelly Bean	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	125	12.0	0	0.00
001127 Slushie: Orange	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	125	12.0	0	0.00
001128 Slushie: Sweet Apple	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	25.00 101.0%	0.00 0.0%	125	12.0	0	0.00
001337 SMOOTHIE															
BANANA CHOCOLATE	16 oz cup	441	291	0.33 1.0%	0.11 0.4%	8	244	59.19 81.5%	2.63	43.46 59.8%	12.63 17.4%	565	10.0	431	0.26
001336 SMOOTHIE															
BANANA PEACH	16 oz cup	497	307	2.71 7.9%	1.57 4.6%	13	194	57.77 75.3%	2.39	44.80 58.4%	12.96 16.9%	765	129.1	429	0.43
001338 SMOOTHIE															
BERRY BANANA	16 oz cup	480	295	2.90 8.8%	1.58 4.8%	13	194	55.29 74.9%	3.21	*39.55* *53.5%*	12.71 17.2%	554	33.3	439	0.35
001334 SMOOTHIE															
STRAWBERRY BANANA	16 oz cup	499	314	2.71 7.8%	1.57 4.5%	13	194	59.99 76.4%	3.14	46.28 58.9%	12.96 16.5%	540	57.2	444	0.43
000883 SOUR APPLE SLUSH: ALL AL	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	*N/A* *N/A%*	0.00 0.0%	0	12.0	0	0.00
000882 SOUR CHERRY SLU: ALL ALA	4.4 fl oz	125	99	0.00 0.0%	0.00 0.0%	0	15	25.00 101.0%	0.00	*N/A* *N/A%*	0.00 0.0%	0	12.0	0	0.00
000244 SOUR CREAM: INDIVIDUAL	1 OZ CUP	28	25	0.00 0.0%	0.00 0.0%	0	30	4.00 64.0%	0.00	2.00 32.0%	2.00 32.0%	200	0.0	60	0.00

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# Pitt County Schools

## Recipe Audit Report - Summary

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000924 SOUTHWEST PIZZA	each	154	340	14.00 37.1%	6.00 15.9%	25	850	39.00 45.9%	4.00	10.00 11.8%	17.00 20.0%	500	0.0	250	3.60
001342 SOY MILK VANILLA	EACH	227	140	4.50 28.9%	0.50 3.2%	35	110	17.00 48.6%	2.00	15.00 42.9%	8.00 22.9%	500	0.0	300	1.08
000675 SPAGHETTI, BAKED	1 CUP	270	401	16.43 36.8%	6.33 14.2%	61	454	40.49 40.3%	7.18	*10.99* *11.0%*	24.99 24.9%	756	9.6	164	6.68
001178 Spanish Rice	1/2 cup	88	169	1.96 10.5%	0.24 1.3%	0	178	32.37 76.6%	4.80	*0.78* *1.8%*	4.72 11.2%	2870	2.5	74	4.77
001173 Spanish Rice	1/2 cup	27	101	0.00 0.0%	0.00 0.0%	0	0	20.26 80.0%	1.13	0.00 0.00%	2.25 8.9%	0	0.0	0	0.41
001097 Sparkling Ice, black raspberry	ea	482	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	0.00 0.00%	0.00 0.00%	0	0.0	0	0.00
001096 Sparkling Ice, cherry limeade	ea	482	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	0.00 0.00%	0.00 0.00%	0	0.0	0	0.00
001094 Sparkling Ice, orange mango	ea	482	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	0.00 0.00%	0.00 0.00%	0	0.0	0	0.00
001095 Sparkling Ice, Peach Nectarine	ea	482	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	0.00 0.00%	0.00 0.00%	0	0.0	0	0.00
001206 SPRING BREAK	each	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
000099 STRAWBERRIES.FRESH	CUP	144	46	0.43 8.4%	0.02 0.4%	0	1	11.06 96.0%	2.88	7.04 61.1%	0.96 8.4%	17	84.7	23	0.59
001016 STRAWBERRIES: sliced, froze	1/2 CUP	128	80	0.00 0.0%	0.00 0.0%	0	0	19.06 95.0%	2.01	*N/A* *N/A%*	1.00 5.0%	31	53.0	14	0.75
000909 STRAWBERRIES: WHOLE	1/2 CUP	76	27	0.08 2.8%	0.01 0.2%	0	1	7.01 103.5%	1.60	*N/A* *N/A%*	0.33 4.9%	35	31.6	13	0.58
001243 STRAWBERRY FRUIT PEARL	each	55	40	0.00 0.0%	0.00 0.0%	0	0	9.00 90.0%	2.00	7.00 70.0%	0.00 0.0%	0	21.0	0	0.00
001026 STRAWBERRY: CUPS	1/2 cup	128	90	0.00 0.0%	0.00 0.0%	0	0	21.93 97.8%	1.99	17.94 80.0%	1.00 4.4%	0	65.8	20	0.36
001220 STUFFED CRUST PIZZA: CHE	each	151	360	16.00 40.0%	8.00 20.0%	40	580	38.00 42.2%	3.00	11.00 12.2%	17.00 18.9%	400	0.0	350	2.70
001018 STUFFED CRUST PIZZA: PEP	each	142	320	12.00 33.8%	6.00 16.9%	35	760	37.00 46.3%	3.00	5.00 6.2%	17.00 21.2%	0	0.0	340	2.00
000556 STUFFING	1/2 cup serving	34	130	1.50 10.4%	0.50 3.5%	0	680	25.00 76.9%	1.00	2.00 6.2%	4.00 12.3%	100	0.0	0	1.44
000656 SUGAR COOKIE: ALA 1.5 oz	cookie	43	165	6.00 32.7%	1.70 9.3%	7	115	27.02 65.5%	1.60	14.01 33.9%	2.00 4.8%	70	0.0	0	0.72
001009 SWEET AND SOUR CHICKEN	4.2 oz	84	101	1.79 16.0%	0.00 0.0%	39	395	7.42 29.4%	0.00	*0.00* *0.00%*	13.50 53.5%	0	0.0	0	0.26
000414 SWEET N SOUR SAUCE: 1 oz	1 oz cup	28	51	0.00 0.0%	0.00 0.0%	0	86	13.16 104.0%	0.00	11.14 88.0%	0.00 0.0%	202	0.0	0	0.00

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001197 SWEET POTATO CINNAMON	1 roll (2.7oz)	71	250	7.00 25.2%	2.00 7.2%	10	230	43.00 68.8%	3.00	18.00 28.8%	4.00 6.4%	0	0.0	40	1.80
000925 SWEET POTATO CRINKLE F	1/2 cup	90	120	4.48 33.7%	0.50 3.7%	0	179	16.94 56.7%	2.99	4.98 16.7%	1.99 6.7%	3487	2.4	20	0.36
001164 SWEET POTATO ROASTERS	0.5 cup	86	93	2.50 24.2%	0.00 0.0%	0	40	17.01 73.1%	3.50	*9.00* *38.7%*	1.00 4.3%	3652	3.6	50	0.90
001285 SWEET POTATO ROASTERS,	0.25 cup	43	47	1.25 24.2%	0.00 0.0%	0	20	8.50 73.1%	1.75	*4.50* *38.7%*	0.50 4.3%	1826	1.8	25	0.45
000023 SWEET POTATO SOUFFLE	1/2 CUP	93	131	0.00 0.0%	0.00 0.0%	0	35	32.52 99.5%	1.36	*13.64* *41.7%*	0.00 0.0%	5002	7.8	10	0.65
001286 SWEET POTATO SOUFFLE, P	1/4 CUP	47	65	0.00 0.0%	0.00 0.0%	0	18	16.26 99.5%	0.68	*11.15* *68.3%*	0.00 0.0%	2501	3.9	5	0.32
001184 Sweet Potato Sticks	1/2 cup	65	56	0.05 0.8%	0.00 0.0%	1	36	13.26 94.7%	1.96	2.95 21.1%	1.03 7.4%	9282	1.2	20	0.35
000056 SWEET POTATO: WHOLE BA	each	114	103	0.00 0.0%	0.00 0.0%	0	40	24.00 93.2%	4.00	7.39 28.7%	2.29 8.9%	21900	22.2	40	0.72
001224 SWEET THAI CHILI CHICKEN	servings	72	103	3.79 33.1%	1.62 14.2%	37	259	7.34 28.5%	0.49	*7.27* *28.2%*	9.89 38.4%	6572	0.2	13	0.08
000349 SYRUP: IND CUPS	cup (1.5oz)	43	119	0.00 0.0%	0.00 0.0%	0	0	30.66 103.3%	0.00	18.79 63.3%	0.00 0.0%	0	0.0	0	0.00
000636 TACO, SAUCE	2, 9 gram pouch	0	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	0.00 0.00%	0.00 0.00%	0	0.0	0	0.00
001330 TANGERINE CHICKEN	scoop	112	192	4.05 18.9%	1.01 4.7%	46	384	25.29 52.6%	2.02	13.15 27.4%	14.16 29.5%	0	0.0	0	1.46
000747 TANGERINE: FRESH	EACH	109	50	0.00 0.0%	0.00 0.0%	0	0	13.00 104.0%	2.00	*N/A* *N/A%*	1.00 8.0%	300	27.0	40	0.00
000352 TARTAR SAUCE	1 pack	12	45	4.00 80.0%	0.50 10.0%	5	85	2.00 17.8%	0.00	2.00 17.8%	0.00 0.0%	10	0.0	0	0.00
000979 TEA: ALA	6 oz portions	215	6	0.00 0.0%	0.00 0.0%	0	9	1.36 90.0%	0.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	4	0.02
000787 TERIYAKI BEEF DIPPERS	4 NUGGETS	79	150	8.00 48.0%	3.50 21.0%	35	420	6.00 16.0%	1.00	4.00 10.7%	12.00 32.0%	0	1.2	20	1.80
001356 TEXAS BBQ	4 oz	113	300	17.06 51.2%	6.02 18.1%	71	234	17.06 22.7%	0.00	16.06 21.4%	18.06 24.1%	1656	25.3	80	3.07
001350 TEXAS RANCHERO BEANS: B	1/2 cup	132	111	0.51 4.1%	0.00 0.0%	0	496	20.26 72.7%	5.06	1.01 3.6%	6.08 21.8%	0	0.0	41	1.82
001165 TEXAS TOAST	each	37	100	2.99 27.0%	0.00 0.0%	0	130	14.94 60.0%	1.99	1.00 4.0%	2.99 12.0%	299	0.0	0	0.72
000974 TOMATOES, CHERRY	1/4 CUP	77	10	0.00 0.0%	0.00 0.0%	0	2	2.45 96.0%	0.82	*N/A* *N/A%*	0.41 16.0%	510	7.3	8	0.15
001126 Tornado: SOUTHWEST CHIC/	1 each	79	160	6.00 33.8%	1.50 8.4%	15	280	22.00 55.0%	2.00	1.00 2.5%	6.00 15.0%	500	2.4	40	1.44
001125 Tornado: Steak and Cheese	1 each	79	170	6.00 31.8%	1.50 7.9%	20	360	22.00 51.8%	2.00	2.00 4.7%	8.00 18.8%	200	1.2	60	1.44

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# Pitt County Schools

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000865 TORTILLA: SOFT 10"	EACH	57	158	3.29 18.8%	0.47 2.7%	0	62	27.87 70.7%	2.80	0.29 0.7%	4.73 12.0%	1	0.0	20	1.80
000851 TORTILLA: SOFT 8" (K-8)	EACH	40	110	4.00 32.7%	0.50 4.1%	1	300	16.00 58.2%	2.00	*N/A* *N/A%*	4.00 14.5%	14	0.0	32	1.00
001099 TOSTITO ROUNDS: INDIVIDU	1 bag 1.45 oz	41	200	7.00 31.5%	1.00 4.5%	0	180	29.00 58.0%	3.00	0.00 0.00%	3.00 6.0%	0	0.0	20	0.36
000859 TOSTITO SCOOPS: INDIVIDU	1 bag .875 oz	25	110	2.50 20.5%	0.00 0.0%	0	125	19.00 69.1%	2.00	0.00 0.00%	2.00 7.3%	0	0.0	20	0.36
000786 TRAIL MIX	1/2 cup	94	245	0.40 1.5%	0.03 0.1%	0	4	63.93 104.5%	6.11	*N/A* *N/A%*	1.95 3.2%	964	0.4	46	1.44
000852 TROPICAL FRUIT SALAD	1/2 cup	142	67	0.00 0.0%	0.00 0.0%	0	6	16.88 100.0%	1.13	15.75 93.3%	0.00 0.0%	225	1.3	0	0.00
000829 TURKEY WRAP	wrap	159	283	12.60 40.0%	5.55 17.6%	60	775	17.47 24.7%	1.18	*1.31* *1.8%*	27.22 38.5%	278	0.4	265	1.14
000843 TURKEY AND CHEESE ON B	1 sandwich	128	286	10.82 34.1%	4.79 15.1%	38	753	28.02 39.2%	3.00	3.01 4.2%	21.59 30.2%	202	0.0	302	1.98
000980 TURKEY BLT SALAD: ALA	ea	238	210	11.50 49.2%	4.00 17.1%	50	585	4.28 8.1%	2.31	*0.00* *0.00%*	22.29 42.4%	4334	22.4	26	1.11
000660 TURKEY IN GRAVY	4 oz	113	130	6.00 41.5%	2.00 13.8%	55	450	2.00 6.2%	0.00	0.00 0.00%	16.00 49.2%	0	0.0	0	0.36
001319 Vegetable Selection	servings	0	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
001187 VEGETABLE SOUP	1 CUP	345	91	2.28 22.6%	0.07 0.7%	0	550	17.77 78.2%	4.35	*6.56* *28.9%*	4.42 19.5%	8939	14.4	47	1.59
000889 VEGETABLE SOUP	1 CUP	328	103	2.81 24.6%	0.00 0.0%	0	483	19.81 77.3%	4.88	*2.32* *9.1%*	4.20 16.4%	4906	15.8	41	1.56
001168 VEGGIE CUP W/BROCCOLI &	1/2 cups	80	178	17.06 86.2%	2.51 12.7%	5	303	6.09 13.7%	1.24	*2.68* *6.0%*	0.87 2.0%	424	15.2	24	0.42
001301 VEGGIE CUP W/CUCUMBER	1/2 cups	89	170	17.06 90.4%	2.51 13.3%	5	275	3.95 9.3%	0.84	*1.00* *2.4%*	0.89 2.1%	429	16.8	17	0.28
001287 VEGGIE CUP, PREK	1/4 cups	40	89	8.53 86.2%	1.25 12.7%	2	151	3.04 13.7%	0.62	*1.34* *6.0%*	0.43 2.0%	212	7.6	12	0.21
001344 WAFFLE BITES: cinnamon	POUCH	75	200	5.00 22.5%	1.50 6.7%	0	260	35.00 70.0%	4.00	10.00 20.0%	4.00 8.0%	0	0.0	20	0.72
000943 WAFFLE BITES: maple	POUCH	70	210	6.00 25.7%	1.00 4.3%	0	170	38.00 72.4%	3.00	13.00 24.8%	4.00 7.6%	0	0.0	20	0.72
001159 WAFFLE															
CINNAMON DUTCH	2 oz	84	303	13.00 38.6%	3.00 8.9%	20	350	44.00 58.1%	3.50	*12.00* *15.8%*	4.00 5.3%	150	0.0	50	1.98
001210 WATER, STRAWBERRY CUC	0.5 cup	150	7	0.05 6.9%	0.00 0.3%	0	4	1.61 93.3%	0.48	*0.87* *50.2%*	0.24 14.1%	27	11.2	8	0.13
001019 WATER: PLAIN 8OZ ALL ALA	8 oz portions	227	0	0.00 0.00%	0.00 0.00%	0	0	0.00 0.00%	0.00	*N/A* *N/A%*	0.00 0.00%	0	0.0	0	0.00

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000534 WATERMELON	1/2 cup	145	41	0.00 0.0%	0.00 0.0%	0	0	10.89 105.0%	0.52	*N/A*	0.52 5.0%	778	7.8	10	0.37
000306 WHEAT ROLL	each	31	80	1.00 11.3%	0.00 0.0%	0	135	15.00 75.0%	1.00	*N/A*	3.00 15.0%	0	0.0	120	0.72
000948 YAMS: CANDIED	1/2 CUP	163	269	3.56 11.9%	1.46 4.9%	0	100	58.23 86.5%	1.57	*26.76* *39.8%*	2.30 3.4%	7456	13.8	16	1.12
001324 YOGURT PLATE	1 EACH	242	350	12.50 32.1%	7.00 18.0%	40	415	45.00 51.4%	2.00	*14.00* *16.0%*	13.00 14.9%	1000	9.0	400	1.08
000730 YOGURT: STRAW ALL ALA	each 4 oz	113	80	0.00 0.0%	0.00 0.0%	5	65	16.00 80.0%	0.00	13.00 65.0%	4.00 20.0%	0	0.0	150	0.00
000731 YOGURT: STRAW/BANANA A	each 4 oz	113	80	0.00 0.0%	0.00 0.0%	5	65	16.00 80.0%	0.00	13.00 65.0%	4.00 20.0%	0	0.0	150	0.00
000992 YOGURT: VANILLA ALL ALA	each 4 oz	113	80	0.00 0.0%	0.00 0.0%	5	60	16.00 80.0%	0.00	13.00 65.0%	4.00 20.0%	0	0.0	150	0.00

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