

# Pitt County Schools

Jun 1, 2019 thru Jun 7, 2019

## Base Menu Spreadsheet

9 - 12 Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/03/2019												
9 - 12 Lunch	Total	1										
PORK CARNITAS	scoop	1	150	53	57	0.00	1	16.1	1.01	8.05	3.02	0.00
BROWN RICE	1/2 cup	1	88	0	285	1.04	*0	2.08	18.71	0.78	0.00	0.00
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
HUMMUS BENTO BOX	1 EACH	1	664	30	1276	14.09	*11	26.07	79.17	32.0	9.00	0.00
CORN: frozen, yellow	1/2 CUP	1	71	0	70	2.02	*2	2.01	17.23	0.5	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	113	0	481	4.10	2	5.12	20.48	1.02	0.00	0.00
PEARS: DICED	1/2 cup	1	74	0	11	1.05	17	0.0	17.86	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	0	0	200	0.00	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			1590	108	2944	22.29	*93	83.38	221.46	44.85	13.52	0.00
% of Calories							*23.4%	21.0%	55.7%	25.4%	7.7%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

Tue - 06/04/2019												
9 - 12 Lunch	Total	1										
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	79	9	218	2.29	2	4.98	7.77	3.14	2.02	0.00
CARROTS, GLAZED	1/2 CUP	1	57	0	69	2.91	*9	0.0	11.52	0.45	0.19	0.00
MIXED BERRIES: CUPS	1/2 cup	1	90	0	0	2.00	16	0.0	20.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	0	0	200	0.00	*N/A*	0.0	2.0	0.0	0.00	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	160	15	450	0.00	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	170	0.00	6	0.0	11.0	0.0	0.00	0.00
DRESSING, LIGHT FRENCH 1.5 oz	1.5 oz pouch	1	80	0	410	1.00	8	0.0	11.0	3.5	0.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	80	0	410	1.00	8	0.0	11.0	3.5	0.50	0.00
DRESSING, RANCH 1 oz	1 OZ. POUCH	1	130	10	180	0.00	1	0.0	1.0	14.0	2.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	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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9 - 12 Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			1156	59	2673	9.20	*112	38.98	143.29	43.10	9.70	0.00
% of Calories							*38.7%	13.5%	49.6%	33.6%	7.6%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

Wed - 06/05/2019												
9 - 12 Lunch	Total servings	1										
School Favorite		1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
COLLARDS	1/2 CUP SE	1	42	0	130	2.32	*0	2.32	3.51	0.82	0.34	0.00
	RVING											
SWEET POTATO SOUFFLE	1/2 CUP	1	131	0	35	1.36	*14	0.0	32.52	0.0	0.00	0.00
APPLES, SPICED	1/2 CUP	1	64	0	27	1.57	*12	0.0	13.11	1.22	0.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			667	25	757	5.25	*86	34.31	114.13	4.54	2.33	0.00
% of Calories							*51.5%	20.6%	68.4%	6.1%	3.1%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

Thu - 06/06/2019												
9 - 12 Lunch	Total servings	1										
School Favorite		1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	*1	0.66	2.68	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	70	0	342	1.00	*0	1.99	13.96	1.0	0.00	0.00
ROSATI ICE: EMOJI	4.4 fl oz	1	99	0	15	0.00	25	0.0	25.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	0	0	200	0.00	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			612	25	1422	2.30	*86	34.65	108.64	3.50	1.50	0.00
% of Calories							*56.4%	22.6%	71.0%	5.1%	2.2%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

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Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/07/2019												
9 - 12 Lunch	Total	1										
CHEESEBURGER, BACON	sandwich	1	424	68	652	3.00	3	23.41	27.21	24.49	9.73	0.00
CHEESEBURGERS	sandwiches	1	370	58	485	3.00	3	20.74	27.21	19.82	8.07	0.00
FRENCH FRIES: BAKEABLE SEASON	1/2 CUP	1	120	0	135	2.00	0	1.0	20.01	4.0	0.50	0.00
FRUITABLE: POWER PUNCH	BOX (6.75 oz)	1	90	0	20	0.00	19	0.0	22.0	0.0	0.00	0.00
FRUITABLE: TROPICAL TWIST	BOX (6.75 oz)	1	90	0	20	0.00	19	0.0	22.0	0.0	0.00	0.00
APPLESAUCE: IND. STRAWBERRY	1 each	1	90	0	15	2.00	19	0.0	22.0	0.0	0.00	0.00
APPLESAUCE: INDIVIDUAL	1 each	1	50	0	15	1.00	12	0.0	14.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	8	0	129	0.21	0	0.35	0.54	0.4	0.02	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	0	85	0.00	0	0.0	1.0	3.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			1722	150	2171	11.21	*135	77.50	224.98	54.22	19.82	0.00
% of Calories							*31.4%	18.0%	52.3%	28.3%	10.4%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

Weighted Average			1149	73	1993	10.05	*102	53.76	162.50	30.04	9.38	0.00
							*80.2%	18.7%	56.6%	23.5%	7.3%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1149		750 - 850	135%			299	Correction Required - Calories too High
Cholesterol (mg)	73							
Sodium (mg)	1993		1420				573	Correction Required - Sodium too High
Fiber (g)	10.05							
Sugars (g)	102	35.65%			Missing			
Protein (g)	53.76	18.71%						
Carbohydrate (g)	162.50	56.55%						
Total Fat (g)	30.04	23.52%						
Saturated Fat (g)	9.38	7.34%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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