

Pitt County Schools

Jun 10, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

SF Lunch Menu

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 ¹ (g)
Mon - 06/10/2019												
SF Lunch Menu	Total	1										
CHICKEN FILET SANDWICH: ES/MS	sandwiches	1	380	30	580	4.00	2	17.0	38.0	17.5	3.50	0.00
PEAS: FROZEN	1/2 CUP	1	66	0	389	3.98	*5	5.3	13.26	0.0	0.00	0.00
FRUIT MIX	1/2 cup	1	72	0	18	0.89	16	0.0	17.89	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	2	0.0	4.0	7.0	1.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	35	0	385	1.01	*N/A*	1.01	7.09	0.0	0.00	0.00
GRAPE JELLY	.5 oz packet	1	35	0	0	0.00	*N/A*	0.0	9.11	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	80	10	125	0.00	5	0.0	7.0	6.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	11	0.0	13.16	0.0	0.00	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
Weighted Daily Average			1287	70	2641	10.10	*102	55.65	180.05	36.40	6.02	0.00
% of Calories							*31.6%	17.3%	56.0%	25.5%	4.2%	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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Tue - 06/11/2019												
SF Lunch Menu	Total	1										
SCOOPIN TACOS: BEEF	2 oz	1	221	60	400	0.00	4	16.8	6.8	13.6	4.80	0.80
SHREDDED CHEESE	1 oz	1	81	15	213	0.00	0	7.09	1.01	6.08	3.54	0.00
TOSTITO SCOOPS: INDIVIDUAL BAG	1 bag .875 oz	1	110	0	125	2.00	0	2.0	19.0	2.5	0.00	0.00
SALSA: (1/2 cup)	1/2 cup	1	40	0	282	0.00	*N/A*	0.0	8.06	0.0	0.00	0.00
CHOPPED ROMAINE SALAD: (1 cup)	1 cup	1	15	0	4	1.76	*0	1.0	3.03	0.03	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
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. PO UCH	1	80	0	410	1.00	8	0.0	11.0	3.5	0.50	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1 oz	1.5 OZ. PO UCH	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	2	0.0	4.0	7.0	1.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	35	0	385	1.01	*N/A*	1.01	7.09	0.0	0.00	0.00
GRAPE JELLY	.5 oz packet	1	35	0	0	0.00	*N/A*	0.0	9.11	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	80	10	125	0.00	5	0.0	7.0	6.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	11	0.0	13.16	0.0	0.00	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
Weighted Daily Average			1706	130	3923	6.98	*127	60.24	200.80	69.11	14.87	0.80
% of Calories							*29.7%	14.1%	47.1%	36.5%	7.8%	0.4%
Nutrient Guideline			600-650		1230						<10.00	

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Wed - 06/12/2019												
SF Lunch Menu	Total	1										
CHEESEBURGERS	sandwiches	1	370	58	485	3.00	3	20.74	27.21	19.82	8.07	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
PEARS: DICED	1/2 cup	1	74	0	11	1.05	17	0.0	17.86	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	2	0.0	4.0	7.0	1.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	35	0	385	1.01	*N/A*	1.01	7.09	0.0	0.00	0.00
GRAPE JELLY	.5 oz packet	1	35	0	0	0.00	*N/A*	0.0	9.11	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	80	10	125	0.00	5	0.0	7.0	6.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	11	0.0	13.16	0.0	0.00	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
Weighted Daily Average			1284	98	2220	7.29	*100	56.11	173.21	39.23	10.59	0.00
% of Calories							*31.2%	17.5%	54.0%	27.5%	7.4%	0.0%
Nutrient Guideline			600-650		1230						<10.00	

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Thu - 06/13/2019												
SF Lunch Menu	Total	1										
TEXAS BBQ	4 oz	1	300	71	234	0.00	16	18.06	17.06	17.06	6.02	0.00
Bun	bun	1	150	0	300	3.00	2	6.0	26.0	2.5	0.50	0.00
MASHED POTATOES	1/2 cup	1	70	0	342	1.00	*0	1.99	13.96	1.0	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
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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	2	0.0	4.0	7.0	1.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	35	0	385	1.01	*N/A*	1.01	7.09	0.0	0.00	0.00
GRAPE JELLY	.5 oz packet	1	35	0	0	0.00	*N/A*	0.0	9.11	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	80	10	125	0.00	5	0.0	7.0	6.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	11	0.0	13.16	0.0	0.00	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
Weighted Daily Average			1429	111	2560	8.22	*127	59.41	203.92	39.46	9.04	0.00
% of Calories							*35.6%	16.6%	57.1%	24.8%	5.7%	0.0%
Nutrient Guideline			600-650		1230						<10.00	

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Fri - 06/14/2019												
SF Lunch Menu	Total	1										
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	360	45	720	1.00	8	18.0	33.0	17.0	5.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	*N/A*	0.0	7.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	*N/A*	1.0	30.0	0.0	0.00	0.00
DRESSING, RANCH 1 oz	1 OZ. POUÇ	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	2	0.0	4.0	7.0	1.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	35	0	385	1.01	*N/A*	1.01	7.09	0.0	0.00	0.00
GRAPE JELLY	.5 oz packet	1	35	0	0	0.00	*N/A*	0.0	9.11	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	80	10	125	0.00	5	0.0	7.0	6.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	11	0.0	13.16	0.0	0.00	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
Weighted Daily Average			1749	135	3490	11.23	*94	67.36	216.91	64.90	16.52	0.00
% of Calories							*21.6%	15.4%	49.6%	33.4%	8.5%	0.0%
Nutrient Guideline			600-650		1230						<10.00	

Weighted Average			1491	109	2967	8.77	*110	59.76	194.98	49.82	11.41	0.16
							*66.4%	16.0%	52.3%	30.1%	6.9%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1491		600 - 650	229%			841	Correction Required - Calories too High
Cholesterol (mg)	109							
Sodium (mg)	2967		1230				1737	Correction Required - Sodium too High
Fiber (g)	8.77							
Sugars (g)	110	29.53%			Missing			
Protein (g)	59.76	16.03%						
Carbohydrate (g)	194.98	52.31%						
Total Fat (g)	49.82	30.07%						
Saturated Fat (g)	11.41	6.89%	<10.00%					
Trans Fat ¹ (g)	0.16	0.10%						

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