

# Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

## Base Menu Spreadsheet

K- 8 Lunch

### Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/01/2021															
K- 8 Lunch	Total														
CHICKEN, OVEN FRIED	1 servings	260	60	570	1.00	1.80	20.0	100	1.2	0	16.0	10.0	17.0	4.00	0.00
BISCUIT	1 BISCUIT	220	0	370	1.00	1.44	100.0	0	0.0	3	4.0	27.0	10.0	5.00	0.00
CHEESE STIX	2 sticks	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	40	0	200	1.00	0.36	20.0	200	5.99	4	1.0	6.99	1.0	0.00	0.00
MASHED POTATOES	1/2 cup	89	0	409	0.99	0.37	2.4	0	0.0	*0	1.98	16.82	0.99	0.00	0.00
APPLES, SPICED	1/2 CUP	71	0	21	1.83	0.33	5.9	107	2.72	*14	0.0	15.56	1.22	0.50	0.00
HOT SAUCE: INDIV	2 Packets	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1400	115	2835	7.82	6.10	1648.2	3007	19.50	*86	73.97	171.37	43.70	17.00	0.00
% of Calories										*24.5%	21.1%	49.0%	28.1%	10.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 04/12/2021															
K- 8 Lunch	Total														
CHEESE STIX	2 sticks	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	40	0	200	1.00	0.36	20.0	200	5.99	4	1.0	6.99	1.0	0.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	360	45	720	1.00	1.80	200.0	200	1.2	8	18.0	33.0	17.0	5.00	0.00
GREEN BEANS	1/2 CUP	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
FRESH APPLE	EACH	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	40	0	270	0.00	0.00	0.0	100	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1293	100	2804	9.30	4.33	1753.3	3329	27.53	*86	70.65	176.67	31.50	12.50	0.00
% of Calories										*26.7%	21.9%	54.6%	21.9%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/13/2021															
K- 8 Lunch	Total														
SCOOPIN TACOS: BEEF	2 oz	201	39	440	0.00	2.64	6.9	339	3.21	4	16.33	6.8	14.52	6.80	0.91
TOSTITO ROUNDS: INDIVIDUAL BAG	1 bag 1.45	200	0	160	3.00	0.36	20.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
SHREDDED CHEESE	1 oz	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	10.12	6.08	0.00
QUESADILLA CHICKEN PIZZA	EACH (50	300	15	700	4.00	2.70	180.0	0	0.0	2	17.0	37.0	10.0	2.00	0.00
SALSA: (1/2 cup)	1/2 cup	41	0	286	0.00	0.99	54.9	1373	16.48	3	0.0	8.24	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
FRUIT MIX	1/2 cup	72	0	18	0.89	0.00	0.0	179	1.07	16	0.0	17.89	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	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	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1425	109	2631	9.91	7.25	1666.4	4577	36.40	*87	77.43	184.05	44.64	17.38	0.91
% of Calories										*24.4%	21.7%	51.7%	28.2%	11.0%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 04/14/2021															
K- 8 Lunch	Total														
MINI CORN DOGS: BAKED (MEN	6 nuggets	290	55	380	3.00	1.80	100.0	0	0.0	7	10.0	29.99	14.0	3.50	0.00
CHICKEN CHUNKS: ENTREE	servings (4 ea)	180	40	430	1.00	1.44	20.0	100	0.0	0	17.0	15.0	4.0	1.00	0.00
TEXAS TOAST	1 each	79	0	148	0.99	1.07	0.0	0	0.0	0	1.98	9.88	3.46	0.99	0.00
FRENCH FRIES: BAKEABLE SEA SON	1/2 CUP	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.01	4.0	0.50	0.00
BLUEBERRY CRISP, FROZEN	1/2 cup	196	0	90	2.71	0.63	15.8	342	1.89	*14	1.76	31.79	7.51	2.84	*0.00
KETCHUP: individual	2 packs	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	10	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		1325	120	1928	9.70	5.29	1335.8	2442	11.49	*81	63.72	175.67	35.46	10.32	*0.00
% of Calories										*24.4%	19.2%	53.0%	24.1%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/15/2021																
K- 8 Lunch	Total															
BARBECUE	SERVINGS	142	46	465	1.01	1.22	27.6	75	0.37	2	16.16	3.03	5.05	2.02	0.00	
MAC AND CHEESE	6 oz. by w eight	293	37	777	1.70	1.70	381.0	493	1.7	9	15.31	32.32	11.91	6.46	0.00	
HUSHPUPIES: K-8	2 each	106	0	166	0.67	0.48	13.3	0	0.8	3	1.33	14.64	4.66	0.67	0.00	
SWEET POTATO SOUFFLE	1/2 CUP	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00	
STRAWBERRY CUPS	1/2 cup	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00	
MIXED BERRIES: CUPS	1/2 cup	90	0	0	2.00	0.28	0.0	0	37.5	16	0.0	20.0	0.0	0.00	0.00	
PEACHES FROZEN CUPS	1/2 cup	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00	
HOT SAUCE: INDIV	2 Packets	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00	
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00	
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00	
Weighted Daily Average		1355	109	2191	10.23	4.42	1650.3	3086	277.41	*147	66.79	210.08	24.11	10.65	0.00	
% of Calories										*43.5%	19.7%	62.0%	16.0%	7.1%	0.0%	
Nutrient Guideline		600-650		1230										<10.00		

Fri - 04/16/2021																
K- 8 Lunch	Total															
CHEESE PIZZA: Whole Grain 4X6	slice	310	30	360	3.00	2.70	450.0	500	9.0	6	22.0	30.0	12.0	6.00	0.00	
PEPPERONI PIZZA:4x6 (Nardone)	1 each	350	40	580	3.00	2.70	350.0	400	9.0	6	22.0	29.0	17.0	7.00	0.00	
FISH FILET WITH CHEESE	sandwiche	360	43	672	4.00	2.88	175.9	0	0.0	4	20.54	43.01	12.54	3.27	0.00	
BROCCOLI W/ CHEESE SAUCE	1/2 cup	69	9	208	3.56	1.28	137.2	0	0.0	1	5.06	5.64	3.14	2.02	0.00	
BLUEBERRIES: W/ TOPPING	1/2 cup	52	0	2	2.16	0.14	6.0	35	1.86	*1	0.36	10.21	1.46	1.00	0.01	
RICE KRISPIE TREAT: Mini	1 EACH	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00	
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00	
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		1621	147	2431	15.71	10.06	2319.1	2935	27.06	*81	101.97	191.87	49.64	20.79	0.01
% of Calories										*19.9%	25.2%	47.3%	27.6%	11.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 04/19/2021															
K- 8 Lunch	Total														
GRILLED CHEESE SANDWICH	1 sandwich	387	30	915	4.00	1.44	423.7	324	0.0	8	20.17	36.05	21.28	10.00	0.00
PEANUT BUTTER & JELLY: SINGL	1 sandwich	300	0	300	4.00	1.44	60.0	0	0.0	11	10.0	34.0	16.0	2.50	0.00
MOZZERELLA STRING CHEESE	1 oz	80	20	200	0.00	0.00	150.0	0	0.0	1	6.0	2.0	6.0	4.00	0.00
SWEET POTATO SEASONED FR	1/2 cup	118	0	177	2.95	0.35	19.7	3441	2.36	5	1.97	16.72	4.42	0.49	0.00
FRESH APPLE	1 EACH	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	40	0	270	0.00	0.00	0.0	100	0.0	8	0.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	90	5	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1565	80	2537	14.95	3.59	1873.4	5965	17.96	*93	70.14	192.77	60.20	19.99	0.00
% of Calories										*23.8%	17.9%	49.3%	34.6%	11.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/20/2021															
K- 8 Lunch	Total														
BEEFARONI	1 CUP	421	64	457	4.80	5.55	166.4	774	9.37	*11	24.45	42.88	17.63	6.94	0.66
MINI CORN DOGS: BAKED (MEN	6 nuggets	290	55	380	3.00	1.80	100.0	0	0.0	7	10.0	29.99	14.0	3.50	0.00
PEAS: FROZEN	1/2 CUP	66	0	389	3.98	1.44	26.6	1985	15.88	*5	5.3	13.26	0.0	0.00	0.00
FROOT JOOCE: MANGO	4.4 fl oz	90	0	0	0.00	0.36	20.0	0	60.0	22	0.0	22.0	0.0	0.00	0.00
FROOT JOOCE: STRAWBERRY	4.4 fl oz	90	0	0	0.00	0.36	20.0	0	60.0	22	0.0	22.0	0.0	0.00	0.00
FROOT JOOCE: WATERMELON	4.4 fl oz	90	0	0	0.00	0.36	20.0	0	60.0	22	0.0	22.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Weighted Daily Average % of Calories		1477	144	1791	11.77	9.87	1553.0	4759	212.45	*149 *40.4%	71.74 19.4%	217.13 58.8%	34.12 20.8%	11.94 7.3%	0.66 0.4%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 04/21/2021															
K- 8 Lunch	Total														
CHEESEBURGERS	sandwiche	375	58	521	3.00	2.90	181.9	0	0.0	3	20.74	27.21	20.84	8.57	0.00
CHICKEN FILET SANDWICH: ES/MS	sandwiche	380	45	820	4.00	3.24	120.0	100	0.0	4	27.0	43.0	11.5	2.00	0.00
FRENCH FRIES: BAKEABLE SEASON	1/2 CUP	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.01	4.0	0.50	0.00
BLUEBERRIES: W/ TOPPING	1/2 cup	52	0	2	2.16	0.14	6.0	35	1.86	*1	0.36	10.21	1.46	1.00	0.01
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		1358	128	2043	11.16	6.64	1507.9	2135	11.46	*67 *19.9%	81.10 23.9%	165.44 48.7%	40.30 26.7%	13.57 9.0%	0.01 0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/22/2021															
K- 8 Lunch	Total														
CHICKEN, OVEN FRIED	servings	260	60	570	1.00	1.80	20.0	100	1.2	0	16.0	10.0	17.0	4.00	0.00
BISCUIT	1 BISCUIT	220	0	370	1.00	1.44	100.0	0	0.0	3	4.0	27.0	10.0	5.00	0.00
CHEESE STIX	2 sticks	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	40	0	200	1.00	0.36	20.0	200	5.99	4	1.0	6.99	1.0	0.00	0.00
MASHED POTATOES	1/2 cup	89	0	409	0.99	0.37	2.4	0	0.0	*0	1.98	16.82	0.99	0.00	0.00
FRESH ORANGE: 125 ct	EACH	80	0	0	3.00	0.00	60.0	100	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		1409	115	2814	8.99	5.77	1702.4	3000	16.79	*72 *20.4%	74.97 21.3%	174.81 49.6%	42.49 27.1%	16.50 10.5%	0.00 0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/23/2021															
K- 8 Lunch	Total														
STUFFED CRUST PEP PIZZA	1 each	330	35	760	3.00	1.80	250.0	0	0.0	5	17.0	38.0	12.0	6.00	0.00
CHICKEN CHEESY PASTA	1-#6scoop	410	63	830	2.19	1.66	377.8	166	1.67	*2	23.99	39.05	16.72	10.02	0.00
SPINACH:CHEESY	1/2 CUP	108	15	352	3.43	2.43	325.3	13356	27.92	*1	8.92	5.97	6.44	3.34	0.00
PEARS DICED: CUPS	1/2 cup	55	0	6	0.00	0.00	0.0	0	0.0	9	0.0	14.38	0.0	0.00	0.00
RICE KRISPIE TREAT: Mini	1 EACH	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1383	138	2558	8.63	6.25	2153.1	15522	36.79	*80	81.91	171.39	38.66	20.86	0.00
% of Calories										*23.2%	23.7%	49.6%	25.1%	13.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 04/26/2021															
K- 8 Lunch	Total														
CHEESE STIX	2 sticks	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	40	0	200	1.00	0.36	20.0	200	5.99	4	1.0	6.99	1.0	0.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	360	45	720	1.00	1.80	200.0	200	1.2	8	18.0	33.0	17.0	5.00	0.00
GREEN BEANS	1/2 CUP	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
FRESH APPLE	EACH	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	40	0	270	0.00	0.00	0.0	100	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1293	100	2804	9.30	4.33	1753.3	3329	27.53	*86	70.65	176.67	31.50	12.50	0.00
% of Calories										*26.7%	21.9%	54.6%	21.9%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/27/2021															
K- 8 Lunch	Total														
SCOOPIN TACOS: BEEF	2 oz	201	39	440	0.00	2.64	6.9	339	3.21	4	16.33	6.8	14.52	6.80	0.91
TOSTITO ROUNDS: INDIVIDUAL BAG	1 bag 1.45	200	0	160	3.00	0.36	20.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
SHREDDED CHEESE	1 oz	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	10.12	6.08	0.00
QUESADILLA CHICKEN PIZZA	EACH (50	300	15	700	4.00	2.70	180.0	0	0.0	2	17.0	37.0	10.0	2.00	0.00
SALSA: (1/2 cup)	1/2 cup	41	0	286	0.00	0.99	54.9	1373	16.48	3	0.0	8.24	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
FRUIT MIX	1/2 cup	72	0	18	0.89	0.00	0.0	179	1.07	16	0.0	17.89	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	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	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1425	109	2631	9.91	7.25	1666.4	4577	36.40	*87	77.43	184.05	44.64	17.38	0.91
% of Calories										*24.4%	21.7%	51.7%	28.2%	11.0%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 04/28/2021															
K- 8 Lunch	Total														
MINI CORN DOGS: BAKED (MEN	6 nuggets	290	55	380	3.00	1.80	100.0	0	0.0	7	10.0	29.99	14.0	3.50	0.00
CHICKEN CHUNKS: ENTREE	servings (4 ea)	180	40	430	1.00	1.44	20.0	100	0.0	0	17.0	15.0	4.0	1.00	0.00
TEXAS TOAST	1 each	79	0	148	0.99	1.07	0.0	0	0.0	0	1.98	9.88	3.46	0.99	0.00
FRENCH FRIES: BAKEABLE SEA SON	1/2 CUP	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.01	4.0	0.50	0.00
BLUEBERRY CRISP, FROZEN	1/2 cup	196	0	90	2.71	0.63	15.8	342	1.89	*14	1.76	31.79	7.51	2.84	*0.00
KETCHUP: individual	2 packs	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	10	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		1325	120	1928	9.70	5.29	1335.8	2442	11.49	*81	63.72	175.67	35.46	10.32	*0.00
% of Calories										*24.4%	19.2%	53.0%	24.1%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/29/2021																
K- 8 Lunch	Total															
BARBECUE	SERVINGS	142	46	465	1.01	1.22	27.6	75	0.37	2	16.16	3.03	5.05	2.02	0.00	
MAC AND CHEESE	6 oz. by w eight	293	37	777	1.70	1.70	381.0	493	1.7	9	15.31	32.32	11.91	6.46	0.00	
HUSHPUPIES: K-8	2 each	106	0	166	0.67	0.48	13.3	0	0.8	3	1.33	14.64	4.66	0.67	0.00	
SWEET POTATO SOUFFLE	1/2 CUP	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00	
STRAWBERRIES,FRESH	CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00	
MIXED BERRIES: CUPS	1/2 cup	90	0	0	2.00	0.28	0.0	0	37.5	16	0.0	20.0	0.0	0.00	0.00	
PEACHES FROZEN CUPS	1/2 cup	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00	
HOT SAUCE: INDIV	2 Packets	0	0	200	0.00	0.00	0.0	200	2.4	*N/A*	0.0	2.0	0.0	0.00	0.00	
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00	
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00	
Weighted Daily Average		1312	109	2193	11.12	4.65	1653.4	3103	296.30	*136	66.76	199.21	24.55	10.67	0.00	
% of Calories										*41.6%	20.4%	60.8%	16.8%	7.3%	0.0%	
Nutrient Guideline		600-650		1230										<10.00		

Fri - 04/30/2021																
K- 8 Lunch	Total															
CHEESE PIZZA: Whole Grain 4X6	slice	310	30	360	3.00	2.70	450.0	500	9.0	6	22.0	30.0	12.0	6.00	0.00	
PEPPERONI PIZZA:4x6 (Nardone)	1 each	350	40	580	3.00	2.70	350.0	400	9.0	6	22.0	29.0	17.0	7.00	0.00	
FISH FILET WITH CHEESE	sandwiche	360	43	672	4.00	2.88	175.9	0	0.0	4	20.54	43.01	12.54	3.27	0.00	
BROCCOLI FLORET,(BAG 2 OZ)	1 each	17	0	15	1.00	0.00	0.0	5000	6.0	0	0.0	3.0	0.0	0.00	0.00	
BLUEBERRIES: W/ TOPPING	1/2 cup	52	0	2	2.16	0.14	6.0	35	1.86	*1	0.36	10.21	1.46	1.00	0.01	
RICE KRISPIE TREAT: Mini	1 EACH	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00	
MILK, STRAWBERRY, SKIM	1 cup	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00	
MILK: 1% WHITE	1 cup	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	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK: SKIM	1 cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00	

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# Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 8 Lunch

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		1570	138	2239	13.16	8.78	2181.9	7935	33.06	*79	96.90	189.22	46.50	18.77	0.01
% of Calories										*20.3%	24.7%	48.2%	26.7%	10.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		1408	118	2397	10.71	6.24	1734.6	4509	68.73	*94 *59.9%	75.62 21.5%	184.75 52.5%	39.22 25.1%	15.07 9.6%	*0.16 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1408		600 - 650	217%			758	Correction Required - Calories too High
Cholesterol (mg)	118							
Sodium 1 (mg)	2397		1230				1167	Correction Required - Sodium too High
Sodium 2 (mg)	2397		935				1462	Correction Required - Sodium too High
Fiber (g)	10.71							
Iron (mg)	6.24							
Calcium (mg)	1734.6							
Vitamin A (IU)	4509							
Sugars (g)	94	26.61%			Missing			
Vitamin C (mg)	68.73							
Protein (g)	75.62	21.47%						
Carbohydrate (g)	184.75	52.47%						
Total Fat (g)	39.22	25.06%						
Saturated Fat (g)	15.07	9.63%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.16	0.10%			Missing			

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