

# Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

## Base Menu Spreadsheet

9 - 12 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/01/2021															
9 - 12 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		750-850		1420										<10.00	

Mon - 04/12/2021															
9 - 12 Lunch	Total														
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
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
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
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	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		1431	75	2761	15.25	4.32	1783.0	6570	28.69	*95	70.62	196.38	40.92	14.49	0.00
% of Calories										*26.6%	19.7%	54.9%	25.7%	9.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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Base Menu Spreadsheet

9 - 12 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 - 04/13/2021															
9 - 12 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: (1/4 cup)	1/4 cup	21	0	143	0.00	0.49	27.5	687	8.24	1	0.0	4.12	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
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
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		1525	109	2623	11.91	7.11	1639.0	3890	30.56	*86	78.43	199.94	48.65	17.88	0.91
% of Calories										*22.5%	20.6%	52.5%	28.7%	10.6%	0.5%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 04/14/2021															
9 - 12 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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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9 - 12 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		750-850		1420										<10.00	

Thu - 04/15/2021															
9 - 12 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		750-850		1420										<10.00	

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## Base Menu Spreadsheet

9 - 12 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 - 04/16/2021															
9 - 12 Lunch	Total														
PEPPERONI PIZZA: BIG DADDY'S	1 each	370	40	560	3.00	2.20	366.0	77	0.0	8	21.0	35.0	16.0	8.00	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
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
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
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
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
TARTAR SAUCE	1 pack	45	5	85	0.00	0.00	0.0	1	0.0	2	0.0	2.0	4.0	0.50	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		1516	122	2521	14.72	7.22	1885.1	2314	13.86	*79	79.97	195.88	44.64	16.79	0.01
% of Calories										*20.8%	21.1%	51.7%	26.5%	10.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 04/19/2021															
9 - 12 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		750-850		1420										<10.00	

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9 - 12 Lunch

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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)
<b>Tue - 04/20/2021</b>															
9 - 12 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
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
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
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
Weighted Daily Average		1627	144	2106	13.78	10.23	1553.0	4759	214.85	*149	72.74	241.14	38.13	12.44	0.66
% of Calories										*36.7%	17.9%	59.3%	21.1%	6.9%	0.4%
Nutrient Guideline		750-850		1420										<10.00	

<b>Wed - 04/21/2021</b>															
9 - 12 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 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
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		1358	128	2043	11.16	6.64	1507.9	2135	11.46	*67	81.10	165.44	40.30	13.57	0.01
% of Calories										*19.9%	23.9%	48.7%	26.7%	9.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Pitt County Schools**

**Apr 1, 2021 thru Apr 30, 2021**

Base Menu Spreadsheet

9 - 12 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/22/2021															
9 - 12 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
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		1409	115	2814	8.99	5.77	1702.4	3000	16.79	*72	74.97	174.81	42.49	16.50	0.00
% of Calories										*20.4%	21.3%	49.6%	27.1%	10.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

	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)
Fri - 04/23/2021															
9 - 12 Lunch	Total														
PEPPERONI PIZZA: BIG DADDY'S	1 each	370	40	560	3.00	2.20	366.0	77	0.0	8	21.0	35.0	16.0	8.00	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
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
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		1544	143	2493	10.63	7.01	2269.1	15599	39.19	*83	86.92	188.41	46.66	23.36	0.00
% of Calories										*21.5%	22.5%	48.8%	27.2%	13.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

9 - 12 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)
Mon - 04/26/2021															
9 - 12 Lunch	Total														
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
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
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
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	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		1431	75	2761	15.25	4.32	1783.0	6570	28.69	*95	70.62	196.38	40.92	14.49	0.00
% of Calories										*26.6%	19.7%	54.9%	25.7%	9.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 04/27/2021															
9 - 12 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
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
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

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# Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 8

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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		1545	109	2766	11.91	7.61	1666.4	4577	38.80	*87	78.43	204.06	48.65	17.88	0.91
% of Calories										*22.5%	20.3%	52.8%	28.3%	10.4%	0.5%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 04/28/2021															
9 - 12 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
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		750-850		1420										<10.00	

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Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

9 - 12 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 - 04/29/2021															
9 - 12 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		750-850		1420										<10.00	

Fri - 04/30/2021															
9 - 12 Lunch	Total														
PEPPERONI PIZZA: BIG DADDY'S	1 each	370	40	560	3.00	2.20	366.0	77	0.0	8	21.0	35.0	16.0	8.00	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
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
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
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
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
TARTAR SAUCE	1 pack	45	5	85	0.00	0.00	0.0	1	0.0	2	0.0	2.0	4.0	0.50	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		1465	113	2329	12.16	5.94	1747.9	7314	19.86	*77	74.90	193.24	41.50	14.77	0.01
% of Calories										*21.2%	20.5%	52.8%	25.5%	9.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

9 - 12 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 Average		1446	112	2427	11.83	5.97	1689.6	4798	67.31	*95 *58.9%	73.36 20.3%	192.53 53.3%	41.02 25.5%	15.07 9.4%	*0.16 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1446		750 - 850	170%			596	Correction Required - Calories too High
Cholesterol (mg)	112							
Sodium 1 (mg)	2427		1420				1007	Correction Required - Sodium too High
Sodium 2 (mg)	2427		1080				1347	Correction Required - Sodium too High
Fiber (g)	11.83							
Iron (mg)	5.97							
Calcium (mg)	1689.6							
Vitamin A (IU)	4798							
Sugars (g)	95	26.20%			Missing			
Vitamin C (mg)	67.31							
Protein (g)	73.36	20.30%						
Carbohydrate (g)	192.53	53.27%						
Total Fat (g)	41.02	25.54%						
Saturated Fat (g)	15.07	9.38%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.16	0.10%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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