

Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 11/01/2022																
9 - 12 Lunch	Total	1														
CHICKEN, SRIACHA HONEY	servings	1	289	20	728	2.97	1.98	32.7	305	0.0	15	13.87	29.12	12.88	2.48	0.00
BROWN RICE (1 CUP)	1	1	201	0	568	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
SCRAMBLED EGG W/BACON & CHEESE	each 2.0 oz	1	120	170	280	0.00	0.72	60.0	300	0.0	1	8.0	1.0	9.0	3.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ PATTY	1	60	30	90	0.00	0.36	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
BISCUIT	1 BISCUIT	1	160	0	550	1.00	1.44	40.0	0	0.0	1	8.0	22.0	7.0	4.50	0.00
CALIFORNIA BLEND	1/2 cup	1	25	0	30	2.01	0.36	20.1	1510	21.14	2	1.01	4.03	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
Pear, Fresh, Whole	1 EACH	1	51	0	0	4.00	0.00	0.0	45	4.8	9	1.0	13.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	954	5.21	3.26	298.0	5856	24.13	*2	28.31	36.4	19.0	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	725	5.00	2.83	145.0	5704	21.97	*2	19.6	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	998	4.98	3.05	287.8	4899	20.49	*4	23.72	38.85	21.13	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	464	53	957	9.10	4.54	296.9	6229	27.3	*5	25.06	55.71	17.83	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	885	5.48	3.72	310.3	7026	26.86	*2	24.77	37.21	19.77	8.83	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4174	547	9251	45.34	23.13	2490.7	34175	252.33	*154	192.07	454.06	187.91	59.97	0.00
% of Calories											*14.8%	18.4%	43.5%	40.5%	12.9%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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	Reimb Qty	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 ¹ (g)
Wed - 11/02/2022																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	488	4.80	5.17	577.4	656	9.37	*11	23.82	42.88	17.82	7.75	0.75
BREADSTICK, Garlic	1 each	1	100	0	95	1.00	0.80	0.0	0	0.0	1	1.0	15.0	3.0	0.00	0.00
CORN DOG ON STICK, TURKEY	1 each	1	240	40	470	2.00	1.50	70.0	0	0.0	7	9.0	30.0	9.0	2.50	0.00
DELI POTATOES:HERB ROAST ED	1/2 cup	1	120	0	240	1.00	0.00	99.9	500	5.99	0	1.0	16.98	5.99	1.00	0.00
TOMATOES, CHERRY	1/2 CUP	1	10	0	2	0.82	0.15	8.2	510	7.34	*N/A*	0.41	2.45	0.0	0.00	0.00
APPLESAUCE: IND. STRAWBE RRY	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
APPLESAUCE: INDIVIDUAL	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			4834	371	7452	53.25	18.93	3919.4	17691	229.32	*292 *24.2%	187.28 15.5%	680.93 56.3%	148.74 27.7%	52.11 9.7%	0.75 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	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 ¹ (g)
Thu - 11/03/2022																
9 - 12 Lunch	Total	1														
CHEESEBURGERS	sandwiche	1	386	63	500	3.00	2.90	181.9	152	0.0	2	20.74	26.71	22.36	9.33	0.00
ROTISSERIE CHICKEN W/GRAVY	servings	1	143	55	754	0.00	4.01	20.1	0	0.0	*3	17.0	8.97	3.33	0.00	0.00
BROWN RICE	1/2 cup	1	100	0	285	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	0.00	0.00
MASHED POTATOES	1/2 cup	1	89	0	399	0.99	0.37	2.4	0	0.0	*0	1.98	16.82	0.99	0.00	0.00
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
APPLES, SPICED	1/2 CUP	1	68	0	21	1.83	0.33	5.9	52	2.72	*13	0.0	14.81	1.22	0.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	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	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	954	5.21	3.26	298.0	5856	24.13	*2	28.31	36.4	19.0	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	725	5.00	2.83	145.0	5704	21.97	*2	19.6	33.65	11.53	3.91	0.00
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SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	885	5.48	3.72	310.3	7026	26.86	*2	24.77	37.21	19.77	8.83	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4147	455	9585	39.28	25.30	2859.5	32646	227.80	*159	198.20	434.53	185.54	59.32	0.00
% of Calories											*15.4%	19.1%	41.9%	40.3%	12.9%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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	Portion Size	Reimb Qty	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 ¹ (g)
Fri - 11/04/2022																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA	1 each	1	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
DDY'S																
PEPPERONI PIZZA: BIG DADDY'S	1 each	1	360	45	580	3.00	1.80	300.0	500	0.0	9	21.0	33.0	17.0	7.00	0.00
FISH FILET WITH CHEESE	sandwiche	1	371	48	681	4.00	2.88	175.9	152	0.0	3	20.54	42.51	14.06	4.03	0.00
SWEET POTATO SEASONED FRY	1/2 cup	1	160	0	180	1.00	0.36	20.0	0	0.0	7	1.0	24.0	6.0	1.00	0.00
FRESH BROCCOLI FLORETS: RAW	1/2 CUP	1	11	0	11	0.79	0.23	15.2	679	28.29	*N/A*	0.89	2.11	0.12	0.01	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
TARTAR SAUCE	1 pack	1	45	5	120	0.00	0.00	0.0	0	0.0	1	0.0	1.0	4.5	0.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4995	401	8025	54.63	18.80	3993.8	18256	234.90	*284	215.49	691.69	148.59	56.91	0.00
% of Calories											*22.8%	17.3%	55.4%	26.8%	10.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Mon - 11/07/2022																
9 - 12 Lunch	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	290	55	380	3.00	1.80	100.0	0	0.0	7	10.0	29.99	14.0	3.50	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	391	19	897	6.00	2.58	187.4	228	0.0	4	25.82	41.26	16.33	4.80	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
FRENCH FRIES: STRAIGHT CRISP	0.5 CUP/14FRIES	1	89	0	299	0.81	0.58	0.0	0	1.94	0	0.81	16.16	2.42	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4795	367	7868	56.44	16.63	3452.3	21353	223.55	*259	189.68	670.03	149.68	49.66	0.00
% of Calories											*21.6%	15.8%	55.9%	28.1%	9.3%	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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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 11/08/2022																
9 - 12 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	274	20	492	2.97	1.98	32.7	152	0.0	10	13.87	24.54	12.88	2.48	0.00
MEATBALLS W/GRAVY	4.2 oz	1	184	34	446	0.86	0.01	1.0	0	0.54	*1	11.08	12.04	10.25	4.11	0.63
BROWN RICE (1 CUP)	1	1	201	0	568	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	954	5.21	3.26	298.0	5856	24.13	*2	28.31	36.4	19.0	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	725	5.00	2.83	145.0	5704	21.97	*2	19.6	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EASE	2 CUP	1	409	65	998	4.98	3.05	287.8	4899	20.49	*4	23.72	38.85	21.13	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX EASE	2 CUP	1	464	53	957	9.10	4.54	296.9	6229	27.3	*5	25.06	55.71	17.83	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	885	5.48	3.72	310.3	7026	26.86	*2	24.77	37.21	19.77	8.83	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4251	387	8364	44.11	21.39	2729.6	32384	450.72	*205	188.65	493.06	177.66	55.57	0.63
% of Calories											*19.3%	17.7%	46.4%	37.6%	11.8%	0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 10/27/2022 12:14:54 PM

	Portion Size	Reimb Qty	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 ¹ (g)
Wed - 11/09/2022																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	429	67	1041	1.62	3.78	408.5	0	0.21	2	28.82	38.19	17.3	9.12	0.00
BREADSTICK, Garlic	1 each	1	100	0	95	1.00	0.80	0.0	0	0.0	1	1.0	15.0	3.0	0.00	0.00
CHEESEBURGERS	sandwiche	1	386	63	500	3.00	2.90	181.9	152	0.0	2	20.74	26.71	22.36	9.33	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4754	398	7443	56.19	20.05	3751.8	29502	227.18	*258	203.63	670.41	134.53	56.00	0.00
% of Calories											*21.7%	17.1%	56.4%	25.5%	10.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Thu - 11/10/2022																
9 - 12 Lunch	Total	1														
CHEESE STIX	2 sticks	1	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	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	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			1270	75	1630	5.99	2.16	1610.9	7400	173.78	*129	53.99	174.92	36.50	11.00	0.00
% of Calories											*40.6%	17.0%	55.1%	25.9%	7.8%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 11/11/2022																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	1	*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*
Weighted Daily Average			*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*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Mon - 11/14/2022																
9 - 12 Lunch	Total	1														
MAC AND CHEESE	6 oz. by w eight	1	298	35	779	1.00	0.00	0.0	500	0.6	8	15.0	31.0	11.77	6.64	0.00
BISCUIT	1 BISCUIT	1	160	0	550	1.00	1.44	40.0	0	0.0	1	8.0	22.0	7.0	4.50	0.00
HOTDOG ON BUN	1 hotdog on bun	1	320	25	820	3.00	2.74	94.5	1	0.0	2	12.0	28.0	18.5	6.50	1.00
CUCUMBERS, SLICED: 1/2 cup	1/2 cup	1	7	0	0	0.75	0.27	15.0	150	4.49	*N/A*	0.75	1.5	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	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	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4585	328	8066	53.30	16.65	3290.7	29799	226.62	*266	187.80	664.89	128.65	55.19	1.00
% of Calories											*23.2%	16.4%	58.0%	25.3%	10.8%	0.2%
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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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 11/15/2022																
9 - 12 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	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: INDIVIDUA L BAG	1 bag 1.4 5 oz	1	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	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
QUESADILLA CHICKEN PIZZA	EACH (50	1	320	20	770	4.00	2.70	200.0	300	0.0	5	18.0	38.0	11.0	2.50	0.00
Salsa: Individual Cups	PORTIO N CUPS	1	29	0	191	0.00	0.00	0.0	0	0.0	3	0.0	5.88	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	110	0	491	5.01	1.80	40.1	0	0.0	1	6.01	20.04	1.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
TACO, SAUCE	2, 9 gram pouch	1	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	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	954	5.21	3.26	298.0	5856	24.13	*2	28.31	36.4	19.0	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	725	5.00	2.83	145.0	5704	21.97	*2	19.6	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	998	4.98	3.05	287.8	4899	20.49	*4	23.72	38.85	21.13	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	464	53	957	9.10	4.54	296.9	6229	27.3	*5	25.06	55.71	17.83	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	885	5.48	3.72	310.3	7026	26.86	*2	24.77	37.21	19.77	8.83	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTA RD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4430	422	9380	49.00	25.88	3122.3	33538	240.39	*152	207.90	481.12	195.89	65.37	0.91
% of Calories											*13.7%	18.8%	43.4%	39.8%	13.3%	0.2%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Wed - 11/16/2022																
9 - 12 Lunch	Total	1														
SPAGHETTI, BAKED	1 CUP	1	475	47	655	6.87	6.53	779.2	1160	15.32	*20	26.88	54.97	20.07	8.45	0.75
BREADSTICK, Garlic	1 each	1	100	0	95	1.00	0.80	0.0	0	0.0	1	1.0	15.0	3.0	0.00	0.00
CORN DOG ON STICK, TURKEY	1 each	1	240	40	470	2.00	1.50	70.0	0	0.0	7	9.0	30.0	9.0	2.50	0.00
GREEN BEANS	1/2 CUP	1	13	0	300	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
CAESAR SALAD: (1 cup)	1 cup	1	79	0	306	2.50	0.51	104.9	3558	14.94	*0	4.82	6.45	4.43	1.51	0.00
STRAWBERRY CRISP, FROZEN	1/2 cup	1	179	0	93	2.62	0.97	22.5	36	31.87	*14	1.85	27.33	7.45	2.87	*0.00
PEACH CRISP, FROZEN	1/2 cup	1	262	0	92	3.45	*0.39	9.9	*1	*0.01	*38	3.96	47.16	7.37	2.86	*0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	270	0.00	0.30	10.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	40	10	160	0.00	0.00	0.0	0	0.0	7	0.0	8.0	0.5	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	50	0	85	0.00	0.10	0.0	0	0.0	12	0.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			5783	385	9982	62.39	*22.43	4193.8	*21109	*271.10	*375 *25.9%	201.21 13.9%	784.20 54.2%	203.74 31.7%	65.05 10.1%	*0.75 *0.1%
Nutrient Guideline			750-850		1420											<10.00

Thu - 11/17/2022																
9 - 12 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	0	0.0	0	20.0	13.0	7.0	1.00	0.00
BREADSTICK, Garlic	1 each	1	100	0	95	1.00	0.80	0.0	0	0.0	1	1.0	15.0	3.0	0.00	0.00
GRILLED CHEESE SANDWICH	1 sandwich	1	427	51	837	4.00	0.36	1503.7	607	0.0	6	20.17	34.02	27.35	13.04	0.00
SPINACH:CHEESY	1/2 CUP	1	119	14	375	4.89	3.36	569.6	19038	39.88	*2	10.56	7.84	6.58	3.08	0.00
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/14FRIES	1	89	0	299	0.81	0.58	0.0	0	1.94	0	0.81	16.16	2.42	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	954	5.21	3.26	298.0	5856	24.13	*2	28.31	36.4	19.0	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	725	5.00	2.83	145.0	5704	21.97	*2	19.6	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	998	4.98	3.05	287.8	4899	20.49	*4	23.72	38.85	21.13	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	464	53	957	9.10	4.54	296.9	6229	27.3	*5	25.06	55.71	17.83	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	885	5.48	3.72	310.3	7026	26.86	*2	24.77	37.21	19.77	8.83	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Weighted Daily Average			4379	457	8901	45.47	24.30	4743.2	51858	492.00	*179	210.00	464.73	199.11	66.11	0.00
% of Calories											*16.3%	19.2%	42.4%	40.9%	13.6%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 11/18/2022																
9 - 12 Lunch	Total	1														
STUFFED CRUST CHEESE PIZZA	1 each	1	340	15	860	2.00	2.70	150.0	0	0.0	4	15.0	37.0	14.0	4.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	310	35	470	3.00	2.70	350.0	400	9.0	6	23.0	30.0	11.0	6.00	0.00
CHEESEBURGERS	sandwiche	1	386	63	500	3.00	2.90	181.9	152	0.0	2	20.74	26.71	22.36	9.33	0.00
BROCCOLI W/ CHEESE SAUCE	1/2 cup	1	50	10	206	2.29	0.82	99.7	0	0.0	1	3.95	4.78	3.46	2.08	0.00
BABY CARROTS: (BAG 2.6 OZ)	1 each	1	30	0	55	2.00	0.00	0.0	5000	6.0	*N/A*	0.0	7.0	0.0	0.00	0.00
FRUIT MIX	1/2 cup	1	72	0	18	0.89	0.00	0.0	179	1.07	16	0.0	17.89	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4862	396	8036	54.82	20.43	3894.6	21756	222.69	*276	213.75	665.99	145.74	59.27	0.00
% of Calories											*22.7%	17.6%	54.8%	27.0%	11.0%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/21/2022																
9 - 12 Lunch	Total	1														
NACHO BITES	8 pieces	1	320	25	550	4.00	1.00	235.0	0	0.0	1	15.0	34.0	14.0	4.50	0.00
CHICKEN FILET SANDWICH: E S/MS	sandwiche	1	340	60	770	4.00	2.88	120.0	0	0.0	2	26.0	39.0	9.5	1.50	0.00
CHICKEN SPICY FILET: ES/MS	sandwiche	1	390	55	780	6.00	4.20	133.3	0	0.0	4	27.0	52.67	9.33	1.67	0.00
TEXAS RANCHERO BEANS: B	1/2 cup	1	110	0	491	5.01	1.80	40.1	0	0.0	1	6.01	20.04	0.5	0.00	0.00
USH'S SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	15	0	4	1.76	0.61	18.8	3714	17.93	*0	1.0	3.03	0.03	0.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			5420	423	9877	64.41	22.16	3451.1	19439	222.14	*267	220.07	713.35	185.29	54.53	0.00
% of Calories											*19.7%	16.2%	52.6%	30.8%	9.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 11/22/2022																
9 - 12 Lunch	Total	1														
CHICKEN, SRIACHA HONEY	servings	1	289	20	728	2.97	1.98	32.7	305	0.0	15	13.87	29.12	12.88	2.48	0.00
BROWN RICE (1 CUP)	1	1	201	0	568	2.36	0.44	7.0	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
SCRAMBLED EGG W/BACON & CHEESE	each 2.0 oz	1	120	170	280	0.00	0.72	60.0	300	0.0	1	8.0	1.0	9.0	3.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ PATTY	1	60	30	90	0.00	0.36	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
BISCUIT	1 BISCUIT	1	160	0	550	1.00	1.44	40.0	0	0.0	1	8.0	22.0	7.0	4.50	0.00
CALIFORNIA BLEND	1/2 cup	1	25	0	30	2.01	0.36	20.1	1510	21.14	2	1.01	4.03	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1618	240	2991	13.56	6.45	1100.7	4516	354.22	*144	69.61	252.13	37.65	12.48	0.00
% of Calories											*35.5%	17.2%	62.3%	20.9%	6.9%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 11/23/2022																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	1	*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*
Weighted Daily Average			*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*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420										<10.00	

Thu - 11/24/2022																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	1	*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

Nov 1, 2022 thru Nov 30, 2022

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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			750-850		1420											<10.00

Fri - 11/25/2022																
9 - 12 Lunch NO SCHOOL TODAY	Total 1 each	1 1	*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*
Weighted Daily Average % of Calories			*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*
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/28/2022																
9 - 12 Lunch	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	290	55	380	3.00	1.80	100.0	0	0.0	7	10.0	29.99	14.0	3.50	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	391	19	897	6.00	2.58	187.4	228	0.0	4	25.82	41.26	16.33	4.80	0.00
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	0.00
FRENCH FRIES: STRAIGHT CRISP	0.5 CUP/14FRIES	1	89	0	299	0.81	0.58	0.0	0	1.94	0	0.81	16.16	2.42	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	55	0	6	0.00	0.00	0.0	0	0.0	9	0.0	14.38	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	0	0.0	4	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4764	367	7888	54.36	16.80	3481.6	29276	214.47	*276	188.68	658.19	150.13	49.84	0.00
% of Calories											*23.1%	15.8%	55.3%	28.4%	9.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 11/29/2022																
9 - 12 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	274	20	492	2.97	1.98	32.7	152	0.0	10	13.87	24.54	12.88	2.48	0.00
MEATBALLS W/GRAVY	4.2 oz	1	184	34	446	0.86	0.01	1.0	0	0.54	*1	11.08	12.04	10.25	4.11	0.63
BROWN RICE	1/2 cup	1	100	0	285	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	124	0	18	1.86	0.02	8.4	19	0.0	*24	0.0	32.2	0.0	0.00	0.00
BROCCOLI, STEAMED: florets	1/2 cup	1	15	0	15	2.29	0.82	30.5	0	0.0	1	1.52	3.05	0.0	0.00	0.00
FRUIT MIX	1/2 cup	1	72	0	18	0.89	0.00	0.0	179	1.07	16	0.0	17.89	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	954	5.21	3.26	298.0	5856	24.13	*2	28.31	36.4	19.0	7.82	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	725	5.00	2.83	145.0	5704	21.97	*2	19.6	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	998	4.98	3.05	287.8	4899	20.49	*4	23.72	38.85	21.13	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX ESE	2 CUP	1	464	53	957	9.10	4.54	296.9	6229	27.3	*5	25.06	55.71	17.83	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	885	5.48	3.72	310.3	7026	26.86	*2	24.77	37.21	19.77	8.83	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	170	0	370	0.00	0.00	0.0	0	0.0	0	0.0	1.0	18.0	3.00	0.00
DRESSING, FF HONEY MUSTARD	1.5 OZ. POUCH	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	180	0	360	0.00	0.00	0.0	200	0.0	8	0.0	9.0	16.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	60	0	310	0.00	0.00	0.0	0	0.0	3	0.0	3.0	5.0	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	52.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4053	387	8098	40.83	20.46	2706.7	32264	224.35	*188	184.29	448.80	176.77	55.57	0.63
% of Calories											*18.5%	18.2%	44.3%	39.3%	12.3%	0.1%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/30/2022																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	429	67	1041	1.62	3.78	408.5	0	0.21	2	28.82	38.19	17.3	9.12	0.00
BREADSTICK, Garlic	1 each	1	100	0	95	1.00	0.80	0.0	0	0.0	1	1.0	15.0	3.0	0.00	0.00
CHEESEBURGERS	sandwiche	1	386	63	500	3.00	2.90	181.9	152	0.0	2	20.74	26.71	22.36	9.33	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	70	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	54	0	70	2.91	0.53	29.3	13024	5.92	*8	0.0	10.78	0.45	0.19	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	100	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	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	1	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	1	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	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
PROTEIN BENTO BOX	1 EACH	1	572	60	966	8.31	1.53	396.3	5075	12.35	*30	22.36	76.06	18.23	7.04	0.00
YOGURT BENTO BOX	1 EACH	1	600	35	861	9.03	1.45	480.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	2.52	310.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	490	0	157	3.99	1.80	220.0	1001	65.78	61	11.67	101.28	3.33	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	320	53	1083	3.15	2.01	242.0	1274	0.63	6	20.72	35.58	13.26	7.12	0.00
TURKEY AND CHEESE WRAP	wrap	1	353	60	940	3.15	2.00	242.0	1274	0.63	4	27.3	31.41	13.59	6.54	0.00
MAYONNAISE: individual PC	1 PK=12G	1	40	5	80	0.00	0.00	1.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			4754	398	7443	56.19	20.05	3751.8	29502	227.18	*258	203.63	670.41	134.53	56.00	0.00
% of Calories											*21.7%	17.1%	56.4%	25.5%	10.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			3539	309	6376	38.43	*15.36	2660.9	*21203	*214.12	*187	150.54	457.70	123.76	42.54	*0.03
											*47.6%	17.0%	51.7%	31.5%	10.8%	*0.0%

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	3539		750 - 850	416%					2689	Correction Required - Calories too High							
Cholesterol (mg)	309																
Sodium 1 (mg)	6376		1420						4956	Correction Required - Sodium too High							
Sodium 2 (mg)	6376		1080						5296	Correction Required - Sodium too High							
Fiber (g)	38.43																
Iron (mg)	15.36					Missing											
Calcium (mg)	2660.9																
Vitamin A (IU)	21203					Missing											
Sugars (g)	187	21.15%				Missing											
Vitamin C (mg)	214.12					Missing											
Protein (g)	150.54	17.01%															
Carbohydrate (g)	457.70	51.73%															
Total Fat (g)	123.76	31.47%															
Saturated Fat (g)	42.54	10.82%	<10.00%							Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.03	0.01%				Missing											

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