

Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/01/2022																
K- 8 Lunch	Total	1														
BARBECUE	SERVINGS	1	142	46	465	1.01	1.22	27.6	75	0.37	2	16.16	3.03	5.05	2.02	0.00
CORN MUFFIN: IW	1 EACH	1	230	0	180	1.00	0.72	100.0	0	0.0	20	4.0	36.0	7.0	1.50	0.00
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
COLESLAW	1/2 cup	1	88	12	179	1.11	0.22	25.1	400	16.03	6	0.56	8.12	6.05	1.21	*0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	1.92	42.7	0	0.0	13	7.47	32.02	0.53	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
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
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
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
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, 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, 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, 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

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

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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			6387	576	12329	75.56	29.89	4393.0	43565	409.37	*281	266.01	748.20	260.13	84.26	*0.00
% of Calories											*17.6%	16.7%	46.9%	36.7%	11.9%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 12/02/2022																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	336	41	435	3.00	2.34	310.0	0	0.0	6	20.0	27.0	16.0	10.00	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
CHICKEN POPCORN	12 PIECES	1	230	20	350	3.00	2.00	33.0	0	0.0	1	14.0	14.0	13.0	2.50	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
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
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
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
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
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			1984	151	3949	12.29	9.26	2010.8	2529	18.54	*116	100.63	229.88	72.99	28.00	0.00
% of Calories											*23.4%	20.3%	46.4%	33.1%	12.7%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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K- 8 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 - 12/05/2022																
K- 8 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
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
Weighted Daily Average			1399	85	2964	11.66	5.34	1378.8	15774	27.21	*83	68.74	192.28	40.22	19.33	1.00
% of Calories											*23.7%	19.6%	55.0%	25.9%	12.4%	0.6%
Nutrient Guideline			600-650		1230										<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)
Tue - 12/06/2022																
K- 8 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
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 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
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
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

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Weighted Daily Average			6461	612	13090	85.32	34.43	4577.0	48914	203.66	*185	290.99	737.32	271.26	95.95	0.91
% of Calories											*11.4%	18.0%	45.6%	37.8%	13.4%	0.1%
Nutrient Guideline			600-650		1230											<10.00

Wed - 12/07/2022																
	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)
K- 8 Lunch	Total	1														
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
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
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
VEGETABLE SOUP	1 CUP	1	110	0	889	3.57	1.13	25.2	840	10.94	*7	3.03	22.14	1.19	0.00	0.00
APPLE CRISP: CANNED APPLES	1/2 cup	1	223	0	106	3.47	0.47	8.4	38	0.0	*26	2.08	34.64	8.3	3.22	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
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 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
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			2832	161	5872	24.92	*6.05	3070.1	*7409	*67.31	*210	80.55	332.42	134.09	38.00	*0.00
% of Calories											*29.6%	11.4%	46.9%	42.6%	12.1%	*0.0%
Nutrient Guideline			600-650		1230											<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

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/08/2022																
K- 8 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
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
ROLL, DINNER	1 each	1	170	0	210	3.00	1.70	0.0	0	0.0	5	5.0	32.0	2.0	0.00	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 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
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
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	0.0	22	0.0	22.0	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 & CHEESE	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
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
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, 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, 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, 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			6119	579	11545	79.68	36.87	5185.5	62888	384.31	*230	279.07	720.09	245.06	82.57	0.75
% of Calories											*15.0%	18.2%	47.1%	36.0%	12.1%	0.1%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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)
Fri - 12/09/2022																
K- 8 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
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
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
Weighted Daily Average			1367	118	2464	10.18	6.42	1632.7	7331	14.27	*87	71.69	163.37	46.32	17.41	0.00
% of Calories											*25.4%	21.0%	47.8%	30.5%	11.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/12/2022																
K- 8 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 USH'S	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
SALAD, ROMAINE CHOPPE: (1 cup)	1 cup	1	14	0	4	1.74	0.60	18.9	3688	17.3	*N/A*	0.94	2.92	0.0	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
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
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			2294	180	4770	24.75	10.84	1519.3	5488	31.10	*76	101.95	258.63	96.83	18.67	0.00
% of Calories											*13.2%	17.8%	45.1%	38.0%	7.3%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/13/2022																
K- 8 Lunch	Total	1														
CHICKEN, SRIACHA HONEY	servings	1	350	20	1109	2.97	1.98	32.7	610	0.0	28	13.87	44.36	12.88	2.48	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
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
TANGERINE: FRESH	EACH	1	50	0	0	2.00	0.00	40.0	300	27.0	*N/A*	1.0	13.0	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 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
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
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			6165	737	13059	78.48	31.47	3982.4	50111	237.79	*192	272.80	704.23	262.39	90.55	0.00
% of Calories											*12.5%	17.7%	45.7%	38.3%	13.2%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/14/2022																
K- 8 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
ROLL, DINNER	1 each	1	170	0	210	3.00	1.70	0.0	0	0.0	5	5.0	32.0	2.0	0.00	0.00
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
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
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
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
Weighted Daily Average			1776	143	2396	15.44	9.15	2043.3	3717	32.62	*114	73.22	226.12	65.53	17.75	0.75
% of Calories											*25.7%	16.5%	50.9%	33.2%	9.0%	0.4%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/15/2022																
K- 8 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
TOTCHOS W/CHICKEN & CHEESE	entree	1	345	76	1058	0.34	0.76	431.0	117	1.02	0	25.0	26.84	14.18	8.24	0.00
TOSTITO ROUNDS: INDIVIDUAL 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
TATER TOTS	1 serving, 9 tots	1	163	20	415	0.00	0.57	236.2	49	0.0	0	8.96	19.55	4.89	2.85	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
APPLESAUCE: INDIVIDUAL	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
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
SALAD, CHEF DICED HAM/CHEESE	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 & CHEESE	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
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
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, 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, 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, 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

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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			6136	622	12470	70.95	27.56	4681.1	43238	168.88	*185	273.19	679.40	259.42	91.95	0.00
% of Calories											*12.1%	17.8%	44.3%	38.0%	13.5%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 12/16/2022																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	336	41	435	3.00	2.34	310.0	0	0.0	6	20.0	27.0	16.0	10.00	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
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
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
Weighted Daily Average			1736	154	2758	12.99	8.93	2091.9	3631	44.49	*95	97.44	208.07	54.17	23.04	0.00
% of Calories											*21.9%	22.5%	47.9%	28.1%	11.9%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/19/2022																
K- 8 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
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	0	0.0	24	0.0	27.0	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
Weighted Daily Average			1634	124	2781	14.72	5.49	1569.7	15252	15.06	*108	69.62	198.20	61.71	13.98	0.00
% of Calories											*26.4%	17.0%	48.5%	34.0%	7.7%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 12/20/2022																
K- 8 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	319	20	636	2.97	1.98	32.7	305	0.0	19	13.87	35.21	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
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			1245	79	1984	10.05	3.06	1276.7	2503	8.81	*121	60.83	186.65	26.51	8.08	0.63
% of Calories											*38.8%	19.6%	60.0%	19.2%	5.8%	0.5%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 2022

Base Menu Spreadsheet

K- 8 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 - 12/21/2022																
K- 8 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
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
Fruit Roll-Up, Crazy Colors	1 each	1	50	0	55	2.00	*N/A*	*N/A*	*N/A*	15.0	4	0.0	11.0	1.0	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
Weighted Daily Average			979	55	1320	6.99	*2.52	*1538.9	*2699	249.64	107	53.99	151.87	15.50	8.00	0.00
% of Calories											43.7%	22.0%	62.0%	14.2%	7.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			3234	292	6250	35.60	*15.15	*2730.1	*21003	*127.54	*146	144.05	382.45	127.48	42.50	*0.27
											*40.6%	17.8%	47.3%	35.5%	11.8%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3234		600 - 650	498%			2584	Correction Required - Calories too High
Cholesterol (mg)	292							
Sodium 1 (mg)	6250		1230				5020	Correction Required - Sodium too High
Sodium 2 (mg)	6250		935				5315	Correction Required - Sodium too High
Fiber (g)	35.60							
Iron (mg)	15.15				Missing			
Calcium (mg)	2730.1				Missing			
Vitamin A (IU)	21003				Missing			
Sugars (g)	146	18.05%			Missing			
Vitamin C (mg)	127.54				Missing			
Protein (g)	144.05	17.82%						
Carbohydrate (g)	382.45	47.30%						
Total Fat (g)	127.48	35.47%						
Saturated Fat (g)	42.50	11.83%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.27	0.07%			Missing			

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