

Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 08/28/2023																
9 - 12 Lunch	Total	1														
GARLIC CHEESE FRENCHBREAD	1 each	1	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	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
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
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
FROOT JOOCE: BERRY AMERICA	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
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
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	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
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: 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, 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: 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			1947	193	3250	14.03	7.13	2341.2	9143	25.75	*144	107.97	252.62	63.46	28.72	0.00
% of Calories											*29.6%	22.2%	51.9%	29.3%	13.3%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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

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9 - 12 Lunch

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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 - 08/29/2023																
9 - 12 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	199	39	430	0.00	1.83	0.7	71	0.0	*4	16.33	6.45	14.52	6.80	0.91
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
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
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	46	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	120	0	461	5.01	1.80	40.1	0	0.0	1	7.02	22.05	0.5	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
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
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			2185	233	3676	22.34	9.57	1919.4	5812	117.69	*114	117.49	276.59	75.10	35.60	0.91
% of Calories											*20.9%	21.5%	50.6%	30.9%	14.7%	0.4%
Nutrient Guideline			750-850		1420										<10.00	

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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 - 08/30/2023																
9 - 12 Lunch	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/12FRIES	1	110	0	370	1.00	0.30	10.0	0	2.4	0	1.0	20.0	3.0	0.00	0.00
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
APPLES, SPICED	1/2 CUP	1	75	0	17	2.35	0.08	6.0	6	0.0	*13	0.39	14.68	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
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			2055	243	3482	15.39	6.46	1798.4	5311	111.34	*126	95.13	248.98	79.63	28.20	0.00
% of Calories											*24.6%	18.5%	48.5%	34.9%	12.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Thu - 08/31/2023																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH: HS	sandwiche	1	350	60	730	3.00	2.52	60.0	0	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: HS	sandwiche	1	350	55	640	4.00	3.24	40.0	0	0.0	6	25.0	47.0	9.0	1.50	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	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
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	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
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
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	1.08	0.0	0	0.0	*N/A*	*N/A*	10.02	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
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, 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: 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			2506	299	4563	20.59	12.40	1855.6	8355	170.24	*156	*138.99	338.69	75.37	28.00	0.00
% of Calories											*24.9%	*22.2%	54.1%	27.1%	10.1%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Fri - 09/01/2023																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DADDY'S	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
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
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	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
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	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
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
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: 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, 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: 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			2407	263	4099	18.61	7.99	2351.3	11284	111.60	*136	125.70	268.64	98.47	39.22	0.00
% of Calories											*22.5%	20.9%	44.6%	36.8%	14.7%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 09/04/2023																
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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Tue - 09/05/2023																
9 - 12 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	271	25	828	1.00	1.80	40.0	*302	*0.0	20	14.01	38.18	8.0	1.50	0.00
CHOW MEIN NOODLES	1 cup	1	171	18	508	4.02	*N/A*	*N/A*	*N/A*	*N/A*	2	6.03	34.16	1.0	0.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	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	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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			4682	460	9189	55.65	*15.94	*12355.	*35138	*243.86	*202	209.23	542.63	191.30	53.11	0.00
% of Calories											*17.3%	17.9%	46.4%	36.8%	10.2%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/06/2023																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	429	67	1014	1.62	3.78	260.9	0	0.21	2	27.44	39.58	17.3	9.12	0.00
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	0.00
HAMBURGERS	sandwiche	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	110	0	370	1.00	0.30	10.0	0	2.4	0	1.0	20.0	3.0	0.00	0.00
ISP	14FRIES															
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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			6547	529	9245	76.01	29.70	4201.2	*30792	*234.37	*317	265.35	874.75	225.84	88.34	0.00
% of Calories											*19.4%	16.2%	53.4%	31.0%	12.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/07/2023																
9 - 12 Lunch	Total	1														
BARBECUE ON BUN	3.3 oz on bun	1	302	46	725	3.01	2.53	60.2	75	0.37	7	22.16	32.03	8.05	2.52	0.00
CHICKEN BARBECUE ON BUN	3 oz on bun	1	297	105	492	2.00	2.18	183.6	359	0.62	9	24.46	33.41	10.18	2.24	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	70	6	191	1.11	*0.22	*22.7	*400	*16.03	6	0.56	8.12	4.24	0.61	*0.00
TEXAS RANCHERO BEANS: BUSH'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
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
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	1.08	0.0	0	0.0	*N/A*	*N/A*	10.02	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	49	0	84	0.00	0.10	0.0	0	0.0	12	0.0	12.84	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	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CHIEESE	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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

Aug 28, 2023 thru Sep 30, 2023

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			5305	575	10871	56.73	*21.57	*12874.	*35872	*258.62	*203	*251.91	565.76	229.81	63.99	*0.00
% of Calories											*15.3%	*19.0%	42.7%	39.0%	10.9%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 09/08/2023																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	321	31	439	3.00	2.34	310.0	0	9.0	3	20.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
ARROZ CON POLLO (ACP)	entree	1	191	30	635	1.42	1.76	102.6	40	0.71	*1	11.7	24.25	5.08	2.18	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	46	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	50	0	5	0.00	0.00	0.0	0	0.0	8	0.0	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 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	0	0	180	0.00	0.06	0.8	400	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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENT TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			5613	411	8339	68.23	23.11	4397.5	*18135	*244.59	*305	234.40	774.20	180.25	72.65	0.00
% of Calories											*21.7%	16.7%	55.2%	28.9%	11.6%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/11/2023																
9 - 12 Lunch	Total	1														
MAC AND CHEESE, BAKED	9 oz. by w eight	1	487	62	835	1.99	2.01	395.0	360	0.31	*3	22.69	49.08	21.08	13.08	0.00
CHILI CHEESE FRIES	servings	1	258	37	962	2.01	1.38	30.1	820	2.91	1	13.36	26.31	13.74	5.44	0.01
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
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
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 14FRIES	1	110	0	370	1.00	0.30	10.0	0	2.4	0	1.0	20.0	3.0	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
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	0	0	180	0.00	0.06	0.8	400	0.0	0	0.0	0.0	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
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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			6102	442	9137	67.23	21.67	4200.3	*19194	*236.55	*317	225.72	828.88	215.42	80.95	0.01
% of Calories											*20.7%	14.8%	54.3%	31.8%	11.9%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/12/2023																
9 - 12 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	199	39	430	0.00	1.83	0.7	71	0.0	*4	16.33	6.45	14.52	6.80	0.91
TOSTITO ROUNDS: INDIVIDUA L BAG	1 bag 1.4 5 oz	1	200	0	160	3.00	1.00	38.0	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
CHICKEN ENCHILADA EMPAN ADA	1 each	1	300	35	650	3.00	1.80	200.0	*N/A*	*N/A*	4	19.0	32.0	11.0	5.00	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	46	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	120	0	461	5.01	1.80	40.1	0	0.0	1	7.02	22.05	0.5	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	0	0	180	0.00	0.06	0.8	400	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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

Aug 28, 2023 thru Sep 30, 2023

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			4911	462	9764	59.63	*18.91	*12680.	*35695	*256.03	*153	232.17	525.82	214.98	68.00	0.91
% of Calories											*12.5%	18.9%	42.8%	39.4%	12.5%	0.2%
Nutrient Guideline			750-850		1420											<10.00

Wed - 09/13/2023																
9 - 12 Lunch	Total	1														
MEATBALL SUB	subs	1	419	54	772	4.74	2.22	259.8	194	2.93	8	26.31	37.48	17.8	7.32	0.70
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	562	3.00	1.08	50.0	101	36.19	3	11.04	27.01	15.57	5.03	0.50
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	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
APPLE CRISP: CANNED APPLES	1/2 cup	1	223	0	97	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
BLUEBERRY CRISP, FROZEN	1/2 cup	1	196	0	93	2.71	0.63	15.8	36	1.89	*14	1.76	31.79	7.51	2.84	*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 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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENT TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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

Aug 28, 2023 thru Sep 30, 2023

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 % of Calories			6512	432	8774	80.77	*22.34	4029.2	*22900	*298.67	*395 *24.3%	230.57 14.2%	881.07 54.1%	234.60 32.4%	85.07 11.8%	*1.21 *0.2%
Nutrient Guideline			750-850		1420											<10.00

Thu - 09/14/2023																
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
SPAGHETTI, BAKED ROLL, DINNER	1 CUP / 1 each	1	475 / 197	47 / 5	606 / 240	6.87 / 3.00	6.53 / 1.70	779.2 / 0.0	1160 / 0	15.32 / 0.0	*20 / 5	26.88 / 5.0	54.97 / 32.0	20.07 / 4.97	8.45 / 1.21	0.75 / 0.00
CAESAR SALAD: (1 cup)	1 cup	1	79	0	215	2.50	0.51	74.7	3558	14.94	*0	4.82	6.45	4.43	1.51	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
FROOT JOOCE: BERRY AMERI CA	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
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
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	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	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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

Aug 28, 2023 thru Sep 30, 2023

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			4894	469	9064	60.87	*22.57	*13298.	*52380	*182.98	*198	235.41	535.28	209.26	61.48	0.75
% of Calories											*16.2%	19.2%	43.7%	38.5%	11.3%	0.1%
Nutrient Guideline			750-850		1420											<10.00

Fri - 09/15/2023																
9 - 12 Lunch	Total	1														
STUFFED CRUST PEP PIZZA	1 each	1	320	30	820	3.00	2.70	350.0	400	0.0	4	19.0	34.0	12.0	6.00	0.00
CHICKEN DUMPLINGS, TERIYAKI	6 DUMPLINGS	1	363	35	763	2.01	*2.71	*20.1	*N/A*	*N/A*	10	17.86	41.65	7.02	0.50	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
SWEET POTATO WAFFLE FRIES	1/2 cup/1 fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	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
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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			5616	388	8046	66.66	*23.16	*4017.9	*21144	*219.71	*326	221.31	780.58	176.55	65.15	0.00
% of Calories											*23.2%	15.8%	55.6%	28.3%	10.4%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/18/2023																
9 - 12 Lunch	Total	1														
MOZZERELLA STICKS	5 pieces	1	400	30	380	3.00	1.70	430.0	400	0.0	3	19.0	32.0	22.0	8.00	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
CHICKEN, SRIACHA HONEY	6 oz spoodl	1	301	25	1296	1.00	1.80	40.0	*605	*0.0	29	14.01	47.25	8.0	1.50	0.00
BROWN RICE	1/2 cup	1	100	0	188	1.18	0.22	4.1	0	0.0	*0	2.36	21.26	0.89	0.00	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
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	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
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	0	0	180	0.00	0.06	0.8	400	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
Weighted Daily Average			1495	75	2953	10.30	4.30	1435.4	*3644	*118.28	*126	62.43	237.63	34.39	11.00	0.00
% of Calories											*33.8%	16.7%	63.6%	20.7%	6.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/19/2023																
9 - 12 Lunch	Total	1														
CHICKEN FILET SANDWICH: E S/MS	sandwiche	1	350	60	730	3.00	2.52	60.0	0	0.0	5	26.0	42.0	10.0	1.50	0.00
CHICKEN SPICY FILET: ES/MS	sandwiche	1	403	55	727	4.67	3.72	53.3	0	0.0	8	27.0	56.67	10.0	1.67	0.00
GARLIC CHEESE FRENCHBREAD	1 each	1	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	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
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
DELI POTATOES:HERB ROASTED	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
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	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
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
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
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
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	1.08	0.0	0	0.0	*N/A*	*N/A*	10.02	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	0	0	180	0.00	0.06	0.8	400	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CHICKEN	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHICKEN	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHICKEN	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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

Aug 28, 2023 thru Sep 30, 2023

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			5387	522	10530	59.87	*21.04	*12652.	*36848	*272.33	*167 *12.4%	*249.29 *18.5%	570.29 42.3%	243.54 40.7%	64.28 10.7%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/20/2023																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	440	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	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	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
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
APPLES, SPICED	1/2 CUP	1	75	0	17	2.35	0.08	6.0	6	0.0	*13	0.39	14.68	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
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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
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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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

Aug 28, 2023 thru Sep 30, 2023

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			6493	456	9643	78.68	*27.83	*4439.8	*21716	*245.30	*354 *21.8%	232.49 14.3%	845.33 52.1%	249.08 34.5%	79.89 11.1%	0.75 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/21/2023																
9 - 12 Lunch	Total	1														
CHIX & MASHED POTATO BOWL	servings	1	491	56	1372	4.00	2.74	247.3	*486	*15.77	*4	25.14	58.26	20.26	8.40	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	0.00
HAMBURGERS	sandwiche	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	46	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	0	9.73	*0	1.95	16.54	0.97	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
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	0	0	180	0.00	0.06	0.8	400	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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EASE	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHI CKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. PO UCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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			5567	551	10978	57.58	*21.85	*12731.	*36029	*338.91	*182	257.81	594.55	249.62	78.40	0.00
% of Calories											*13.1%	18.5%	42.7%	40.4%	12.7%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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)
Fri - 09/22/2023																
9 - 12 Lunch	Total	1														
BEEF FIESTADA PIZZA	1 each	1	350	25	860	4.00	3.60	250.0	500	0.0	9	17.0	40.0	14.0	6.00	0.00
CHICKEN WINGS	4 wings	1	275	124	327	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	18.33	1.31	22.25	5.89	0.00
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/1 1fries	1	177	0	180	1.00	0.36	20.0	3200	1.2	8	1.0	25.0	8.94	1.21	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
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	0	0	180	0.00	0.06	0.8	400	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	1.08	0.0	0	0.0	*N/A*	*N/A*	10.02	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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwich hes	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			5834	488	8508	68.76	*24.55	*3987.9	*21465	*218.64	*322	*227.20	788.09	202.21	73.83	0.00
% of Calories											*22.1%	*15.6%	54.0%	31.2%	11.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/25/2023																
9 - 12 Lunch	Total	1														
CHICKEN DRUMSTICK, BREAD ED	1 Each	1	220	60	530	1.00	1.44	140.0	0	0.0	0	19.0	6.0	13.0	3.00	0.00
BISCUIT	1 BISCUIT	1	171	0	563	1.01	0.36	20.1	0	0.0	2	4.02	25.15	6.04	3.52	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	361	13	781	5.00	2.52	135.9	152	0.0	6	25.54	35.51	15.56	4.03	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
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	0	9.73	*0	1.95	16.54	0.97	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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENTO BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			5919	421	9113	70.45	21.61	3948.8	*22617	*242.17	*300	234.44	787.18	210.15	71.99	0.00
% of Calories											*20.3%	15.8%	53.2%	32.0%	10.9%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/26/2023																
9 - 12 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	271	25	828	1.00	1.80	40.0	*302	*0.0	20	14.01	38.18	8.0	1.50	0.00
CHOW MEIN NOODLES	1 cup	1	171	18	508	4.02	*N/A*	*N/A*	*N/A*	*N/A*	2	6.03	34.16	1.0	0.00	0.00
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	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	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CH EESE	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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			4682	460	9189	55.65	*15.94	*12355.	*35138	*243.86	*202	209.23	542.63	191.30	53.11	0.00
% of Calories											*17.3%	17.9%	46.4%	36.8%	10.2%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/27/2023																
9 - 12 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	429	67	1014	1.62	3.78	260.9	0	0.21	2	27.44	39.58	17.3	9.12	0.00
ROLL, DINNER	1 each	1	197	5	240	3.00	1.70	0.0	0	0.0	5	5.0	32.0	4.97	1.21	0.00
CHEESEBURGERS	sandwiche	1	392	62	459	2.00	2.52	121.8	152	0.0	5	20.5	29.7	22.52	9.19	0.00
CHEESEBURGER, BACON	sandwich	1	437	72	584	2.00	2.52	121.8	152	0.0	5	23.5	29.7	26.02	10.69	0.00
HAMBURGERS	sandwiche	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	110	0	370	1.00	0.30	10.0	0	2.4	0	1.0	20.0	3.0	0.00	0.00
ISP	14FRIES															
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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			6547	529	9245	76.01	29.70	4201.2	*30792	*234.37	*317	265.35	874.75	225.84	88.34	0.00
% of Calories											*19.4%	16.2%	53.4%	31.0%	12.1%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 - 09/28/2023																
9 - 12 Lunch	Total	1														
BARBECUE ON BUN	3.3 oz on bun	1	302	46	725	3.01	2.53	60.2	75	0.37	7	22.16	32.03	8.05	2.52	0.00
CHICKEN BARBECUE ON BUN	3 oz on bun	1	297	105	492	2.00	2.18	183.6	359	0.62	9	24.46	33.41	10.18	2.24	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	70	6	191	1.11	*0.22	*22.7	*400	*16.03	6	0.56	8.12	4.24	0.61	*0.00
TEXAS RANCHERO BEANS: BUSH'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
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
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	1.08	0.0	0	0.0	*N/A*	*N/A*	10.02	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	49	0	84	0.00	0.10	0.0	0	0.0	12	0.0	12.84	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	947	5.85	1.46	2602.6	5537	24.07	*2	27.82	36.4	17.87	6.68	0.00
SALAD, CHEF CHIX CAESAR	2 CUP	1	312	37	641	5.65	1.25	385.2	5704	21.91	*2	20.25	33.65	11.53	3.91	0.00
SALAD, CHEF DICED HAM/CHICKEN	2 CUP	1	409	65	992	5.63	1.26	2592.5	4580	20.43	*4	23.24	38.85	20.0	8.41	0.00
SALAD, CHEF SOUTHWEST CHICKEN	2 CUP	1	471	53	940	9.81	2.77	2310.3	5956	27.24	*4	25.5	57.13	16.51	6.91	0.00
SALAD, CHEF TURKEY & CHICKEN	2 CUP	1	407	62	878	6.13	1.93	2615.0	6707	26.8	*2	24.29	37.21	18.63	7.70	0.00
SALAD, CHEF, POPCORN CHICKEN	1 CUP	1	449	20	720	8.53	2.83	353.1	4155	19.15	*3	21.63	48.08	19.31	3.50	0.00
DRESSING, CAESAR 1.5 oz	1 OZ. POUCH	1	210	5	400	0.00	0.00	26.0	0	0.0	1	1.0	1.0	23.0	4.00	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	*N/A*	*N/A*	*N/A*	*N/A*	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	2	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

Aug 28, 2023 thru Sep 30, 2023

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 % of Calories			5305	575	10871	56.73	*21.57	*12874.	*35872	*258.62	*203 *15.3%	*251.91 *19.0%	565.76 42.7%	229.81 39.0%	63.99 10.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 09/29/2023																
9 - 12 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	321	31	439	3.00	2.34	310.0	0	9.0	3	20.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
ARROZ CON POLLO (ACP)	entree	1	191	30	635	1.42	1.76	102.6	40	0.71	*1	11.7	24.25	5.08	2.18	0.00
GREEN BEANS	1/2 CUP	1	13	0	272	1.30	0.01	13.4	129	2.34	*1	0.66	2.68	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	70	0	46	2.02	0.37	0.1	201	6.04	*2	2.01	17.11	0.5	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	50	0	5	0.00	0.00	0.0	0	0.0	8	0.0	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 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	0	0	180	0.00	0.06	0.8	400	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	2.09	498.5	302	10.83	*27	18.01	91.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENT TO BOX	1 EACH	1	440	35	441	7.03	1.81	460.5	732	10.83	*23	13.01	68.29	13.0	7.00	0.00
HUMMUS & CHEESE DIP BENT O BOX	1 EACH	1	630	30	885	14.00	3.16	328.0	5100	14.4	*13	19.0	93.0	19.0	7.00	0.00
PARFAIT; STRAWBERRY x 2 HS	1 EACH	1	452	0	179	3.79	1.26	238.0	1001	65.78	56	9.47	90.28	5.83	0.67	0.00
TURKEY AND CHEESE WRAP	wrap	1	383	70	734	4.15	2.00	197.5	1577	0.63	2	28.31	31.4	18.65	9.57	0.00
HAM AND CHEESE WRAP	wrap	1	351	63	878	4.15	2.01	197.5	1577	0.63	4	21.73	35.56	18.32	10.15	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	*N/A*	*N/A*	30	18.03	64.11	32.05	7.01	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			5613	411	8339	68.23	23.11	4397.5	*18135	*244.59	*305 *21.7%	234.40 16.7%	774.20 55.2%	180.25 28.9%	72.65 11.6%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Aug 28, 2023 thru Sep 30, 2023

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 Average			4565	395	7635	51.36	*18.12	*6213.8	*22936	*205.12	*223 *43.9%	*196.60 *17.2%	570.96 50.0%	171.41 33.8%	58.20 11.5%	*0.14 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4565		750 - 850	537%			3715	Correction Required - Calories too High
Cholesterol (mg)	395							
Sodium 1 (mg)	7635		1420				6215	Correction Required - Sodium too High
Sodium 2 (mg)	7635		1080				6555	Correction Required - Sodium too High
Fiber (g)	51.36							
Iron (mg)	18.12				Missing			
Calcium (mg)	6213.8				Missing			
Vitamin A (IU)	22936				Missing			
Sugars (g)	223	19.52%			Missing			
Vitamin C (mg)	205.12				Missing			
Protein (g)	196.60	17.23%			Missing			
Carbohydrate (g)	570.96	50.03%						
Total Fat (g)	171.41	33.79%						
Saturated Fat (g)	58.20	11.47%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.14	0.03%			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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.