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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Tue - 10/01/2024																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	201	39	441	0.00	*1.83	*0.7	*71	*0.0	*4	16.33	6.77	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															
QUESO	1 oz	1	61	15	219	0.03	0.00	100.0	0	0.3	0	3.34	0.65	4.82	2.78	0.01
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 (3oz)	PORTIO	1	29	0	191	0.00	0.00	0.0	0	0.0	3	0.0	5.88	0.0	0.00	0.00
	N CUPS															
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	117	0	450	4.89	1.76	39.1	*N/A*	*N/A*	1	6.85	21.51	0.49	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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
ESE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
ESE																
SALAD, CHEF, POPCORN CHI	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
CKEN																
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
	UCH															
DRESSING, FF HONEY MUSTA	1.5 OZ.	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
RD	POUCH															
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	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

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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Tue - 10/01/2024																
DRESSING, LIGHT ITALIAN	1.5 oz	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
	1.5 OZ. POUCH															
DRESSING, RANCH	1.5 oz	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
	1.5 OZ cup															
Weighted Daily Average			4774	466	10221	66.61	*21.50	*4757.5	*43830	*230.61	*119	236.02	509.60	207.82	66.10	0.91
% of Calories											*10.0%	19.8%	42.7%	39.2%	12.5%	0.2%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 10/02/2024																
K- 8 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	707	4.00	2.16	313.7	607	0.0	2	18.17	26.02	26.35	13.04	0.00
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
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	0	6.01	0	2.0	20.05	3.01	0.00	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
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	191	0	93	3.18	0.53	15.8	36	1.89	*14	1.84	29.54	7.86	2.90	*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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	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 & CHEESE ON CROISSANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00

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# Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

K- 8 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			4060	403	6690	51.00	*21.78	2326.1	*13450	*163.29	*194 *19.1%	196.98 19.4%	495.49 48.8%	159.99 35.5%	68.97 15.3%	*0.50 *0.1%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Thu - 10/03/2024																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	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	606	6.87	6.59	196.7	1252	15.32	*20	27.2	54.97	20.07	8.78	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
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	51	0	66	2.91	0.27	29.3	6	2.45	*8	0.72	10.78	0.94	0.08	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
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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
ESEE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
ESE																
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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	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, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Weighted Daily Average			4843	504	9359	65.15	24.44	4719.5	*47774	*254.62	*180	243.73	526.66	206.77	65.60	0.75
% of Calories											*14.8%	20.1%	43.5%	38.4%	12.2%	0.1%
Nutrient Guideline			600-650		1230											<10.00

Fri - 10/04/2024																
K- 8 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
BUFFALO FISH DIPPERS	3 pieces	1	210	45	380	2.00	1.08	20.0	*N/A*	*N/A*	0	15.0	17.0	10.0	1.00	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
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
MANDARIN ORANGE, CUP	1 Each	1	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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
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
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
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
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			3728	250	5379	58.28	26.27	2931.7	*24026	*166.95	*172	150.36	517.31	115.67	38.73	0.00
% of Calories											*18.4%	16.1%	55.5%	27.9%	9.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

K- 8 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 <sup>1</sup> (g)
Mon - 10/07/2024																
K- 8 Lunch NO SCHOOL TODAY	Total 1 each	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			600-650		1230											<10.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Tue - 10/08/2024																
K- 8 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
TURKEY POT PIE	1 CUP	1	362	56	1050	2.19	1.92	63.6	1393	2.88	*4	29.38	38.98	9.87	3.53	0.00
YAMS: CANDIED	1/2 CUP	1	176	0	54	2.63	0.01	11.2	12	0.0	*30	0.0	37.97	3.56	1.46	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	100	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	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
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	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. PO UCH	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	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	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ.	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Tue - 10/08/2024																
	POUCH															
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			5448	594	11082	66.17	22.03	4347.9	*44364	*222.39	*158	264.88	588.41	239.43	66.17	0.00
% of Calories											*11.6%	19.4%	43.2%	39.6%	10.9%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Wed - 10/09/2024																
K- 8 Lunch	Total	1														
MEATBALLS IN SRIRACHA HO NEY	4.2 oz	1	241	48	900	0.00	8.00	2.0	455	0.0	20	11.77	24.67	10.48	4.02	0.64
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
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
CALIFORNIA BLEND	1/2 cup	1	53	0	36	2.63	0.71	13.2	0	0.0	0	1.98	11.19	0.66	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
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	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00
Weighted Daily Average			3352	455	6763	34.82	24.99	2047.4	*17180	*105.81	*133	177.03	375.64	139.75	51.07	0.64
% of Calories											*15.9%	21.1%	44.8%	37.5%	13.7%	0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Thu - 10/10/2024																
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
WAFFLE; CINNAMON DUTCH	2 oz	1	332	15	330	3.50	1.62	30.0	150	0.0	*12	4.0	39.0	19.0	3.00	0.00
SMASHBURGER ON BUN	1 each	1	401	53	771	3.00	2.88	175.9	352	9.0	10	20.54	37.51	19.56	9.03	0.50
HAMBURGERS	sandwich	1	160	0	260	2.00	1.44	40.0	0	0.0	5	6.0	29.0	3.0	0.50	0.00
TEXAS RANCHERO BEANS: B	1/2 cup	1	108	0	479	4.89	1.76	39.1	*N/A*	*N/A*	0	5.87	19.56	0.49	0.00	0.00
USH'S																
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
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	0	0.0	23	0.0	32.0	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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	0	0.0	12	0.0	13.16	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
ESE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
ESE																
SALAD, CHEF, POPCORN CHI	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
CKEN																
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	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**

**Oct 1, 2024 thru Oct 31, 2024**

Base Menu Spreadsheet

K- 8 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 <sup>1</sup> (g)
Thu - 10/10/2024	UCH															
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	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average % of Calories			5432	535	11200	66.22	23.13	4689.0	*43861	*306.42	*200 *14.7%	245.43 18.1%	608.48 44.8%	233.40 38.7%	68.05 11.3%	0.50 0.1%
Nutrient Guideline			600-650		1230											<10.00

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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Fri - 10/11/2024																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	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
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
PAPAYA MANGO CUP	1 Each	1	60	0	5	1.00	*N/A*	*N/A*	200	18.0	13	1.0	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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
BUFFALO WING SAUCE 1 oz	1 oz	1	37	0	338	0.00	0.83	0.0	0	0.92	0	0.0	0.77	3.83	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	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
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
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
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
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			4633	396	6858	62.79	*25.52	*3290.0	*24226	*173.93	*183	181.30	579.03	176.28	57.45	0.00
% of Calories											*15.8%	15.7%	50.0%	34.2%	11.2%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Mon - 10/14/2024																
K- 8 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
PIRATES BOOTY POPCORN	1 EACH	1	100	0	105	0.00	0.00	20.0	0	0.0	0	2.0	14.0	4.0	1.00	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
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	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	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: 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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			4151	283	6620	55.02	21.70	2716.1	18887	82.38	*153 *14.8%	160.59 15.5%	528.96 51.0%	154.05 33.4%	43.53 9.4%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Tue - 10/15/2024																
K- 8 Lunch	Total	1														
CHICKEN, MANDARIN ORANGE	servings	1	261	25	827	0.00	3.00	50.0	302	0.0	20	14.0	37.17	6.0	1.50	0.00
CHICKEN EGG ROLL	1 each	1	160	35	390	3.00	1.60	40.0	300	7.0	2	10.0	19.0	5.0	1.00	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 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
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	9.01	17	1.0	20.01	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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	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	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ.	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00

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

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

Base Menu Spreadsheet

K- 8 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 <sup>1</sup> (g)
Tue - 10/15/2024	POUCH															
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			4777	532	10129	60.00	21.23	4657.3	*43980	*239.11	*185	224.97	528.80	204.80	61.58	0.00
% of Calories											*15.5%	18.8%	44.3%	38.6%	11.6%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Wed - 10/16/2024																
K- 8 Lunch	Total	1														
BUFFALO CHICKEN PASTA	1-#6scoop	1	428	73	945	1.62	3.78	122.4	457	0.9	2	28.15	36.92	18.61	9.23	0.01
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
LETTUCE & TOMATO: romaine/2 sli	1/4c / 1 slic	1	4	0	1	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
FRENCH FRIES: STRAIGHT CR	0.5 CUP/ 14FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	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
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
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	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	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 & CHEESE ON CROIS SANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00
Weighted Daily Average			4117	533	7787	41.20	26.25	2315.7	*14223	*108.74	*109	233.57	458.51	164.68	69.89	0.01
% of Calories											*10.6%	22.7%	44.5%	36.0%	15.3%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Thu - 10/17/2024																
K- 8 Lunch	Total	1														
BUFFALO FISH DIPPERS	3 pieces	1	210	45	380	2.00	1.08	20.0	*N/A*	*N/A*	0	15.0	17.0	10.0	1.00	0.00
CORN MUFFIN: IW	1 EACH	1	220	20	115	1.00	1.08	20.0	*N/A*	*N/A*	18	2.99	35.94	7.99	1.00	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
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	0	6.01	0	2.0	20.05	3.01	0.00	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
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
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	0	0.0	12	0.0	13.16	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	2 CUP	1	409	65	992	5.63	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
ESE																
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	0.00
ESE																
SALAD, CHEF, POPCORN CHI	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
CKEN																
DRESSING, CAESAR 1.5 oz	1 OZ. PO	1	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	4.00	0.00
	UCH															
DRESSING, FF HONEY MUSTA	1.5 OZ.	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00
RD	POUCH															
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ.	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)	
Thu - 10/17/2024	POUCH																
DRESSING, FRENCH 1.5 oz	1.5 oz pouc	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00	
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00	
Weighted Daily Average			5204	517	10291	62.20	20.59	4823.3	*43759	*227.92	*181	234.54	553.94	235.91	66.01	0.00	
% of Calories											*13.9%	18.0%	42.6%	40.8%	11.4%	0.0%	
Nutrient Guideline			600-650		1230											<10.00	

Fri - 10/18/2024																
K- 8 Lunch	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	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
CHICKEN PARMESAN	1 each	1	296	75	793	1.00	1.38	179.4	0	0.0	2	27.69	17.01	13.37	4.54	0.00
SPAGHETTI NOODLES	0.5 cup	1	114	0	11	1.01	0.91	0.0	0	0.0	1	3.54	21.26	1.92	0.20	0.00
PEAS: FROZEN	1/2 CUP	1	71	0	286	4.28	1.29	14.4	0	0.01	*0	4.98	12.82	0.36	0.00	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
TROPICAL FRUIT SALAD	1/2 cup	1	67	0	6	1.13	0.00	0.0	225	1.35	16	0.0	16.88	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
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
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
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
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
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			4311	311	6280	63.92	25.69	3343.2	23851	156.37	*173 *16.1%	188.15 17.5%	579.80 53.8%	135.40 28.3%	49.52 10.3%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 10/21/2024																
K- 8 Lunch	Total	1														
MAC AND CHEESE, BAKED	9 oz. by weight	1	487	65	701	2.04	2.00	444.0	347	0.69	*3	23.07	47.61	21.79	13.14	0.01
CHICKEN DUMPLINGS TERIYA KI- #3	3 DUMPLINGS	1	185	17	556	0.47	1.16	29.9	0	0.0	13	9.75	28.84	3.66	0.27	0.00
CHICKEN EGG ROLL	1 each	1	160	35	390	3.00	1.60	40.0	300	7.0	2	10.0	19.0	5.0	1.00	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
FRENCH FRIES: STRAIGHT CRISP	0.5 CUP/14FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	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
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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average % of Calories			4159	312	6720	53.86	22.45	2955.0	14511	82.68	*162 *15.6%	156.58 15.1%	561.04 54.0%	139.97 30.3%	48.41 10.5%	0.01 0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Tue - 10/22/2024																
K- 8 Lunch	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	201	39	441	0.00	*1.83	*0.7	*71	*0.0	*4	16.33	6.77	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															
QUESO	1 oz	1	61	15	219	0.03	0.00	100.0	0	0.3	0	3.34	0.65	4.82	2.78	0.01
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
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
SALSA: INDIVIDUAL CUPS (3oz)	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
FIESTA BLACK BEANS: BUSH'S	1/2 cup	1	117	0	450	4.89	1.76	39.1	*N/A*	*N/A*	1	6.85	21.51	0.49	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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	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	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Tue - 10/22/2024																
DRESSING, LIGHT ITALIAN	1.5 oz	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
	1.5 OZ. POUCH															
DRESSING, RANCH	1.5 oz	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
	1.5 OZ cup															
Weighted Daily Average			4774	466	10221	66.61	*21.50	*4757.5	*43830	*230.61	*119	236.02	509.60	207.82	66.10	0.91
% of Calories											*10.0%	19.8%	42.7%	39.2%	12.5%	0.2%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 10/23/2024																
K- 8 Lunch	Total	1														
GRILLED CHEESE SANDWICH	1 sandwich	1	387	51	707	4.00	2.16	313.7	607	0.0	2	18.17	26.02	26.35	13.04	0.00
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
DELI ROASTED POTATOES	0.5 cup	1	120	0	90	2.00	0.72	0.0	0	6.01	0	2.0	20.05	3.01	0.00	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
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	191	0	93	3.18	0.53	15.8	36	1.89	*14	1.84	29.54	7.86	2.90	*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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	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 & CHEESE ON CROISSANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

Base Menu Spreadsheet

K- 8 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			4060	403	6690	51.00	*21.78	2326.1	*13450	*163.29	*194 *19.1%	196.98 19.4%	495.49 48.8%	159.99 35.5%	68.97 15.3%	*0.50 *0.1%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Thu - 10/24/2024																
K- 8 Lunch	Total	1														
CHICKEN CHUNKS: ENTREE	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	606	6.87	6.59	196.7	1252	15.32	*20	27.2	54.97	20.07	8.78	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
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	51	0	66	2.91	0.27	29.3	6	2.45	*8	0.72	10.78	0.94	0.08	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
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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHEESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	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, LIGHT ITALIAN 1.5 oz	1.5 OZ. POUCH	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00
DRESSING, FRENCH 1.5 oz	1.5 oz pouch	1	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	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

Oct 1, 2024 thru Oct 31, 2024

## 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 <sup>1</sup> (g)
Weighted Daily Average			4843	504	9359	65.15	24.44	4719.5	*47774	*254.62	*180	243.73	526.66	206.77	65.60	0.75
% of Calories											*14.8%	20.1%	43.5%	38.4%	12.2%	0.1%
Nutrient Guideline			600-650		1230											<10.00

Fri - 10/25/2024																
K- 8 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
BUFFALO FISH DIPPERS	3 pieces	1	210	45	380	2.00	1.08	20.0	*N/A*	*N/A*	0	15.0	17.0	10.0	1.00	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
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
MANDARIN ORANGE, CUP	1 Each	1	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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
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
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
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
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BENTO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			3728	250	5379	58.28	26.27	2931.7	*24026	*166.95	*172	150.36	517.31	115.67	38.73	0.00
% of Calories											*18.4%	16.1%	55.5%	27.9%	9.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Mon - 10/28/2024																
K- 8 Lunch	Total	1														
FRENCH TOAST STICKS:IW	2 sticks	1	240	10	260	2.00	0.18	210.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SCRAMBLED EGGS	0.25 cup	1	90	155	240	0.00	0.72	30.0	0	0.0	0	5.5	1.5	6.5	1.75	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
CHICKEN, GENERAL TSO'S	6 oz spoodl	1	276	25	1086	0.00	2.98	49.7	305	0.0	29	13.92	46.4	5.96	1.49	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
HASH ROUNDS	1/2 cup	1	111	0	235	2.47	0.37	12.4	*N/A*	*N/A*	0	1.24	18.53	3.09	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
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
YOGURT&CHEESE STICK BEN TO BOX	1 EACH	1	430	35	446	7.03	1.81	310.5	732	10.83	*19	13.01	64.29	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
PBJ BENTO BOX	1 EACH	1	430	0	335	10.00	1.80	40.0	5100	14.4	*14	9.0	64.0	17.0	3.00	0.00
Weighted Daily Average			3864	370	6345	53.00	21.87	2547.3	*13669	*66.60	*190	140.78	579.29	107.96	34.74	0.00
% of Calories											*19.7%	14.6%	60.0%	25.1%	8.1%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 <sup>1</sup> (g)
Tue - 10/29/2024																
K- 8 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
TURKEY POT PIE	1 CUP	1	362	56	1050	2.19	1.92	63.6	1393	2.88	*4	29.38	38.98	9.87	3.53	0.00
YAMS: CANDIED	1/2 CUP	1	176	0	54	2.63	0.01	11.2	12	0.0	*30	0.0	37.97	3.56	1.46	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	0	0.0	*2	2.43	16.99	0.61	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	100	0.0	*N/A*	1.0	19.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	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
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
SALAD, CHEF CHICKEN FAJITA	2 CUP	1	412	70	947	5.85	1.68	563.7	5856	24.07	*2	28.95	36.4	17.87	7.82	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	1.47	553.6	4899	20.43	*4	24.37	38.85	20.0	9.54	0.00
SALAD, CHEF SOUTHWEST CHIX	2 CUP	1	470	53	932	9.63	2.85	562.0	*6129	*24.25	*4	26.56	56.69	16.55	7.88	0.00
SALAD, CHEF TURKEY & CHE ESE	2 CUP	1	407	62	878	6.13	2.14	576.1	7025	26.8	*2	25.42	37.21	18.63	8.83	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	230	40	270	0.00	0.00	26.0	0	0.0	1	1.0	1.0	25.0	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	190	0	290	0.00	0.00	0.0	0	0.0	12	0.0	13.0	15.0	2.50	0.00
DRESSING, LIGHT ITALIAN 1.5 oz	1.5 OZ.	1	15	0	720	0.00	0.00	0.0	0	0.0	1	0.0	1.5	0.75	0.00	0.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

Base Menu Spreadsheet

K- 8 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 <sup>1</sup> (g)
Tue - 10/29/2024																
	POUCH															
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			5448	594	11082	66.17	22.03	4347.9	*44364	*222.39	*158	264.88	588.41	239.43	66.17	0.00
% of Calories											*11.6%	19.4%	43.2%	39.6%	10.9%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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**Pitt County Schools**

**Oct 1, 2024 thru Oct 31, 2024**

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 <sup>1</sup> (g)
Wed - 10/30/2024																
K- 8 Lunch	Total	1														
MEATBALLS IN SRIRACHA HO NEY	4.2 oz	1	241	48	900	0.00	8.00	2.0	455	0.0	20	11.77	24.67	10.48	4.02	0.64
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
MINI CORN DOGS: BAKED (MENU)	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
CALIFORNIA BLEND	1/2 cup	1	53	0	36	2.63	0.71	13.2	0	0.0	0	1.98	11.19	0.66	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
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	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CUP	1	120	10	150	0.00	0.00	0.0	0	0.0	5	0.0	6.0	11.0	1.50	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	40	0	65	0.00	0.00	0.0	0	0.0	8	0.0	10.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	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
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
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
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
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	424	15.15	*2	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	429	16.82	*N/A*	0.89	1.95	0.06	0.01	0.00
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
HAM & CHEESE ON CROISSANT	sandwich	1	313	50	803	3.00	1.83	80.7	*121	*0.0	5	18.95	33.85	15.09	7.25	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 & CHEESE ON CROISSANT	sandwich	1	348	58	650	3.00	1.82	80.7	*121	*0.0	3	25.97	29.4	15.44	6.63	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
CHICKEN SALAD ON CROISSANT	1/2 CUP	1	316	51	646	3.19	4.51	27.3	*41	*0.76	*5	17.79	33.43	13.31	3.95	0.00
Weighted Daily Average			3352	455	6763	34.82	24.99	2047.4	*17180	*105.81	*133	177.03	375.64	139.75	51.07	0.64
% of Calories											*15.9%	21.1%	44.8%	37.5%	13.7%	0.2%
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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

## 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 <sup>1</sup> (g)
Thu - 10/31/2024																
K- 8 Lunch	Total	1														
STUFFED PEPPERONI SANDW ICH, IW	1 EACH	1	300	30	590	3.00	2.70	200.0	400	0.0	1	19.0	31.0	12.0	5.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	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
MANGO PUNCH	BOX (6.7 5 oz)	1	90	0	45	0.00	0.00	0.0	750	60.0	22	0.0	23.0	0.0	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
RICE KRISPIE TREAT: Mini	1 EACH	1	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	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			1370	105	2225	8.00	11.16	1569.0	3150	67.20	122	70.99	193.99	32.50	11.50	0.00
% of Calories											35.6%	20.7%	56.6%	21.3%	7.6%	0.0%
Nutrient Guideline			600-650		1230											<10.00
Weighted Average			4106	402	7541	52.58	*21.77	*3268.0	*27190	*165.12	*155	190.17	486.83	161.86	53.17	*0.22
											*34.0%	18.5%	47.4%	35.5%	11.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4106		600 - 650	632%			3456	Correction Required - Calories too High
Cholesterol (mg)	402							
Sodium 1 (mg)	7541		1230	613%			6311	Correction Required - Sodium too High
Sodium 1a (mg)	7541		1110	679%			6431	Correction Required - Sodium too High
Fiber (g)	52.58							
Iron (mg)	21.77				Missing			
Calcium (mg)	3268.0				Missing			
Vitamin A (IU)	27190				Missing			
Sugars (g)	155	15.11%			Missing			
Vitamin C (mg)	165.12				Missing			
Protein (g)	190.17	18.53%						
Carbohydrate (g)	486.83	47.43%						
Total Fat (g)	161.86	35.48%						
Saturated Fat (g)	53.17	11.66%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.22	0.05%			Missing			

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

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