
Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/01/2024																
9 - 12 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, STREET	1/2 CUP	1	147	15	230	2.64	0.46	117.9	189	0.32	*3	6.15	20.38	5.73	2.92	0.01
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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 & 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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/01/2024																
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. 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, 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			5038	481	10436	67.43	*21.94	*4886.5	*44020	*290.92	*161	239.74	557.99	212.94	69.02	0.92
% of Calories											*12.8%	19.0%	44.3%	38.0%	12.3%	0.2%
Nutrient Guideline			750-850		1420											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/02/2024																
9 - 12 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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
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	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 BENT 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
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
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
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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 5

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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)
Wed - 10/02/2024																
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwiches	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
LETTUCE & TOMATO: romaine/2 slices	1/4c / 1 slice	1	4	0	1	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average			8180	696	12462	103.51	*37.21	4283.4	*26506	*341.26	*410	338.98	1050.5	308.18	116.07	*0.50
% of Calories											*20.0%	16.6%	51.4%	33.9%	12.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/03/2024																
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	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
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	0	0.0	24	1.0	30.0	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
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
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
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
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.	1	50	0	390	1.00	0.00	20.0	0	0.0	8	1.0	12.0	0.0	0.00	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 7

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/03/2024																
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
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
DRESSING, RANCH 1.5 oz	POUCH 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			5414	534	10025	66.15	24.80	4781.6	*47774	*254.62	*234 *17.3%	245.73 18.2%	592.82 43.8%	239.77 39.9%	70.60 11.7%	0.75 0.1%
Nutrient Guideline			750-850		1420											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2024																
9 - 12 Lunch	Total	1														
INDIVIDUAL MEATEATERS PIZZA	1 each	1	318	47	559	4.00	2.88	310.0	0	0.0	7	21.0	33.0	13.0	5.00	0.00
CHICKEN DUMPLINGS TERIYA	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
KI- #3	INGS															
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	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
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
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	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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
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
PEANUT BUTTER & JELLY: DO	2 sandwich	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2024																
UBLE	hes															
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
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
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			7067	690	11594	87.36	38.68	4262.5	*28584	*299.70	*349	332.64	925.50	240.30	90.13	0.00
% of Calories											*19.8%	18.8%	52.4%	30.6%	11.5%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 10/07/2024																
9 - 12 Lunch	Total	1														
NO SCHOOL TODAY	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/08/2024																
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 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
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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	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 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															

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 11

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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 - 10/08/2024																
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. 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, 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			5469	594	11287	64.35	22.24	4347.9	*44481	*290.74	*167 *12.2%	263.12 19.2%	591.50 43.3%	237.27 39.0%	64.54 10.6%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/09/2024																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	440	4.80	5.22	140.5	725	9.37	*11	24.06	42.88	17.82	8.00	0.75
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	0	0.0	1	4.0	24.0	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
TEXAS RANCHERO BEANS: B USH'S	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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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
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	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
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
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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)
Wed - 10/09/2024																
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwiches	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
LETTUCE & TOMATO: romaine/2 slices	1/4c / 1 slice	1	4	0	1	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average % of Calories			7161	693	11461	95.20	39.85	4094.3	*30105	*293.14	*325 *18.2%	334.78 18.7%	937.67 52.4%	244.20 30.7%	94.64 11.9%	0.75 0.1%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/10/2024																
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
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
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
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
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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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 & 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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)
Thu - 10/10/2024																
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. 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, 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			5994	615	11058	64.96	24.43	4742.0	*43813	*357.42	*242 *16.2%	264.98 17.7%	667.02 44.5%	262.55 39.4%	78.90 11.8%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/11/2024																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA DDY'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
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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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
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	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 BENT 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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)
Fri - 10/11/2024																
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
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
PEANUT BUTTER & JELLY: DOUBBLE	2 sandwiches	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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			7921	830	12816	89.39	*36.22	*4587.7	*29884	*281.62	*353	361.72	963.21	308.18	110.55	0.00
% of Calories											*17.8%	18.3%	48.6%	35.0%	12.6%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/14/2024																
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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	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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
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
PEANUT BUTTER & JELLY: DOUBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
LETTUCE & TOMATO: romaine/2 slices	1/4c / 1 slice	1	4	0	1	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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			7218	688	12147	81.98	32.30	4039.5	*23747	*211.91	*304 *16.9%	336.25 18.6%	897.75 49.7%	268.02 33.4%	94.16 11.7%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/15/2024																
9 - 12 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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 & 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. 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, 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

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			4784	522	9581	60.00	21.36	4667.7	*43580	*299.11	*210 *17.5%	224.89 18.8%	553.46 46.3%	193.78 36.5%	60.08 11.3%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/16/2024																
9 - 12 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
FRENCH FRIES: STRAIGHT CR	0.5 CUP/	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	0.00	0.00
ISP	14FRIES															
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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
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	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
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
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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DO	2 sandwic	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)
Wed - 10/16/2024																
UBLE	hes															
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
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
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
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
Weighted Daily Average			7973	801	12983	93.37	41.58	4229.8	*26676	*282.92	*319	374.36	1004.7	287.84	113.48	0.01
% of Calories											*16.0%	18.8%	50.4%	32.5%	12.8%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/17/2024																
9 - 12 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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 & 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 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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)
Thu - 10/17/2024																
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
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
DRESSING, RANCH 1.5 oz	POUCH 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			5391	517	10137	62.20	20.73	4833.7	*43359	*287.92	*223	234.46	598.60	235.89	66.01	0.00
% of Calories											*16.5%	17.4%	44.4%	39.4%	11.0%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/18/2024																
9 - 12 Lunch	Total	1														
FOUR CHEESE PIZZA: BIG DA DDY'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
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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	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
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	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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
TURKEY & CHEESE ON CROIS	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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Page 27

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/18/2024																
SANT																
PEANUT BUTTER & JELLY: DOUBLES	2 sandwiches	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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			7602	745	12421	90.52	36.45	4641.7	*29909	*264.06	*343	368.65	964.32	267.31	102.61	0.00
% of Calories											*18.1%	19.4%	50.7%	31.6%	12.1%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/21/2024																
9 - 12 Lunch	Total	1														
MAC AND CHEESE, BAKED	9 oz. by w eight	1	487	65	701	2.04	2.00	444.0	347	0.69	*3	23.07	47.61	21.79	13.14	0.01
SMASHBURGER WITH ONION RING	1 each	1	420	53	798	3.16	2.97	178.1	352	9.11	10	20.84	39.91	20.57	9.18	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
FRENCH FRIES: STRAIGHT CR ISP	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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	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	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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
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
PEANUT BUTTER & JELLY: DOUBBLE	2 sandwich	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
LETTUCE & TOMATO: romaine/2 slic	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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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			7281	713	12219	80.50	33.26	4346.6	*19423	*214.33	*321 *17.6%	332.32 18.3%	935.90 51.4%	257.86 31.9%	104.95 13.0%	0.51 0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/22/2024																
9 - 12 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, STREET	1/2 CUP	1	147	15	230	2.64	0.46	117.9	189	0.32	*3	6.15	20.38	5.73	2.92	0.01
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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. 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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/22/2024																
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. 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, 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			5038	481	10436	67.43	*21.94	*4886.5	*44020	*290.92	*161	239.74	557.99	212.94	69.02	0.92
% of Calories											*12.8%	19.0%	44.3%	38.0%	12.3%	0.2%
Nutrient Guideline			750-850		1420											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/23/2024																
9 - 12 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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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
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	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 BENT 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
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
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
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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)
Wed - 10/23/2024																
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DOUBLE	2 sandwiches	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
LETTUCE & TOMATO: romaine/2 slices	1/4c / 1 slice	1	4	0	1	0.35	0.11	3.2	602	3.79	*0	0.21	0.78	0.02	0.00	0.00
Weighted Daily Average			8180	696	12462	103.51	*37.21	4283.4	*26506	*341.26	*410	338.98	1050.5	308.18	116.07	*0.50
% of Calories											*20.0%	16.6%	51.4%	33.9%	12.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/24/2024																
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	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
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
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
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	0	0.0	24	1.0	30.0	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
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
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
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
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. 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 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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/24/2024																
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
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
DRESSING, RANCH 1.5 oz	POUCH 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			5539	534	10013	65.87	24.55	4763.4	*47780	*252.17	*256 *18.5%	245.01 17.7%	620.00 44.8%	242.39 39.4%	71.98 11.7%	0.75 0.1%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/25/2024																
9 - 12 Lunch	Total	1														
INDIVIDUAL MEATEATERS PIZZA	1 each	1	318	47	559	4.00	2.88	310.0	0	0.0	7	21.0	33.0	13.0	5.00	0.00
CHICKEN DUMPLINGS TERIYA	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
KI- #3	INGS															
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	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
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
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	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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
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
PEANUT BUTTER & JELLY: DO	2 sandwich	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/25/2024																
UBLE	hes															
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
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
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			7067	690	11594	87.36	38.68	4262.5	*28584	*299.70	*349 *19.8%	332.64 18.8%	925.50 52.4%	240.30 30.6%	90.13 11.5%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/28/2024																
9 - 12 Lunch	Total	1														
GARLIC CHEESE FRENCHBRE AD	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
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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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	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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	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
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
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
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
Weighted Daily Average			6925	640	12032	79.32	33.28	3938.2	*19229	*196.13	*321	321.20	921.37	235.97	91.12	0.00
% of Calories											*18.5%	18.6%	53.2%	30.7%	11.8%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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

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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)
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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/29/2024																
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 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
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
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
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
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	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 & 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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/29/2024																
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. 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, 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			5507	594	11081	65.97	22.50	4363.8	*44358	*290.85	*174 *12.6%	263.18 19.1%	599.61 43.6%	238.21 38.9%	64.63 10.6%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/30/2024																
9 - 12 Lunch	Total	1														
BEEFARONI	1 CUP	1	399	43	440	4.80	5.22	140.5	725	9.37	*11	24.06	42.88	17.82	8.00	0.75
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	0	0.0	1	4.0	24.0	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
TEXAS RANCHERO BEANS: B USH'S	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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	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
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	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
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
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
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
HAM & CHEESE ON SUB	sandwich	1	263	50	883	3.00	2.19	160.7	121	0.0	4	19.95	29.85	9.59	4.25	0.00

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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 - 10/30/2024																
TURKEY & CHEESE ON SUB	sandwich	1	158	58	460	0.00	0.38	60.7	121	0.0	0	20.97	0.4	8.44	3.63	0.00
PEANUT BUTTER & JELLY: DO UBLE	2 sandwic hes	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
LETTUCE & TOMATO: romaine/2 slic	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
Weighted Daily Average			7161	693	11461	95.20	39.85	4094.3	*30105	*293.14	*325	334.78	937.67	244.20	94.64	0.75
% of Calories											*18.2%	18.7%	52.4%	30.7%	11.9%	0.1%
Nutrient Guideline			750-850		1420											<10.00

	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 - 10/31/2024																
9 - 12 Lunch	Total	1														
STUFFED PEPPERONI SANDWICH, 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
PEANUT BUTTER & JELLY: DO UBLE	1 Each	1	591	0	531	7.01	2.70	60.1	0	0.0	26	18.03	64.11	32.05	7.01	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
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
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	0	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ cup	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
Weighted Daily Average			2041	75	2371	14.01	5.96	1530.3	8150	133.20	*183	71.02	281.09	70.55	17.01	0.00
% of Calories											*35.9%	13.9%	55.1%	31.1%	7.5%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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

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Pitt County Schools

Oct 1, 2024 thru Oct 31, 2024

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			6085	588	10525	73.24	*28.44	*4124.6	*31765	*263.74	*267 *39.5%	278.18 18.3%	744.95 49.0%	232.86 34.4%	80.41 11.9%	*0.23 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	6085		750 - 850	716%			5235	Correction Required - Calories too High
Cholesterol (mg)	588							
Sodium 1 (mg)	10525		1420	741%			9105	Correction Required - Sodium too High
Sodium 1a (mg)	10525		1280	822%			9245	Correction Required - Sodium too High
Fiber (g)	73.24							
Iron (mg)	28.44				Missing			
Calcium (mg)	4124.6				Missing			
Vitamin A (IU)	31765				Missing			
Sugars (g)	267	17.55%			Missing			
Vitamin C (mg)	263.74				Missing			
Protein (g)	278.18	18.29%						
Carbohydrate (g)	744.95	48.97%						
Total Fat (g)	232.86	34.44%						
Saturated Fat (g)	80.41	11.89%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.23	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

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