

	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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**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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 2

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/16/2025																
SF Bag Lunch Summer Men	Total	2														
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
PIZZA ANYTIMERS KIT	kits	1	175	20	440	2.00	0.90	225.0	200	4.5	3	7.5	17.5	7.5	3.50	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00

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

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/16/2025																
Weighted Daily Average % of Calories			2310	223	4403	17.00	*14.73	*1461.4	*7388	*75.07	*128 *22.1%	91.48 15.8%	278.26 48.2%	93.32 36.4%	27.17 10.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 06/17/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	POUCH 1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131 *21.1%	98.99 15.9%	295.76 47.6%	100.82 36.5%	30.67 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/18/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/19/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/23/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/24/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/25/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 06/26/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

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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 - 06/30/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
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Pitt County Schools

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Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

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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 - 07/01/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2365	243	4733	18.00	*14.91	*1586.4	*7558	*79.57	*125 *21.1%	97.99 16.6%	276.76 46.8%	96.82 36.9%	29.67 11.3%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/02/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2365	243	4733	18.00	*14.91	*1586.4	*7558	*79.57	*125 *21.1%	97.99 16.6%	276.76 46.8%	96.82 36.9%	29.67 11.3%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/03/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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 - 07/07/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/08/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/09/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/10/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 18

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/14/2025																
SF Bag Lunch Summer Men	Total	2														
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
PIZZA ANYTIMERS KIT	kits	1	175	20	440	2.00	0.90	225.0	200	4.5	3	7.5	17.5	7.5	3.50	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00

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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 - 07/14/2025																
Weighted Daily Average % of Calories			2310	223	4403	17.00	*14.73	*1461.4	*7388	*75.07	*128 *22.1%	91.48 15.8%	278.26 48.2%	93.32 36.4%	27.17 10.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/15/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	POUCH 1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131 *21.1%	98.99 15.9%	295.76 47.6%	100.82 36.5%	30.67 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/16/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/17/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 22

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/21/2025																
SF Bag Lunch Summer Men	Total	2														
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
PIZZA ANYTIMERS KIT	kits	1	175	20	440	2.00	0.90	225.0	200	4.5	3	7.5	17.5	7.5	3.50	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/21/2025																
Weighted Daily Average % of Calories			2310	223	4403	17.00	*14.73	*1461.4	*7388	*75.07	*128 *22.1%	91.48 15.8%	278.26 48.2%	93.32 36.4%	27.17 10.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/22/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	POUCH 1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131 *21.1%	98.99 15.9%	295.76 47.6%	100.82 36.5%	30.67 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 24

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/23/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/24/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
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)
Mon - 07/28/2025																
SF Bag Lunch Summer Men	Total	2														
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
PIZZA ANYTIMERS KIT	kits	1	175	20	440	2.00	0.90	225.0	200	4.5	3	7.5	17.5	7.5	3.50	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
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	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 - 07/28/2025																
Weighted Daily Average % of Calories			2310	223	4403	17.00	*14.73	*1461.4	*7388	*75.07	*128 *22.1%	91.48 15.8%	278.26 48.2%	93.32 36.4%	27.17 10.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/29/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	POUCH 1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131 *21.1%	98.99 15.9%	295.76 47.6%	100.82 36.5%	30.67 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	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 - 07/30/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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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 - 07/31/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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 - 08/04/2025																
SF Bag Lunch Summer Men	Total	2														
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
PIZZA ANYTIMERS KIT	kits	1	175	20	440	2.00	0.90	225.0	200	4.5	3	7.5	17.5	7.5	3.50	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00
HAM & CHEESE ON BUN	1 sandwich	1	139	28	410	1.00	1.16	67.2	47	0.48	*2	10.7	15.38	4.73	1.68	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	158	24	336	1.00	0.81	95.9	152	0.0	2	10.79	15.01	7.18	3.16	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	175	25	390	1.50	4.05	75.0	0	0.0	4	9.5	16.0	8.0	2.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	30	0	8	0.50	0.00	0.0	0	0.0	6	0.0	7.0	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	55	0	0	1.00	0.00	0.0	0	0.0	12	0.0	13.5	0.0	0.00	0.00
MANGO PUNCH	BOX (6.7 5 oz)	1	45	0	23	0.00	0.00	0.0	375	30.0	11	0.0	11.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ)	2.6 oz bag	1	15	0	27	1.00	0.00	0.0	2500	3.0	*N/A*	0.0	3.5	0.0	0.00	0.00
GRAHAMS, Vanilla Chat	1 each	1	60	0	53	0.50	0.36	0.0	0	0.0	4	0.5	10.5	2.0	0.50	0.00
GOLDFISH CRACKERS	1 each	1	50	3	85	0.50	0.18	10.0	0	0.0	*N/A*	1.5	7.0	1.75	0.50	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	60	0	55	0.50	0.36	50.0	15	0.0	3	0.5	9.5	2.0	0.50	0.00
MILK: 1% WHITE	1 cup	1	55	5	65	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK: CHOCOLATE SKIM	1 cup	1	60	3	90	0.00	0.00	150.0	250	0.6	9	4.0	10.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	15	3	43	0.00	0.00	0.0	0	0.0	0	0.0	0.5	1.5	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	40	3	115	0.00	0.00	0.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	105	10	155	0.00	0.00	20.0	0	0.0	1	0.5	1.5	11.0	1.75	0.00
DRESSING, RANCH FF 12gm	1 each	1	5	0	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	1.0	0.0	0.00	0.00

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/04/2025																
Weighted Daily Average % of Calories			2310	223	4403	17.00	*14.73	*1461.4	*7388	*75.07	*128 *22.1%	91.48 15.8%	278.26 48.2%	93.32 36.4%	27.17 10.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 08/05/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ.	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
	POUCH															
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131 *21.1%	98.99 15.9%	295.76 47.6%	100.82 36.5%	30.67 11.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/06/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Bag Lunch Summer Menu

Generated on: 6/23/2025 7:45:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/07/2025																
SF Bag Lunch Summer Men	Total	1														
HAM & CHEESE ON BUN	1 sandwich	1	278	55	820	2.00	2.31	134.5	94	0.97	*5	21.4	30.75	9.46	3.36	0.00
TURKEY AND CHEESE ON BUN	1 sandwich	1	316	48	673	2.00	1.62	191.9	304	0.0	5	21.59	30.01	14.36	6.31	0.00
PIZZA ANYTIMERS KIT	kits	1	350	40	880	4.00	1.80	450.0	400	9.0	7	15.0	35.0	15.0	7.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	350	50	780	3.00	8.10	150.0	0	0.0	8	19.0	32.0	16.0	5.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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
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)	2.6 oz bag	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
GRAHAMS, Vanilla Chat	1 each	1	120	0	105	1.00	0.72	0.0	0	0.0	8	1.0	21.0	4.0	1.00	0.00
GOLDFISH CRACKERS	1 each	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	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
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
DRESSING, LITE RANCH 1 oz cup	1 oz cup	1	80	5	230	0.00	0.00	0.0	10	0.0	2	0.0	4.0	7.0	1.00	0.00
DRESSING, RANCH 1.5 oz	1.5 OZ. POUCH	1	210	20	310	0.00	0.00	40.0	0	0.0	1	1.0	3.0	22.0	3.50	0.00
DRESSING, RANCH FF 12gm	1 each	1	10	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			2485	243	4843	19.00	*15.63	*1686.4	*7588	*79.57	*131	98.99	295.76	100.82	30.67	0.00
% of Calories											*21.1%	15.9%	47.6%	36.5%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			2450	240	4767	18.62	*15.44	*1645.0	*7555	*78.86	*130	97.75	291.84	99.40	30.06	0.00
											*47.8%	16.0%	47.7%	36.5%	11.0%	0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	2450		600 - 650	377%			1800	Correction Required - Calories too High									
Cholesterol (mg)	240																
Sodium 1 (mg)	4767		1230	388%			3537	Correction Required - Sodium too High									
Sodium 1a (mg)	4767		1110	429%			3657	Correction Required - Sodium too High									
Fiber (g)	18.62																
Iron (mg)	15.44				Missing												
Calcium (mg)	1645.0				Missing												
Vitamin A (IU)	7555				Missing												
Sugars (g)	130	21.24%			Missing												
Vitamin C (mg)	78.86				Missing												
Protein (g)	97.75	15.96%															
Carbohydrate (g)	291.84	47.65%															
Total Fat (g)	99.40	36.52%															
Saturated Fat (g)	30.06	11.04%	<10.00%					Correction Required - Sat. Fat too High									
Trans Fat ¹ (g)	0.00	0.00%															

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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