

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Lunch Menu

Generated on: 6/23/2025 7:42:33 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 Lunch Menu	Total	1														
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
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															
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	0.0	22	0.0	22.0	0.0	0.00	0.00
MILK: 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
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
Weighted Daily Average			872	82	1414	3.00	3.18	751.8	1152	9.60	61	37.49	109.70	31.02	10.69	0.00
% of Calories											28.0%	17.2%	50.3%	32.0%	11.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 06/17/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
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
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	0.00	0.00
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
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
Weighted Daily Average			931	106	1289	9.41	*3.65	*879.5	*1727	*9.60	*51	46.01	109.30	33.09	13.39	0.00
% of Calories											*21.9%	19.8%	47.0%	32.0%	12.9%	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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SF Lunch 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)
Wed - 06/18/2025																
SF Lunch Menu	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
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
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			765	75	893	7.61	2.16	730.6	1012	70.57	*83	26.94	126.74	16.01	5.44	0.00
% of Calories											*43.4%	14.1%	66.3%	18.8%	6.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
Thu - 06/19/2025																
SF Lunch Menu	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	0.00	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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			951	76	1359	9.93	3.72	1302.6	1006	21.65	*53	53.83	115.39	28.93	14.53	0.00
% of Calories											*22.4%	22.6%	48.5%	27.4%	13.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Mon - 06/23/2025																
SF Lunch Menu	Total	1														
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	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
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
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
Weighted Daily Average			761	50	1341	6.00	2.89	626.4	1101	45.79	61	28.04	111.00	22.08	7.53	0.50
% of Calories											32.1%	14.7%	58.4%	26.1%	8.9%	0.6%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 06/24/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS, RF: IND BAG	1 bag 0.8 75 oz	1	120	0	100	2.00	0.00	0.0	*N/A*	*N/A*	0	2.0	18.0	4.5	0.50	0.00
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	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: 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
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
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
Weighted Daily Average			829	106	1245	8.91	*3.05	*870.7	*1833	*12.00	*42	42.75	94.22	30.14	12.89	0.00
% of Calories											*20.1%	20.6%	45.5%	32.7%	14.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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SF Lunch Menu

Weighted Values - Detailed

Page 4

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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 - 06/25/2025																
SF Lunch Menu	Total	1														
CHICKEN POPCORN	10 PIECES	1	170	25	540	0.00	3.00	50.0	0	0.0	2	14.0	16.0	6.0	1.50	0.00
BISCUIT	1 BISCUIT	1	171	0	563	1.01	0.36	20.1	0	0.0	2	4.02	25.15	6.04	3.52	0.00
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
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
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
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	0	0.0	7	0.0	9.11	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			889	50	1955	4.30	3.73	703.4	1129	71.72	*77	35.68	127.87	25.54	8.02	0.00
% of Calories											*34.8%	16.0%	57.5%	25.8%	8.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 06/26/2025																
SF Lunch Menu	Total	1														
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			635	45	1026	4.35	1.88	925.0	1406	3.60	*52	36.38	82.67	15.71	8.00	0.00
% of Calories											*32.8%	22.9%	52.1%	22.3%	11.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Mon - 06/30/2025																
SF Lunch Menu	Total	1														
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
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															
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
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
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
Weighted Daily Average			892	82	1414	5.00	2.82	731.8	1152	9.60	63	37.49	114.70	31.02	10.69	0.00
% of Calories											28.3%	16.8%	51.5%	31.3%	10.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/01/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
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
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	0.00	0.00
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
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
Weighted Daily Average			931	106	1289	9.41	*3.65	*879.5	*1727	*9.60	*51	46.01	109.30	33.09	13.39	0.00
% of Calories											*21.9%	19.8%	47.0%	32.0%	12.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Wed - 07/02/2025																
SF Lunch Menu	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
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
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			765	75	893	7.61	2.16	730.6	1012	70.57	*83	26.94	126.74	16.01	5.44	0.00
% of Calories											*43.4%	14.1%	66.3%	18.8%	6.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
Thu - 07/03/2025																
SF Lunch Menu	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	0.00	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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			951	76	1359	9.93	3.72	1302.6	1006	21.65	*53	53.83	115.39	28.93	14.53	0.00
% of Calories											*22.4%	22.6%	48.5%	27.4%	13.7%	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 Lunch Menu

Generated on: 6/23/2025 7:42:33 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 - 07/07/2025																
SF Lunch Menu	Total	1														
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	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
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
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
Weighted Daily Average			761	50	1341	6.00	2.89	626.4	1101	45.79	61	28.04	111.00	22.08	7.53	0.50
% of Calories											32.1%	14.7%	58.4%	26.1%	8.9%	0.6%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/08/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS, RF: IND BAG	1 bag 0.8 75 oz	1	120	0	100	2.00	0.00	0.0	*N/A*	*N/A*	0	2.0	18.0	4.5	0.50	0.00
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	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: 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
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
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
Weighted Daily Average			829	106	1245	8.91	*3.05	*870.7	*1833	*12.00	*42	42.75	94.22	30.14	12.89	0.00
% of Calories											*20.1%	20.6%	45.5%	32.7%	14.0%	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 - 07/09/2025																
SF Lunch Menu	Total	1														
CHICKEN POPCORN	10 PIECES	1	170	25	540	0.00	3.00	50.0	0	0.0	2	14.0	16.0	6.0	1.50	0.00
BISCUIT	1 BISCUIT	1	171	0	563	1.01	0.36	20.1	0	0.0	2	4.02	25.15	6.04	3.52	0.00
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
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
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
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	0	0.0	7	0.0	9.11	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			889	50	1955	4.30	3.73	703.4	1129	71.72	*77	35.68	127.87	25.54	8.02	0.00
% of Calories											*34.8%	16.0%	57.5%	25.8%	8.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 07/10/2025																
SF Lunch Menu	Total	1														
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			635	45	1026	4.35	1.88	925.0	1406	3.60	*52	36.38	82.67	15.71	8.00	0.00
% of Calories											*32.8%	22.9%	52.1%	22.3%	11.3%	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)
Mon - 07/14/2025																
SF Lunch Menu	Total	1														
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
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															
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	0.0	22	0.0	22.0	0.0	0.00	0.00
MILK: 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
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
Weighted Daily Average			872	82	1414	3.00	3.18	751.8	1152	9.60	61	37.49	109.70	31.02	10.69	0.00
% of Calories											28.0%	17.2%	50.3%	32.0%	11.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/15/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
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
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	0.00	0.00
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
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
Weighted Daily Average			931	106	1289	9.41	*3.65	*879.5	*1727	*9.60	*51	46.01	109.30	33.09	13.39	0.00
% of Calories											*21.9%	19.8%	47.0%	32.0%	12.9%	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 Lunch Menu

Generated on: 6/23/2025 7:42:33 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 - 07/16/2025																
SF Lunch Menu	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
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
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			765	75	893	7.61	2.16	730.6	1012	70.57	*83	26.94	126.74	16.01	5.44	0.00
% of Calories											*43.4%	14.1%	66.3%	18.8%	6.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
Thu - 07/17/2025																
SF Lunch Menu	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	0.00	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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			951	76	1359	9.93	3.72	1302.6	1006	21.65	*53	53.83	115.39	28.93	14.53	0.00
% of Calories											*22.4%	22.6%	48.5%	27.4%	13.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pitt County Schools

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Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Lunch Menu

Generated on: 6/23/2025 7:42:34 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 Lunch Menu	Total	1														
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	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
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
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
Weighted Daily Average			761	50	1341	6.00	2.89	626.4	1101	45.79	61	28.04	111.00	22.08	7.53	0.50
% of Calories											32.1%	14.7%	58.4%	26.1%	8.9%	0.6%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/22/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS, RF: IND BAG	1 bag 0.8 75 oz	1	120	0	100	2.00	0.00	0.0	*N/A*	*N/A*	0	2.0	18.0	4.5	0.50	0.00
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	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: 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
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
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
Weighted Daily Average			829	106	1245	8.91	*3.05	*870.7	*1833	*12.00	*42	42.75	94.22	30.14	12.89	0.00
% of Calories											*20.1%	20.6%	45.5%	32.7%	14.0%	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 - 07/23/2025																
SF Lunch Menu	Total	1														
CHICKEN POPCORN	10 PIECES	1	170	25	540	0.00	3.00	50.0	0	0.0	2	14.0	16.0	6.0	1.50	0.00
BISCUIT	1 BISCUIT	1	171	0	563	1.01	0.36	20.1	0	0.0	2	4.02	25.15	6.04	3.52	0.00
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
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
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
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	0	0.0	7	0.0	9.11	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			889	50	1955	4.30	3.73	703.4	1129	71.72	*77	35.68	127.87	25.54	8.02	0.00
% of Calories											*34.8%	16.0%	57.5%	25.8%	8.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 07/24/2025																
SF Lunch Menu	Total	1														
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			635	45	1026	4.35	1.88	925.0	1406	3.60	*52	36.38	82.67	15.71	8.00	0.00
% of Calories											*32.8%	22.9%	52.1%	22.3%	11.3%	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)
Mon - 07/28/2025																
SF Lunch Menu	Total	1														
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
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															
FROOT JOOCE: CHERRYMOJI	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	0	0.0	22	0.0	22.0	0.0	0.00	0.00
MILK: 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
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
Weighted Daily Average			872	82	1414	3.00	3.18	751.8	1152	9.60	61	37.49	109.70	31.02	10.69	0.00
% of Calories											28.0%	17.2%	50.3%	32.0%	11.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 07/29/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS: INDIVIDUA	1 bag 1.4	1	200	0	160	3.00	1.00	38.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
L BAG	5 oz															
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
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
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	0.00	0.00
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
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
Weighted Daily Average			931	106	1289	9.41	*3.65	*879.5	*1727	*9.60	*51	46.01	109.30	33.09	13.39	0.00
% of Calories											*21.9%	19.8%	47.0%	32.0%	12.9%	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 Lunch Menu

Generated on: 6/23/2025 7:42:34 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 Lunch Menu	Total	1														
MINI CORN DOGS: BAKED (ME NU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	0	1.19	1	9.95	29.84	9.95	2.49	0.00
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
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			765	75	893	7.61	2.16	730.6	1012	70.57	*83	26.94	126.74	16.01	5.44	0.00
% of Calories											*43.4%	14.1%	66.3%	18.8%	6.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 07/31/2025																
SF Lunch Menu	Total	1														
CHEESE PIZZA: Whole Grain 4X6	slice	1	320	35	460	3.00	1.44	300.0	0	9.0	1	19.0	29.0	14.0	7.00	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	298	26	512	3.02	2.01	373.2	0	9.05	3	18.11	29.17	12.07	6.04	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	0.00	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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			951	76	1359	9.93	3.72	1302.6	1006	21.65	*53	53.83	115.39	28.93	14.53	0.00
% of Calories											*22.4%	22.6%	48.5%	27.4%	13.7%	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 Lunch Menu

Generated on: 6/23/2025 7:42:34 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																
SF Lunch Menu	Total	1														
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	291	35	471	3.00	2.59	16.4	101	36.19	3	11.04	27.01	16.58	6.03	0.50
FRENCH FRIES: STRAIGHT CR ISP	0.5 CUP/ 12FRIES	1	110	0	380	1.00	0.30	10.0	0	6.0	0	1.0	20.0	3.0	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
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
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
Weighted Daily Average			761	50	1341	6.00	2.89	626.4	1101	45.79	61	28.04	111.00	22.08	7.53	0.50
% of Calories											32.1%	14.7%	58.4%	26.1%	8.9%	0.6%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 08/05/2025																
SF Lunch Menu	Total	1														
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*43	*0.0	4	16.86	6.65	13.65	4.82	0.00
TOSTITO ROUNDS, RF: IND BAG	1 bag 0.8 75 oz	1	120	0	100	2.00	0.00	0.0	*N/A*	*N/A*	0	2.0	18.0	4.5	0.50	0.00
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	285	0.0	0	7.09	1.01	9.11	6.08	0.00
CARROTS: STEAM FRZ CRINK LE CUT	1/2 CUP	1	44	0	61	2.91	0.27	29.3	6	0.0	*7	0.72	10.21	0.36	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: 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
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
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
Weighted Daily Average			829	106	1245	8.91	*3.05	*870.7	*1833	*12.00	*42	42.75	94.22	30.14	12.89	0.00
% of Calories											*20.1%	20.6%	45.5%	32.7%	14.0%	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 Lunch Menu	Total	1														
CHICKEN POPCORN	10 PIECES	1	170	25	540	0.00	3.00	50.0	0	0.0	2	14.0	16.0	6.0	1.50	0.00
BISCUIT	1 BISCUIT	1	171	0	563	1.01	0.36	20.1	0	0.0	2	4.02	25.15	6.04	3.52	0.00
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
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
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
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	0	0.0	7	0.0	9.11	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			889	50	1955	4.30	3.73	703.4	1129	71.72	*77	35.68	127.87	25.54	8.02	0.00
% of Calories											*34.8%	16.0%	57.5%	25.8%	8.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 08/07/2025																
SF Lunch Menu	Total	1														
CHEESE STIX	2 sticks	1	290	30	500	2.00	1.80	300.0	400	0.0	5	19.0	28.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ CUP	0.5 cup	1	40	0	200	0.00	0.00	19.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
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
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			635	45	1026	4.35	1.88	925.0	1406	3.60	*52	36.38	82.67	15.71	8.00	0.00
% of Calories											*32.8%	22.9%	52.1%	22.3%	11.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			830	74	1315	6.75	*3.02	*848.1	*1296	*30.57	*60	38.39	109.77	25.31	10.06	0.06
											*65.2%	18.5%	52.9%	27.5%	10.9%	0.1%

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	830		600 - 650	128%			180	Correction Required - Calories too High									
Cholesterol (mg)	74																
Sodium 1 (mg)	1315		1230	107%			85	Correction Required - Sodium too High									
Sodium 1a (mg)	1315		1110	118%			205	Correction Required - Sodium too High									
Fiber (g)	6.75																
Iron (mg)	3.02				Missing												
Calcium (mg)	848.1				Missing												
Vitamin A (IU)	1296				Missing												
Sugars (g)	60	28.98%			Missing												
Vitamin C (mg)	30.57				Missing												
Protein (g)	38.39	18.51%			Missing												
Carbohydrate (g)	109.77	52.92%															
Total Fat (g)	25.31	27.46%															
Saturated Fat (g)	10.06	10.92%	<10.00%							Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.06	0.07%															

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