Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)

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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9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/01/2026																	
9 - 12 Lunch	Total	1															
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0.00	*N/A*	20.0	13.0	7.0	1.00	0.00
TERIYAKI BEEF DIPPERS	4 NUGGETS	1	210	45	360	1.00	1.00	20.0	*N/A*	1.2	7.00	*N/A*	12.0	10.0	13.0	5.00	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5.00	*4.00	5.0	32.0	5.96	1.80	0.00
COLLARDS	1/2 cup	1	43	0	113	2.37	1.29	177.9	*N/A*	0.04	*0.00	*N/A*	2.37	3.58	0.82	0.37	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	130	0	18	1.80	0.00	7.2	*N/A*	0.0	*22.90	*10.71	0.0	33.34	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24.00	*N/A*	0.0	27.0	0.0	0.00	0.00
FROOT JOOCE: CHERRYMOJ	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	*N/A*	0.0	0.00	*N/A*	0.0	22.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CU	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6.00	*N/A*	0.0	6.0	13.0	2.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12.15	*N/A*	0.0	13.16	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00

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Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/01/2026																	
UN	h																
TURKEY & CHEESE ON CROISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
Weighted Daily Average			3352	331	4779	40.30	*13.78	*2019.3	*N/A*	*121.96	*196.27	*14.71	160.18	484.22	90.60	31.92	0.00
% of Calories											*23.4%	*1.8%	19.1%	57.8%	24.3	8.6%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/02/2026																	
9 - 12 Lunch	Total	1															
PIZZA BIG DADDY 4 - CHEES	5.13 OZ	1	350	45	470	3.00	2.00	390.0	*N/A*	*N/A*	2.00	*N/A*	19.0	34.0	17.0	0.00	0.00
Pizza Big Daddy Beef, Trk,Pep	1 each	1	350	45	560	3.00	1.80	250.0	*N/A*	0.0	5.00	1.00	20.0	31.0	16.0	8.00	0.00
PORK RIB SANDWICH	1 sandwic	1	391	30	942	3.00	3.61	80.0	*N/A*	2.41	26.13	*N/A*	18.0	55.14	13.0	4.00	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	*N/A*	2.45	0.00	*N/A*	1.02	16.37	2.56	0.00	0.00
CALIFORNIA BLEND W/CHE ESE	1/2 cup	1	98	9	224	2.63	0.71	104.6	*N/A*	0.0	0.00	*N/A*	4.72	12.11	3.86	2.06	0.00
APPLESAUCE, STRAWBERR	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINK S (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/02/2026																	
Weighted Daily Average			4435	709	5130	55.27	*18.17	*3565.5	*N/A*	*257.40	*283.09	*31.97	179.84	639.34	138.4	44.98	0.00
% of Calories											*25.5%	*2.9%	16.2%	57.7%	28.1	9.1%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

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Mon - 10/05/2026																	
9 - 12 Lunch	Total	1															
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	*N/A*	0.0	5.00	*N/A*	22.54	29.51	23.56	10.03	0.00
HAMBURGERS ON BUN	sandwich	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5.00	*N/A*	6.0	29.0	3.0	0.50	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	351	13	701	5.00	2.52	145.9	*N/A*	0.0	6.00	*N/A*	25.54	35.51	14.56	4.03	0.00
MOZZERELLA STICKS, BAKE	5 pieces	1	400	30	380	3.00	1.70	430.0	*N/A*	0.0	3.00	*N/A*	19.0	32.0	22.0	8.00	0.00
MARINARA SAUCE: 2.5 OZ C	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	3.99	*N/A*	1.0	6.99	1.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2.43	*N/A*	2.43	16.99	0.61	0.00	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	*N/A*	2.45	0.00	*N/A*	1.02	16.37	2.56	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	1.0	3.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINK	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/05/2026																	
S (HS)																	
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
Weighted Daily Average			4693	695	5256	59.46	*18.88	*3198.6	*N/A*	*248.44	*251.42	*30.97	187.72	661.47	156.2	53.49	0.00
% of Calories											*21.4%	*2.6%	16.0%	56.4%	30.0	10.3	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/06/2026																	
9 - 12 Lunch	Total	1															
CHICKEN POPCORN GOLD CREEK	10 PIECE	1	251	70	572	2.01	2.01	30.1	*N/A*	*N/A*	0.00	*N/A*	18.06	16.06	13.05	2.01	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5.00	*4.00	5.0	32.0	5.96	1.80	0.00
CHEESE PIZZA: Whole Grain 4X6	slice	1	278	25	427	3.97	1.79	198.4	50	0.0	8.93	1.99	15.88	31.75	10.91	4.96	0.00
TURKEY KIELBASA ON ROLL	1 on roll	1	270	60	930	2.00	1.62	320.0	*9	*14.7	5.00	1.00	17.0	31.0	9.0	2.00	0.00
SWEET POTATO CRINKLE FRIES	1/2 cup	1	187	0	190	3.00	0.36	20.0	3502	6.0	6.00	*N/A*	1.0	25.01	9.94	1.21	0.00
COLLARDS	1/2 CUP SERVING	1	87	0	226	4.74	2.59	355.8	*N/A*	0.09	*0.00	*N/A*	4.74	7.15	1.65	0.75	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	17.94	*N/A*	1.0	21.93	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CU	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6.00	*N/A*	0.0	6.0	13.0	2.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/06/2026																	
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY & CHEESE ON CRO ISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00
Weighted Daily Average			3793	376	6160	49.84	*19.03	*2428.5	*3560	*264.88	*198.09	*6.98	175.57	527.39	114.3	36.47	0.00
% of Calories											*20.9%	*0.7%	18.5%	55.6%	27.1	8.7%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/07/2026																	
9 - 12 Lunch	Total	1															
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0.00	*N/A*	20.0	13.0	7.0	1.00	0.00
BISCUIT	1 BISCUI	1	160	0	550	1.00	1.44	40.0	*N/A*	0.0	1.00	*N/A*	8.0	22.0	7.0	4.50	0.00
MEATBALLS W/GRAVY	4.2 oz	1	153	48	350	0.00	8.01	3.0	*N/A*	0.0	*0.00	*N/A*	11.77	2.43	10.6	4.08	0.64
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	*N/A*	0.0	*0.00	*N/A*	5.04	42.84	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	*N/A*	9.73	*0.00	*N/A*	1.95	16.54	0.97	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1.29	*N/A*	0.66	2.04	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	15.97	*N/A*	1.0	18.96	0.0	0.00	0.00
SYRUP: IND CUPS	1 EACH	1	81	0	25	0.00	0.00	0.0	*N/A*	0.0	11.14	*N/A*	0.0	20.25	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINK S (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	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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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/07/2026																	
Weighted Daily Average			4048	688	5130	48.76	*22.06	*2830.9	*N/A*	*410.79	*263.40	*30.97	165.51	610.82	111.5	40.51	0.64
% of Calories											*26.0%	*3.1%	16.4%	60.4%	24.8	9.0%	0.1%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/08/2026																	
9 - 12 Lunch	Total	1															
BEEFARONI	1 CUP	1	254	11	355	4.28	3.13	132.7	*N/A*	6.44	*9.96	*N/A*	10.32	41.93	5.63	2.34	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1.00	*N/A*	4.0	24.0	5.0	1.00	0.00
MINI CORN DOGS: BAKED (MENU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	*N/A*	1.19	0.99	*N/A*	9.95	29.84	9.95	2.49	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	12.81	*N/A*	7.47	32.02	0.53	0.00	0.00
APPLES, SPICED	1/2 CUP	1	61	0	27	1.55	0.28	7.8	*N/A*	2.33	*11.54	*N/A*	0.0	12.31	1.22	0.55	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	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	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
SWEET N SOUR SAUCE: 1 o z cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12.15	*N/A*	0.0	13.16	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/08/2026																	
UN	h																
TURKEY & CHEESE ON CROISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
Weighted Daily Average			3282	282	4769	46.03	*17.45	*2104.5	*N/A*	*195.17	*201.67	*0.00	153.37	514.25	73.17	28.12	0.00
% of Calories											*24.6%	*0.0%	18.7%	62.7%	20.1	7.7%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/09/2026																	
9 - 12 Lunch	Total	1															
PIZZA BIG DADDY 4 - CHEES	5.13 OZ	1	350	45	470	3.00	2.00	390.0	*N/A*	*N/A*	2.00	*N/A*	19.0	34.0	17.0	0.00	0.00
Pizza Big Daddy Beef, Trk,Pep	1 each	1	350	45	560	3.00	1.80	250.0	*N/A*	0.0	5.00	1.00	20.0	31.0	16.0	8.00	0.00
CHICKEN WINGS	3 wings	1	201	125	406	0.00	0.72	0.0	*201	0.0	*0.00	*0.00	19.06	0.0	13.04	2.01	0.00
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	*N/A*	0.0	*0.00	*N/A*	5.04	42.84	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	47	0	48	1.96	0.00	0.0	*N/A*	2.45	*7.35	*N/A*	0.0	10.37	0.45	0.21	0.00
BROCCOLI W/ CHEESE SAUC	1/2 cup	1	50	10	206	2.29	0.82	99.7	*N/A*	0.0	0.76	*N/A*	3.95	4.78	3.46	2.08	0.00
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cu	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1.00	*N/A*	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00

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Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
Weighted Daily Average			4541	821	5591	55.38	*15.56	*3500.8	*201	*254.99	*274.07	*31.97	185.22	626.05	149.9	45.71	0.00
% of Calories											*24.1%	*2.8%	16.3%	55.2%	29.7	9.1%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Mon - 10/12/2026																	
9 - 12 Lunch	Total	1															
NO SCHOOL TODAY	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories													*N/A%*	*N/A%*	*N/A	*N/A	*N/A%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

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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***

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/13/2026																	
9 - 12 Lunch	Total	1															
BEEF FIESTADA PIZZA	1 each	1	320	40	610	4.00	2.70	200.0	*N/A*	0.0	4.00	1.00	18.0	30.0	15.0	7.00	0.00
MINI CORN DOGS: BAKED (MENU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	*N/A*	1.19	0.99	*N/A*	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	*N/A*	2.45	0.00	*N/A*	1.02	16.37	2.56	0.00	0.00
COLLARDS	1/2 cup	1	43	0	113	2.37	1.29	177.9	*N/A*	0.04	*0.00	*N/A*	2.37	3.58	0.82	0.37	0.00
PINEAPPLE TIDBITS: 1/2 CUP	1/2 cup	1	80	0	0	1.00	1.08	33.0	*N/A*	0.0	11.01	*N/A*	0.0	18.01	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	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	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY & CHEESE ON CRO ISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/13/2026																	
UN	h																
Weighted Daily Average			3124	311	4509	40.51	*15.74	*2294.6	*N/A*	*184.40	*169.22	*1.00	152.23	457.28	79.17	31.61	0.00
% of Calories											*21.7%	*0.1%	19.5%	58.6%	22.8	9.1%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/14/2026																	
9 - 12 Lunch	Total	1															
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	282	31	636	2.00	1.44	20.0	*N/A*	*36.64	4.00	0.00	11.11	28.02	13.2	5.09	0.00
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	*N/A*	0.0	5.00	*N/A*	22.54	29.51	23.56	10.03	0.00
HAMBURGERS ON BUN	sandwich	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5.00	*N/A*	6.0	29.0	3.0	0.50	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	351	13	701	5.00	2.52	145.9	*N/A*	0.0	6.00	*N/A*	25.54	35.51	14.56	4.03	0.00
SWEET POTATO WAFFLE FRIES	1/2 cup/11fries	1	177	0	180	1.00	0.36	20.0	*N/A*	0.99	1.00	*N/A*	1.0	25.0	8.94	1.21	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	12.81	*N/A*	7.47	32.02	0.53	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	1.0	3.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/14/2026																	
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average			4788	701	5940	62.95	*20.41	*3162.9	*N/A*	*285.41	*271.81	*30.97	190.85	682.15	152.8	51.78	0.00
% of Calories											*22.7%	*2.6%	15.9%	57.0%	28.7	9.7%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/15/2026																	
9 - 12 Lunch	Total	1															
SPAGHETTI, BAKED	1 CUP	1	330	15	521	6.34	4.38	187.2	*0	12.38	*19.91	*0.00	13.42	54.58	7.84	3.12	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1.00	*N/A*	4.0	24.0	5.0	1.00	0.00
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0.00	*N/A*	20.0	13.0	7.0	1.00	0.00
WAFFLE CINNAMON DUTCH	2 oz	1	330	15	330	3.00	1.44	20.0	*N/A*	0.0	*12.00	*N/A*	4.0	38.0	19.0	3.00	0.00
CALIFORNIA BLEND W/CHEESE	1/2 cup	1	98	9	224	2.63	0.71	104.6	*N/A*	0.0	0.00	*N/A*	4.72	12.11	3.86	2.06	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	15.97	*N/A*	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CU	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6.00	*N/A*	0.0	6.0	13.0	2.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12.15	*N/A*	0.0	13.16	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	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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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/15/2026																	
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00
TURKEY & CHEESE ON CRO ISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
Weighted Daily Average			3758	320	5295	45.85	*18.23	*2142.2	*0	*359.24	*228.24	*0.00	168.69	550.45	106.5	33.92	0.00
% of Calories											*24.3%	*0.0%	18.0%	58.6%	25.5	8.1%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/16/2026																	
9 - 12 Lunch	Total	1															
CHEESE PIZZA: Whole Grain 4X6	slice	1	278	25	427	3.97	1.79	198.4	50	0.0	8.93	1.99	15.88	31.75	10.91	4.96	0.00
PEPPERONI PIZZA:4x6 (Nardone)	1 each	1	319	50	678	2.99	1.80	329.1	*N/A*	8.98	4.99	1.00	18.95	47.86	12.96	5.98	0.00
BARBECUE PORK	SERVING	1	142	46	465	1.01	1.09	20.2	*N/A*	0.37	2.02	*N/A*	16.16	3.03	5.05	2.02	0.00
HUSHPUPPIES:	4 each	1	213	0	333	1.33	0.96	26.6	*N/A*	1.6	6.65	*N/A*	2.66	29.28	9.32	1.33	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1.29	*N/A*	0.66	2.04	0.0	0.00	0.00
CARROTS, GLAZED	1/2 CUP	1	47	0	48	1.96	0.00	0.0	*N/A*	2.45	*7.35	*N/A*	0.0	10.37	0.45	0.21	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	17.94	*N/A*	1.0	21.93	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/16/2026																	
Weighted Daily Average			4183	701	4947	55.53	*16.33	*3352.3	*50	*318.58	*283.17	*33.95	172.40	619.02	124.6	45.42	0.00
% of Calories											*27.1%	*3.2%	16.5%	59.2%	26.8	9.8%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/19/2026																	
9 - 12 Lunch	Total	1															
CHICKEN FILET SANDWICH	sandwich	1	350	60	730	3.00	2.52	60.0	*N/A*	0.0	5.00	*N/A*	26.0	42.0	10.0	1.50	0.00
CHICKEN FILET SPICY: ES/M S/HS	sandwich	1	350	55	640	4.00	3.24	40.0	*N/A*	0.0	6.00	*N/A*	25.0	47.0	9.0	1.50	0.00
LASAGNA ROLL UP CHEESE WG	1 ROLL	1	341	17	520	3.92	1.22	290.7	*0	5.77	13.65	*0.00	22.59	41.35	9.32	4.84	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5.00	*4.00	5.0	32.0	5.96	1.80	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1.29	*N/A*	0.66	2.04	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	1.0	3.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINK	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/19/2026																	
S (HS)																	
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
Weighted Daily Average			4586	722	5665	61.19	*19.38	*3148.8	*0	*260.17	*276.95	*34.97	197.35	689.15	123.2	40.56	0.00
% of Calories											*24.2%	*3.1%	17.2%	60.1%	24.2	8.0%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/20/2026																	
9 - 12 Lunch	Total	1															
SCOOPIN TACOS: BEEF	2 oz	1	221	60	398	0.00	*2.17	*16.1	*N/A*	*0.0	4.34	*N/A*	16.86	6.65	13.65	4.82	0.00
SHREDDED CHEESE	1 oz	1	111	30	192	0.00	0.19	204.5	*N/A*	0.0	0.00	*N/A*	7.09	1.01	9.11	6.08	0.00
TOSTITO ROUNDS: INDIVIDUAL BAG	1 bag 1.45 oz	1	200	0	160	3.00	1.00	38.0	*N/A*	0.0	0.00	*N/A*	3.0	29.0	7.0	1.00	0.00
QUESADILLA CHICKEN PIZZA	EACH (5 OZ)	1	280	20	650	4.00	2.70	200.0	*N/A*	1.2	3.00	*N/A*	17.0	33.0	9.0	2.50	0.00
SALSA: INDIVIDUAL CUPS (3o	PORTION CUPS	1	10	0	65	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	2.0	0.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2.43	*N/A*	2.43	16.99	0.61	0.00	0.00
FIESTA BLACK BEANS: BUSH	1/2 cup	1	115	0	440	4.79	1.72	38.3	*N/A*	*N/A*	0.96	*N/A*	6.7	21.06	0.48	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	17.94	*N/A*	1.0	21.93	0.0	0.00	0.00
TACO, SAUCE POUCH	2, 9 gram pouch	1	0	0	0	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	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	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/20/2026																	
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY & CHEESE ON CRO ISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00
Weighted Daily Average			3410	322	5179	44.74	*16.88	*2301.2	*N/A*	*247.70	*178.88	*0.00	174.96	487.14	90.68	36.14	0.00
% of Calories											*21.0%	*0.0%	20.5%	57.1%	23.9	9.5%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/21/2026																	
9 - 12 Lunch	Total	1															
CHICKEN, GENERAL TSO'S	10 BITES	1	283	70	740	1.99	1.99	29.9	*N/A*	*0.0	8.60	*N/A*	17.94	25.5	12.96	1.99	0.00
WOODLES, RAMEN, WG 1C SERV	2 OZ SERVINGS	1	248	0	196	4.13	2.07	12.4	0	*N/A*	0.00	0.00	6.2	35.11	10.33	0.00	0.00
------or-------	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BROWN RICE	1/2 cup	1	101	0	188	1.26	0.24	4.3	*N/A*	0.0	*0.00	*N/A*	2.52	21.42	0.0	0.00	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	282	31	636	2.00	1.44	20.0	*N/A*	*36.64	4.00	0.00	11.11	28.02	13.2	5.09	0.00
ORIENTAL VEGETABLE STIR FRY	1/2 cup	1	38	0	61	2.36	0.44	23.7	*N/A*	28.19	*2.35	*N/A*	1.18	5.91	0.89	0.41	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	12.81	*N/A*	7.47	32.02	0.53	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINKS (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/21/2026																	
ODS																	
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
Weighted Daily Average			4326	680	5249	62.70	*18.25	*2904.5	*0	*312.61	*265.76	*30.97	163.52	649.74	123.9	38.41	0.00
% of Calories											*24.6%	*2.9%	15.1%	60.1%	25.8	8.0%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/22/2026																	
9 - 12 Lunch	Total	1															
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0.00	*N/A*	20.0	13.0	7.0	1.00	0.00
ROLL, DINNER	1 each	1	206	5	248	3.00	1.70	0.0	*N/A*	0.0	5.00	*4.00	5.0	32.0	5.96	1.80	0.00
CHEESE STIX	2 sticks	1	290	30	410	2.00	1.80	370.0	*N/A*	0.0	1.00	*N/A*	19.0	29.0	11.0	6.00	0.00
MARINARA SAUCE: 2.5 OZ C	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	3.99	*N/A*	1.0	6.99	1.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
SWEET POTATO SOUFFLE	1/2 CUP	1	130	0	18	1.80	0.00	7.2	*N/A*	0.0	*22.90	*10.71	0.0	33.34	0.0	0.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24.00	*N/A*	0.0	27.0	0.0	0.00	0.00
FROOT JOOCE: CHERRYMOJ	4.4 fl oz	1	90	0	0	0.00	0.36	20.0	*N/A*	0.0	0.00	*N/A*	0.0	22.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CU	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6.00	*N/A*	0.0	6.0	13.0	2.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
SWEET N SOUR SAUCE: 1 oz cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12.15	*N/A*	0.0	13.16	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/22/2026																	
UN	h																
TURKEY & CHEESE ON CROISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
Weighted Daily Average			3436	316	4916	39.68	*13.56	*2225.4	*N/A*	*125.20	*194.26	*14.71	166.55	508.13	88.78	32.54	0.00
% of Calories											*22.6%	*1.7%	19.4%	59.1%	23.3	8.5%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/23/2026																	
9 - 12 Lunch	Total	1															
PIZZA BIG DADDY 4 - CHEES	5.13 OZ	1	350	45	470	3.00	2.00	390.0	*N/A*	*N/A*	2.00	*N/A*	19.0	34.0	17.0	0.00	0.00
Pizza Big Daddy Beef, Trk,Pep	1 each	1	350	45	560	3.00	1.80	250.0	*N/A*	0.0	5.00	1.00	20.0	31.0	16.0	8.00	0.00
PORK RIB SANDWICH	1 sandwic	1	391	30	942	3.00	3.61	80.0	*N/A*	2.41	26.13	*N/A*	18.0	55.14	13.0	4.00	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	*N/A*	2.45	0.00	*N/A*	1.02	16.37	2.56	0.00	0.00
COLLARDS	1/2 cup	1	43	0	113	2.37	1.29	177.9	*N/A*	0.04	*0.00	*N/A*	2.37	3.58	0.82	0.37	0.00
APPLESAUCE, STRAWBERR	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINK S (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average			4380	700	5019	55.01	*18.76	*3638.7	*N/A*	*257.45	*283.09	*31.97	177.49	630.81	135.3	43.30	0.00
% of Calories											*25.9%	*2.9%	16.2%	57.6%	27.8	8.9%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/26/2026																	
9 - 12 Lunch	Total	1															
CHEESEBURGERS	sandwich	1	411	73	466	2.00	2.52	121.9	*N/A*	0.0	5.00	*N/A*	22.54	29.51	23.56	10.03	0.00
HAMBURGERS ON BUN	sandwich	1	160	0	260	2.00	1.44	40.0	*N/A*	0.0	5.00	*N/A*	6.0	29.0	3.0	0.50	0.00
VEGGIE BURGER, MORNING STAR	1 each	1	351	13	701	5.00	2.52	145.9	*N/A*	0.0	6.00	*N/A*	25.54	35.51	14.56	4.03	0.00
MOZZERELLA STICKS, BAKE	5 pieces	1	400	30	380	3.00	1.70	430.0	*N/A*	0.0	3.00	*N/A*	19.0	32.0	22.0	8.00	0.00
MARINARA SAUCE: 2.5 OZ C	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	3.99	*N/A*	1.0	6.99	1.0	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	73	0	46	1.83	0.23	0.1	*N/A*	0.0	*2.43	*N/A*	2.43	16.99	0.61	0.00	0.00
FRENCH FRIES, STRAIGHT CUT	1/2 CUP	1	92	0	31	1.02	0.37	0.0	*N/A*	2.45	0.00	*N/A*	1.02	16.37	2.56	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	1.0	3.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN JACK LINK	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/26/2026																	
S (HS)																	
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
Weighted Daily Average			4693	695	5256	59.46	*18.88	*3198.6	*N/A*	*248.44	*251.42	*30.97	187.72	661.47	156.2	53.49	0.00
% of Calories											*21.4%	*2.6%	16.0%	56.4%	30.0	10.3	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/27/2026																	
9 - 12 Lunch	Total	1															
CHICKEN FILET SANDWICH	sandwich	1	350	60	730	3.00	2.52	60.0	*N/A*	0.0	5.00	*N/A*	26.0	42.0	10.0	1.50	0.00
------or-------	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CHICKEN SPICY FILET: HS	sandwich	1	350	55	640	4.00	3.24	40.0	*N/A*	0.0	6.00	*N/A*	25.0	47.0	9.0	1.50	0.00
CHEESE PIZZA: Whole Grain 4X6	slice	1	278	25	427	3.97	1.79	198.4	50	0.0	8.93	1.99	15.88	31.75	10.91	4.96	0.00
HOTDOG (BEEF) ON BUN	1 hotdog on bun	1	282	31	636	2.00	1.44	20.0	*N/A*	*36.64	4.00	0.00	11.11	28.02	13.2	5.09	0.00
SWEET POTATO CRINKLE FRIES	1/2 cup	1	187	0	190	3.00	0.36	20.0	3502	6.0	6.00	*N/A*	1.0	25.01	9.94	1.21	0.00
COLLARDS	1/2 CUP SERVING	1	87	0	226	4.74	2.59	355.8	*N/A*	0.09	*0.00	*N/A*	4.74	7.15	1.65	0.75	0.00
GRAPES: FRESH	1/2 cup	1	60	0	0	1.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	14.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	1.0	3.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE: 1 oz cup	1 oz cup	1	45	0	210	0.00	0.00	0.0	*N/A*	0.0	8.00	*N/A*	0.0	10.0	0.0	0.00	0.00
HONEY MUSTARD SAUCE: 1 oz.	1 OZ CU	1	140	10	210	0.00	0.10	0.0	*N/A*	0.0	6.00	*N/A*	0.0	6.0	13.0	2.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FOODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/27/2026																	
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY & CHEESE ON CRO ISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00
Weighted Daily Average			4049	391	6501	50.84	*20.90	*2178.5	*3551	*230.05	*185.15	*1.99	197.61	558.42	121.5	38.75	0.00
% of Calories											*18.3%	*0.2%	19.5%	55.2%	27.0	8.6%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/28/2026																	
9 - 12 Lunch	Total	1															
CHICKEN CHUNKS: ENTREE	servings (4 ea)	1	190	60	470	1.00	1.08	20.0	*N/A*	0.0	0.00	*N/A*	20.0	13.0	7.0	1.00	0.00
WAFFLE CINNAMON DUTCH	2 oz	1	330	15	330	3.00	1.44	20.0	*N/A*	0.0	*12.00	*N/A*	4.0	38.0	19.0	3.00	0.00
MEATBALLS W/GRAVY	4.2 oz	1	153	48	350	0.00	8.01	3.0	*N/A*	0.0	*0.00	*N/A*	11.77	2.43	10.6	4.08	0.64
BROWN RICE (1 CUP)	1	1	202	0	374	2.52	0.47	7.4	*N/A*	0.0	*0.00	*N/A*	5.04	42.84	0.0	0.00	0.00
MASHED POTATOES	1/2 cup	1	88	0	364	0.97	0.36	2.4	*N/A*	9.73	*0.00	*N/A*	1.95	16.54	0.97	0.00	0.00
GREEN BEANS	1/2 CUP	1	10	0	143	0.66	0.65	17.2	*N/A*	0.02	*1.29	*N/A*	0.66	2.04	0.0	0.00	0.00
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	*N/A*	65.78	17.94	*N/A*	1.0	21.93	0.0	0.00	0.00
SYRUP: IND CUPS	1 EACH	1	81	0	25	0.00	0.00	0.0	*N/A*	0.0	11.14	*N/A*	0.0	20.25	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BENTO: PROTEIN EGG SUN (HS)	1 EACH	1	629	410	818	6.00	*3.60	*460.0	*N/A*	*19.16	*15.93	*N/A*	31.0	57.82	31.0	14.00	0.00
BENTO: PROTEIN JACK LINK S (HS)	1 EACH	1	579	90	802	3.99	*1.44	*520.0	*N/A*	*19.16	*36.90	*17.97	25.99	69.76	22.99	9.00	0.00
BENTO: YOGURT (HS only)	1 EACH	1	659	55	495	9.50	*2.18	*390.0	*N/A*	*20.36	*39.96	*13.00	20.9	83.95	28.3	6.40	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	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 (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/28/2026																	
Weighted Daily Average			4227	703	4910	51.76	*22.06	*2830.9	*N/A*	*314.91	*276.37	*30.97	161.51	629.78	123.5	39.00	0.64
% of Calories											*26.2%	*2.9%	15.3%	59.6%	26.3	8.3%	0.1%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:33 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/29/2026																	
9 - 12 Lunch	Total	1															
BEEFARONI	1 CUP	1	254	11	355	4.28	3.13	132.7	*N/A*	6.44	*9.96	*N/A*	10.32	41.93	5.63	2.34	0.00
BREADSTICK, Garlic	1 each	1	160	0	150	2.00	1.44	10.0	*N/A*	0.0	1.00	*N/A*	4.0	24.0	5.0	1.00	0.00
MINI CORN DOGS: BAKED (MENU)	6 nuggets	1	249	60	348	2.98	1.79	99.5	*N/A*	1.19	0.99	*N/A*	9.95	29.84	9.95	2.49	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
BAKED BEANS: BUSH'S VEG	1/2 cup	1	160	0	395	5.34	2.03	53.4	*N/A*	0.0	12.81	*N/A*	7.47	32.02	0.53	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	*N/A*	161.66	15.97	*N/A*	1.0	18.96	0.0	0.00	0.00
KETCHUP: individual	2 packs	1	20	0	50	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	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	*N/A*	0.0	0.00	*N/A*	0.08	0.34	0.02	0.00	0.00
SWEET N SOUR SAUCE: 1 o z cup	1 oz cup	1	51	0	86	0.00	0.00	2.0	*N/A*	0.0	12.15	*N/A*	0.0	13.16	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
--choose 1 veg---	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
BABY CARROT CUP	1/2 cup	1	31	0	25	1.66	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.83	7.46	0.0	0.00	0.00
CUCUMBERS, SLICED:	1/2 cup	1	7	0	0	0.75	0.27	15.0	*N/A*	4.49	*N/A*	*N/A*	0.75	1.5	0.0	0.00	0.00
VEGGIE CUP W/BROCCOLI & CARROT	1/2 cups	1	18	0	33	1.24	0.42	24.4	*N/A*	15.15	*1.68	*N/A*	0.87	4.09	0.06	0.01	0.00
VEGGIE CUP W/CUCUMBER & CARROT	1/2 cups	1	10	0	5	0.84	0.28	16.5	*N/A*	16.82	*N/A*	*N/A*	0.89	1.95	0.06	0.01	0.00
BROCCOLI: FLORETS, RAW	1/2 cup	1	11	0	11	0.79	0.23	15.2	*N/A*	28.29	*N/A*	*N/A*	0.89	2.11	0.12	0.01	0.00
---choose 1 fruit----	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
PEARS DICED	1/2 cup	1	78	0	0	0.98	0.35	0.0	*N/A*	7.02	9.76	*N/A*	0.98	20.49	0.98	0.00	0.00
PEACHES DICED ROYAL FO ODS	1/2 cup	1	72	0	14	2.88	0.00	8.6	*N/A*	5.18	15.82	*N/A*	0.0	18.69	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
--choose 1 entree--	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY AND CHEESE WRAP	wrap	1	396	64	812	2.00	2.36	177.9	*N/A*	0.0	0.00	*0.00	27.32	34.76	17.33	7.80	0.00
TURKEY AND CHEESE ON B	1 sandwic	1	346	64	812	2.00	1.80	153.9	*N/A*	0.0	5.00	*N/A*	28.32	29.76	14.33	5.80	0.00

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:33 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/29/2026																	
UN	h																
TURKEY & CHEESE ON CROISSANT	sandwich	1	348	58	682	3.00	1.82	80.7	*N/A*	*0.0	3.00	*N/A*	25.97	29.4	15.44	6.63	0.00
Weighted Daily Average			3301	282	4742	45.48	*17.53	*2096.7	*N/A*	*354.50	*206.09	*0.00	154.37	520.89	71.95	27.57	0.00
% of Calories											*25.0%	*0.0%	18.7%	63.1%	19.6	7.5%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Fri - 10/30/2026																	
9 - 12 Lunch	Total	1															
STUF/ PEP/SANDWICH, IW	1 EACH	1	290	30	560	3.00	2.70	200.0	300	0.0	4.00	1.00	18.0	29.0	11.0	5.00	0.00
TURKEY & CHEESE ANYTIMERS	kit	1	380	35	860	1.00	1.80	200.0	*N/A*	0.0	13.00	*N/A*	18.0	41.0	17.0	7.00	0.00
MARINARA SAUCE: 2.5 OZ C	0.5 cup	1	40	0	200	0.00	0.00	19.0	*N/A*	0.0	3.99	*N/A*	1.0	6.99	1.0	0.00	0.00
MANGO PUNCH (VEG/FRUIT)	BOX (6.75 oz)	1	90	0	10	0.00	0.00	0.0	*N/A*	0.0	21.00	*N/A*	0.0	23.0	0.0	0.00	0.00
BABY CARROTS: (BAG 2.6 OZ	1 each	1	30	0	55	2.00	0.00	0.0	*N/A*	6.0	*N/A*	*N/A*	0.0	7.0	0.0	0.00	0.00
APPLESAUCE, ORIGINAL AS A10001	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
DRESSING, RANCH 1. oz	1.5 OZ cu	1	140	15	230	0.00	0.00	12.0	*N/A*	0.0	1.00	*N/A*	1.0	2.0	14.0	2.50	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	13.0	0.0	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			1640	105	2510	7.00	*4.70	*1642.2	*300	86.35	*156.95	*1.00	69.99	232.94	45.50	16.00	0.00
% of Calories											*38.3%	*0.2%	17.1%	56.8%	25.0	8.8%	0.0%
Nutrient Guideline			750-8									<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Weighted Average			3729	493	4884	47.12	*16.62	*2580.2	*348	*242.62	*222.47	*17.73	160.98	542.72	108.0	36.76	0.01
											*53.7%	*1.9%	17.3%	58.2%	26.1	8.9%	0.0%

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

9 - 12 Lunch

Weighted Values - Detailed

Generated on: 9/22/2026 2:57:33 PM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) Cholst (mg) % of Target	Sodm (mg)	Fiber (g) Miss Data	Iron (mg)	Calcm (mg) Shortfall	Vit-A (mcg RAE) Overage	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g) Error Messages (if any)
Calories	3729		750 - 850	439%					2879	Correction Required - Calories too High							
Cholesterol (mg)	493																
Sodium 1a (mg)	4884		1280	382%					3604	Correction Required - Sodium too High							
Fiber (g)	47.12																
Iron (mg)	16.62					Missing											
Calcium (mg)	2580.2					Missing											
Vitamin A (mcg RAE)	348					Missing											
Total Sugars (g)	222.47	23.86%				Missing											
Added Sugars (g)	17.73	1.90%	<10.00%[1]	177%		Missing		-8		Correction Required - Added Sugars should be < 10.00% of Calories							
Vitamin C (mg)	242.62					Missing											
Protein (g)	160.98	17.27%															
Carbohydrate (g)	542.72	58.21%															
Total Fat (g)	108.06	26.08%															
Saturated Fat (g)	36.76	8.87%	<10.00%														
Trans Fat (g)	0.01	0.00%															

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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***

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