

Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:38 AM

Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/13/2014														
High School Lunch	Total	765												
NC Chicken Nugget Basket - HS	Servings	205	503	50	963	4.30	3.62	25.0	6.12	29.6	59.66	16.65	2.90	0.00
NC Chicken, BBQ w/ WG Roll	Servings	22	392	100	878	2.77	1.65	39.2	11.27	23.86	49.96	10.69	3.53	0.00
NC WG Chicken Nuggets w/ Roll	Servings	80	397	50	648	3.25	3.24	25.0	3.6	27.5	40.75	13.5	2.38	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	150	40	0	157	0.39	0.31	10.6	0.36	0.51	8.83	0.47	0.03	0.00
NC Sweet & Sour Cup	1 EACH	50	45	0	120	0.00	0.00	0.0	1.2	0.0	12.0	0.0	0.00	0.00
NC Salad, Chef - HS	1 Each	4	473	138	1212	6.48	3.37	158.5	35.51	27.27	59.94	13.49	3.27	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	360	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Spinach: Frozen	1/2 Cup	320	63	0	190	6.27	3.29	252.9	3.82	6.82	9.56	1.43	0.25	0.00
NC Cherry Tomatoes	1/2 Cup	320	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	360	56	0	7	1.31	0.30	4.9	3.12	0.42	14.67	0.08	0.02	0.00
NC WG BD Cheese Pizza	SLICE	25	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	124	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	15	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	18	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	5	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sand- Amercian Sub - Hot	Sandwiches	116	311	45	905	4.00	1.34	184.6	10.23	20.68	40.81	6.65	1.96	0.00
NC Sandwich - Spicy Chicken	Sandwiches	145	352	53	755	4.00	1.59	198.3	6.0	24.3	39.51	10.32	4.94	0.00
NC Cold - Amer Sand - Deli	Sandwiches	6	237	53	941	4.05	1.81	123.9	9.25	22.83	25.11	7.06	1.08	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	5	246	47	864	4.05	1.74	266.2	4.76	22.2	26.11	7.85	2.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	5	280	51	1133	3.00	2.32	52.1	8.32	19.99	24.81	10.74	2.01	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	5	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	5	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	5	300	50	963	4.00	1.40	42.1	14.32	20.99	39.81	5.74	1.01	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	5	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	5	243	49	1033	4.05	2.03	268.4	13.21	21.78	25.3	8.59	2.21	0.00
NC Cold - H&C Sub - Deli	Sandwiches	5	312	49	1100	4.00	1.65	186.9	19.21	20.68	40.0	7.57	2.21	0.00
NC Cold - Ham Sand - Deli	Sandwiches	5	227	52	1051	4.05	2.06	125.8	16.51	21.45	24.3	7.43	1.20	0.00
NC Cold - Ham Sub - Deli	Sandwiches	5	296	52	1119	4.00	1.68	44.3	22.51	20.35	39.0	6.4	1.20	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	5	276	52	1289	3.00	2.60	54.3	16.51	19.35	24.0	11.4	2.20	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	5	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	5	247	45	768	4.05	1.57	265.0	0.0	22.44	26.56	7.42	1.88	0.00
NC Cold - T&C Sub - Deli	Sandwiches	5	316	45	836	4.00	1.20	183.5	6.0	21.34	41.26	6.4	1.88	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	5	305	49	809	4.00	1.11	40.0	6.0	21.79	40.64	5.11	0.82	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	5	285	50	979	3.00	2.03	50.0	0.0	20.79	25.64	10.11	1.82	0.00
NC Cold Sand Turkey - Deli	Sandwiches	5	237	49	742	4.05	1.49	121.5	0.0	22.89	25.94	6.13	0.82	0.00
NC Cold - Veggie Wrap	SERVINGS	5	484	21	1199	3.84	4.20	428.1	14.93	18.69	67.87	15.01	5.73	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	150	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00

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High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/13/2014														
NC Apple - Golden, 125 ct	1 EACH	180	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00

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High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
NC Bananas,150ct.	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	20	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	20	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	50	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	175	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	40	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	30	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	300	86	0	3	1.14	0.69	20.0	23.17	1.74	21.59	0.43	0.03	0.00
NC Squash, Raw	1/2 Cup	50	13	0	154	0.91	0.23	17.5	3.57	0.59	2.8	0.2	0.04	0.00
NC Salad Dressing, French	1 EACH	1	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	4	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	350	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	150	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	40	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	100	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	51	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	45	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	105	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	410	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	100	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	98	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	165	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Weighted Daily Average			735	59	1550	11.89	5.06	588.7	43.14	39.90	112.23	15.58	4.10	*0.00
% of Calories										21.7%	61.1%	19.1%	5.0%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Tue - 10/14/2014														
High School Lunch	Total	745												
NC Chicken Nugget Basket - HS	Servings	205	503	50	963	4.30	3.62	25.0	6.12	29.6	59.66	16.65	2.90	0.00
NC Spaghetti & Meat Sauce	1 CUP	50	422	34	760	4.59	4.39	62.1	3.48	21.84	55.5	11.68	4.11	0.00
NC Spicy Pork Rib Sandwich	1 EACH	25	360	60	920	3.00	2.88	60.0	2.4	18.0	39.0	15.0	4.50	0.00
NC Baked Fries	2.5 oz Servings	500	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Veg Baked Beans	1/2 Cup	248	141	0	149	5.59	1.67	51.3	0.9	6.56	32.05	0.6	0.10	0.00
NC Cole Slaw	1/2 Cup	320	251	10	261	2.01	0.36	40.1	21.07	1.0	20.07	15.05	3.01	0.00
NC Mandarin Oranges,CND,LS	1/2 CUP	320	144	0	14	2.75	0.85	18.3	44.88	1.24	36.77	0.32	0.02	0.00
NC WG BD Cheese Pizza	SLICE	28	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	118	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	12	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	2	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	20	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	5	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Chicken Fajita	Sandwiches	145	375	86	1098	4.27	1.92	203.4	11.36	27.21	42.01	11.67	4.30	0.00
NC Sandwich - TBR	1 Each	130	317	45	838	4.00	1.20	183.5	6.0	21.39	41.26	6.48	1.91	0.00
NC Cold - Amer Sand - Deli	Sandwiches	5	237	53	941	4.05	1.81	123.9	9.25	22.83	25.11	7.06	1.08	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	5	246	47	864	4.05	1.74	266.2	4.76	22.2	26.11	7.85	2.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	5	280	51	1133	3.00	2.32	52.1	8.32	19.99	24.81	10.74	2.01	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	2	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	5	300	50	963	4.00	1.40	42.1	14.32	20.99	39.81	5.74	1.01	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	1	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	3	243	49	1033	4.05	2.03	268.4	13.21	21.78	25.3	8.59	2.21	0.00
NC Cold - H&C Sub - Deli	Sandwiches	5	312	49	1100	4.00	1.65	186.9	19.21	20.68	40.0	7.57	2.21	0.00
NC Cold - Ham Sand - Deli	Sandwiches	5	227	52	1051	4.05	2.06	125.8	16.51	21.45	24.3	7.43	1.20	0.00
NC Cold - Ham Sub - Deli	Sandwiches	5	296	52	1119	4.00	1.68	44.3	22.51	20.35	39.0	6.4	1.20	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	5	276	52	1289	3.00	2.60	54.3	16.51	19.35	24.0	11.4	2.20	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	5	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	5	247	45	768	4.05	1.57	265.0	0.0	22.44	26.56	7.42	1.88	0.00
NC Cold - T&C Sub - Deli	Sandwiches	5	316	45	836	4.00	1.20	183.5	6.0	21.34	41.26	6.4	1.88	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	5	305	49	809	4.00	1.11	40.0	6.0	21.79	40.64	5.11	0.82	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	5	285	50	979	3.00	2.03	50.0	0.0	20.79	25.64	10.11	1.82	0.00
NC Cold Sand Turkey - Deli	Sandwiches	5	237	49	742	4.05	1.49	121.5	0.0	22.89	25.94	6.13	0.82	0.00
NC Cold - Veggie Wrap	SERVINGS	5	484	21	1199	3.84	4.20	428.1	14.93	18.69	67.87	15.01	5.73	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	150	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	160	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	25	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/14/2014														
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	20	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	20	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	25	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	121	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	58	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	24	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	56	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	200	86	0	3	1.14	0.69	20.0	23.17	1.74	21.59	0.43	0.03	0.00
NC Squash, Raw	1/2 Cup	50	13	0	154	0.91	0.23	17.5	3.57	0.59	2.8	0.2	0.04	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	1	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	350	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	100	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	25	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	120	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	40	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	40	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	120	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	40	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	410	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	100	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	105	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	12	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			897	65	1682	12.01	4.59	466.8	56.48	38.55	135.12	23.37	5.70	*0.00
% of Calories										17.2%	60.2%	23.4%	5.7%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/15/2014														
High School Lunch	Total	765												
NC Chicken Nugget Basket - HS	Servings	188	503	50	963	4.30	3.62	25.0	6.12	29.6	59.66	16.65	2.90	0.00
NC Salisbury Steak, 2.55oz	1 Each	6	283	56	709	2.00	1.83	40.4	4.82	17.24	28.04	10.68	4.07	0.51
NC WG Chicken Bites	Serving	110	440	30	740	3.00	2.52	120.0	0.0	17.0	42.0	23.0	7.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	75	40	0	157	0.39	0.31	10.6	0.36	0.51	8.83	0.47	0.03	0.00
NC Sweet & Sour Cup	1 EACH	30	45	0	120	0.00	0.00	0.0	1.2	0.0	12.0	0.0	0.00	0.00
NC Salad,Crispy Chicken	1 EACH	5	474	30	718	6.28	3.15	71.4	6.73	19.27	59.09	18.21	3.54	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	360	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Yellow Squash	1/2 Cup	335	22	0	422	1.51	0.39	29.4	5.94	0.98	4.65	0.33	0.06	0.00
NC Collards: Frozen	1/2 Cup	320	54	0	851	4.23	1.70	318.0	39.92	4.49	10.74	0.62	0.09	0.00
NC Peaches: canned,light syrup	1/2 CUP	350	48	0	5	1.17	0.34	5.4	3.42	0.45	12.05	0.11	0.00	0.00
NC WG BD Cheese Pizza	SLICE	28	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	96	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	15	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	2	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	10	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	4	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Spicy Chicken	Sandwiches	149	352	53	755	4.00	1.59	198.3	6.0	24.3	39.51	10.32	4.94	0.00
NC Sandwich - Italian Sub	1 Each	124	449	79	1521	4.00	1.89	193.2	18.42	27.04	39.5	21.06	7.91	0.00
NC Cold - Amer Sand - Deli	Sandwiches	5	237	53	941	4.05	1.81	123.9	9.25	22.83	25.11	7.06	1.08	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	5	246	47	864	4.05	1.74	266.2	4.76	22.2	26.11	7.85	2.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	5	280	51	1133	3.00	2.32	52.1	8.32	19.99	24.81	10.74	2.01	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	5	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - American Sub - Deli	Sandwiches	2	300	50	963	4.00	1.40	42.1	14.32	20.99	39.81	5.74	1.01	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	1	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	5	243	49	1033	4.05	2.03	268.4	13.21	21.78	25.3	8.59	2.21	0.00
NC Cold - H&C Sub - Deli	Sandwiches	5	312	49	1100	4.00	1.65	186.9	19.21	20.68	40.0	7.57	2.21	0.00
NC Cold - Ham Sand - Deli	Sandwiches	5	227	52	1051	4.05	2.06	125.8	16.51	21.45	24.3	7.43	1.20	0.00
NC Cold - Ham Sub - Deli	Sandwiches	5	296	52	1119	4.00	1.68	44.3	22.51	20.35	39.0	6.4	1.20	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	5	276	52	1289	3.00	2.60	54.3	16.51	19.35	24.0	11.4	2.20	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	5	247	45	768	4.05	1.57	265.0	0.0	22.44	26.56	7.42	1.88	0.00
NC Cold - T&C Sub - Deli	Sandwiches	5	316	45	836	4.00	1.20	183.5	6.0	21.34	41.26	6.4	1.88	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	5	305	49	809	4.00	1.11	40.0	6.0	21.79	40.64	5.11	0.82	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	5	285	50	979	3.00	2.03	50.0	0.0	20.79	25.64	10.11	1.82	0.00
NC Cold Sand Turkey - Deli	Sandwiches	5	237	49	742	4.05	1.49	121.5	0.0	22.89	25.94	6.13	0.82	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	150	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	250	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/15/2014														
NC Bananas,15Oct.	1 EACH	50	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00

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NC Oranges, 113 ct	1 EACH	125	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	20	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	120	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	120	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	20	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	22	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	135	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	45	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	15	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	70	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	4	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Heinz BBQ Sauce Pack	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Ketchup Pack	1 oz	250	33	0	267	0.00	0.00	0.0	2.0	0.0	8.34	0.0	0.00	0.00
NC Heinz Mayonnaise Pack	1 oz	120	189	19	161	0.00	0.00	0.0	0.0	0.0	0.0	20.79	3.78	0.00
NC Heinz Mustard Pack	1 oz	23	0	0	369	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	110	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	50	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	48	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	120	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	385	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	95	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	10	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 12

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			717	57	2060	11.47	4.12	521.2	57.74	34.28	100.65	21.15	5.84	0.00
% of Calories										19.1%	56.1%	26.5%	7.3%	0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/16/2014														
High School Lunch	Total	770												
NC Chicken Nugget Basket - HS	Servings	205	503	50	963	4.30	3.62	25.0	6.12	29.6	59.66	16.65	2.90	0.00
NC Meatball Sub - MS/HS	1 Each	15	510	67	705	4.00	2.94	371.3	9.42	30.43	47.69	19.88	9.59	0.00
NC WG Corn Dog Nuggets	6 EACH	96	250	15	630	1.00	3.60	0.0	0.0	11.0	30.99	10.0	1.50	0.00
NC Potato Tots	SERVINGS	550	134	0	214	2.00	0.32	0.0	1.06	2.0	18.0	6.0	2.00	2.00
NC Baby Carrots, Raw	4 oz	323	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Salad - Side Salad	1 CUP	20	23	0	27	1.83	1.02	40.6	13.29	1.65	4.5	0.28	0.03	0.00
NC Cinnamon Baked Apple Slices	1/2 Cup	395	70	0	7	1.02	1.44	8.9	1.13	0.03	17.61	0.04	0.03	0.00
NC WG BD Cheese Pizza	SLICE	28	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	85	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	14	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	2	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	23	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	5	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Ham BLT Sub	1 Each	158	313	49	1103	4.00	1.65	186.9	19.21	20.73	40.0	7.65	2.24	0.00
NC Sandwich-Turkey & CheeseSub	1 Each	134	322	42	725	4.00	1.10	190.0	6.0	19.98	39.89	9.22	3.44	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	5	246	47	864	4.05	1.74	266.2	4.76	22.2	26.11	7.85	2.00	0.00
NC Cold - Amer Sand - Deli	Sandwiches	5	237	53	941	4.05	1.81	123.9	9.25	22.83	25.11	7.06	1.08	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	3	280	51	1133	3.00	2.32	52.1	8.32	19.99	24.81	10.74	2.01	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	5	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	5	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	3	300	50	963	4.00	1.40	42.1	14.32	20.99	39.81	5.74	1.01	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	3	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	5	243	49	1033	4.05	2.03	268.4	13.21	21.78	25.3	8.59	2.21	0.00
NC Cold - H&C Sub - Deli	Sandwiches	5	312	49	1100	4.00	1.65	186.9	19.21	20.68	40.0	7.57	2.21	0.00
NC Cold - Ham Sand - Deli	Sandwiches	5	227	52	1051	4.05	2.06	125.8	16.51	21.45	24.3	7.43	1.20	0.00
NC Cold - Ham Sub - Deli	Sandwiches	5	296	52	1119	4.00	1.68	44.3	22.51	20.35	39.0	6.4	1.20	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	5	276	52	1289	3.00	2.60	54.3	16.51	19.35	24.0	11.4	2.20	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	5	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	5	247	45	768	4.05	1.57	265.0	0.0	22.44	26.56	7.42	1.88	0.00
NC Cold - T&C Sub - Deli	Sandwiches	5	316	45	836	4.00	1.20	183.5	6.0	21.34	41.26	6.4	1.88	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	5	285	50	979	3.00	2.03	50.0	0.0	20.79	25.64	10.11	1.82	0.00
NC Cold Sand Turkey - Deli	Sandwiches	5	237	49	742	4.05	1.49	121.5	0.0	22.89	25.94	6.13	0.82	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	150	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	175	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	140	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	20	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/16/2014														
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	20	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	20	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	232	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	58	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	24	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	56	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	20	13	0	154	0.91	0.23	17.5	3.57	0.59	2.8	0.2	0.04	0.00
NC Salad Dressing, French	1 EACH	1	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	1	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Heinz BBQ Sauce Pack	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Ketchup Pack	1 oz	280	33	0	267	0.00	0.00	0.0	2.0	0.0	8.34	0.0	0.00	0.00
NC Heinz Mayonnaise Pack	1 oz	125	189	19	161	0.00	0.00	0.0	0.0	0.0	0.0	20.79	3.78	0.00
NC Heinz Mustard Pack	1 oz	25	0	0	369	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Dressing, Ranch, 1.5oz	1 Each	140	170	15	350	0.00	0.00	0.0	0.0	0.0	4.0	17.0	2.50	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	40	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	40	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	120	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	1	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	40	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	400	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	95	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	95	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			783	55	1555	10.69	4.42	413.5	33.00	32.44	109.69	24.37	6.07	1.43
% of Calories										16.6%	56.0%	28.0%	7.0%	1.6%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 16

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/17/2014														
High School Lunch	Total	770												
NC Chicken Nugget Basket - HS	Servings	205	503	50	963	4.30	3.62	25.0	6.12	29.6	59.66	16.65	2.90	0.00
NC Corn Dog Nugget Basket-AHS	Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC WG Fish Nuggets w/Roll	Serving	22	340	35	570	5.00	1.44	40.0	3.6	16.0	48.0	8.5	1.50	0.00
NC Turkey Roast w/ WG Roll	2oz Serving	19	211	30	494	2.00	0.72	20.0	3.6	14.1	26.03	3.82	1.09	0.00
NC Meatball Sub - MS/HS	1 Each	72	510	67	705	4.00	2.94	371.3	9.42	30.43	47.69	19.88	9.59	0.00
NC Salad, Chef - HS	1 Each	3	473	138	1212	6.48	3.37	158.5	35.51	27.27	59.94	13.49	3.27	0.00
NC Cinnamon Sweet Potatoes	4 oz	320	1059	0	1468	25.28	7.78	180.6	85.01	10.33	202.11	25.2	4.79	0.00
NC Peas Green,Canned	1/2 Cup	220	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Lima Beans	1/2 Cup	175	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	325	56	0	7	1.31	0.30	4.9	3.12	0.42	14.67	0.08	0.02	0.00
NC WG BD Cheese Pizza	SLICE	29	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	110	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	30	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	28	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sandwiches	2	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Chicken Fajita	Sandwiches	158	375	86	1098	4.27	1.92	203.4	11.36	27.21	42.01	11.67	4.30	0.00
NC Sandwich - TBR	1 Each	134	317	45	838	4.00	1.20	183.5	6.0	21.39	41.26	6.48	1.91	0.00
NC Sandwich-Turkey & CheeseSub	1 Each	5	322	42	725	4.00	1.10	190.0	6.0	19.98	39.89	9.22	3.44	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	5	246	47	864	4.05	1.74	266.2	4.76	22.2	26.11	7.85	2.00	0.00
NC Cold - Amer Sand - Deli	Sandwiches	5	237	53	941	4.05	1.81	123.9	9.25	22.83	25.11	7.06	1.08	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	5	280	51	1133	3.00	2.32	52.1	8.32	19.99	24.81	10.74	2.01	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	3	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	5	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	3	300	50	963	4.00	1.40	42.1	14.32	20.99	39.81	5.74	1.01	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	3	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	5	243	49	1033	4.05	2.03	268.4	13.21	21.78	25.3	8.59	2.21	0.00
NC Cold - H&C Sub - Deli	Sandwiches	5	312	49	1100	4.00	1.65	186.9	19.21	20.68	40.0	7.57	2.21	0.00
NC Cold - Ham Sand - Deli	Sandwiches	5	227	52	1051	4.05	2.06	125.8	16.51	21.45	24.3	7.43	1.20	0.00
NC Cold - Ham Sub - Deli	Sandwiches	5	296	52	1119	4.00	1.68	44.3	22.51	20.35	39.0	6.4	1.20	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	5	276	52	1289	3.00	2.60	54.3	16.51	19.35	24.0	11.4	2.20	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	5	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	5	247	45	768	4.05	1.57	265.0	0.0	22.44	26.56	7.42	1.88	0.00
NC Cold - T&C Sub - Deli	Sandwiches	5	316	45	836	4.00	1.20	183.5	6.0	21.34	41.26	6.4	1.88	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	5	285	50	979	3.00	2.03	50.0	0.0	20.79	25.64	10.11	1.82	0.00
NC Cold Sand Turkey - Deli	Sandwiches	5	237	49	742	4.05	1.49	121.5	0.0	22.89	25.94	6.13	0.82	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	200	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	230	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	140	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 17

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/17/2014														
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 18

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	20	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	25	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	20	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	20	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	183	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	58	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	24	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	56	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	25	13	0	154	0.91	0.23	17.5	3.57	0.59	2.8	0.2	0.04	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	2	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz BBQ Sauce Pack	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Ketchup Pack	1 oz	350	33	0	267	0.00	0.00	0.0	2.0	0.0	8.34	0.0	0.00	0.00
NC Heinz Mayonnaise Pack	1 oz	125	189	19	161	0.00	0.00	0.0	0.0	0.0	0.0	20.79	3.78	0.00
NC Heinz Mustard Pack	1 oz	25	0	0	369	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Dressing, Ranch, 1.5oz	1 Each	150	170	15	350	0.00	0.00	0.0	0.0	0.0	4.0	17.0	2.50	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	50	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	48	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	15	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	180	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	15	5	0	55	0.00	0.00	0.0	0.0	0.0	1.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	25	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	332	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	69	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Skim Milk	1/2 PINT	6	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1183	69	2188	21.94	7.31	453.4	68.88	40.39	185.96	32.30	7.50	0.00
% of Calories										13.7%	62.9%	24.6%	5.7%	0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/20/2014														
High School Lunch	Total	735												
NC Chicken Tender Basket - AHS	Servings	180	408	30	995	4.08	3.83	63.0	6.2	23.17	59.52	10.25	2.04	0.00
NC Chicken, Roasted W/ Roll	Servings	23	300	100	285	2.00	1.08	20.0	3.6	23.0	26.0	10.5	3.50	0.00
NC Meatball Sub - MS/HS	1 Each	30	510	67	705	4.00	2.94	371.3	9.42	30.43	47.69	19.88	9.59	0.00
NC Salad, Chef	1 Each	5	403	138	1172	6.48	2.65	158.5	31.91	24.27	48.94	11.99	3.77	0.00
NC Baked Fries	2.5 oz Servings	520	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Broccoli & Cheese Sauce	1/2 Cup	230	36	0	106	2.55	0.51	53.1	33.69	2.6	5.69	0.94	0.19	0.00
NC Black-eyed Peas	1/2 Cup	220	92	0	149	4.00	1.16	24.0	3.2	5.69	16.36	0.66	0.17	0.00
NC Peaches: canned,light syrup	1/2 CUP	415	48	0	5	1.17	0.34	5.4	3.42	0.45	12.05	0.11	0.00	0.00
NC WG BD Cheese Pizza	SLICE	13	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	120	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	6	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	15	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	5	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sand- Amercian Sub - Hot	Sandwiches	140	311	45	905	4.00	1.34	184.6	10.23	20.68	40.81	6.65	1.96	0.00
NC Sandwich - Spicy Chicken	Sandwiches	191	352	53	755	4.00	1.59	198.3	6.0	24.3	39.51	10.32	4.94	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap/Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	2	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	285	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	150	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	200	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/20/2014														
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	15	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cauliflower, Fresh	1/2 Cup	125	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	8	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	50	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	100	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	120	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	100	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	30	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	1	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	2	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	400	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	250	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	30	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	180	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	45	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	40	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	120	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	100	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	125	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	410	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	100	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	95	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			739	50	1570	12.37	4.12	476.6	42.96	36.38	118.13	15.29	4.54	*0.00
% of Calories										19.7%	63.9%	18.6%	5.5%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/21/2014														
High School Lunch	Total	750												
NC Chicken Tender Basket - AHS	Servings	190	408	30	995	4.08	3.83	63.0	6.2	23.17	59.52	10.25	2.04	0.00
NC Macaroni & Cheese - MS/HS	Cups	44	453	33	1193	2.86	2.30	493.7	4.21	24.42	52.32	16.39	6.73	0.00
NC Chicken Wrap	1 Each	30	501	40	1211	6.44	4.00	404.9	1.02	28.58	40.76	25.28	6.95	0.00
NC Potato Tots	SERVINGS	545	134	0	214	2.00	0.32	0.0	1.06	2.0	18.0	6.0	2.00	2.00
NC Peas Green,Canned	1/2 Cup	225	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Cherry Tomatoes	1/2 Cup	220	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Applesauce:cnnd,unswtnd	1/2 CUP	445	57	0	2	1.53	0.15	4.4	1.53	0.21	15.04	0.07	0.03	0.00
NC WG BD Cheese Pizza	SLICE	34	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	108	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	13	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	10	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	5	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Chicken Fajita	Sandwiches	147	375	86	1098	4.27	1.92	203.4	11.36	27.21	42.01	11.67	4.30	0.00
NC Sandwich - TBR	1 Each	162	317	45	838	4.00	1.20	183.5	6.0	21.39	41.26	6.48	1.91	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	190	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	100	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	100	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	20	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/21/2014														
NC Baby Carrots, Raw	4 oz	15	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cauliflower, Fresh	1/2 Cup	125	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	125	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	100	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	125	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	230	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	100	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	25	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	1	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	1	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	425	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	200	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	25	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	150	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	45	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	45	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	15	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	80	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	100	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	125	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	410	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	100	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	100	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			742	51	1621	12.38	3.95	489.1	40.85	35.68	112.97	17.66	5.36	*1.45
% of Calories										19.2%	60.9%	21.4%	6.5%	*1.8%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2014														
High School Lunch	Total	735												
NC Chicken Tender Basket - AHS	Servings	180	408	30	995	4.08	3.83	63.0	6.2	23.17	59.52	10.25	2.04	0.00
NC Beef Ravioli	Cups	33	390	10	1460	5.00	3.24	20.0	3.6	11.0	69.0	7.0	2.00	0.00
NC Country Pork Chop w/WG Roll	1 Each	42	372	91	685	3.01	3.09	60.4	3.6	18.14	42.16	13.63	3.03	0.00
NC Salad,Crispy Chicken	1 EACH	5	474	30	718	6.28	3.15	71.4	6.73	19.27	59.09	18.21	3.54	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	465	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Cinnamon Glazed Carrots	1/2 Cup	330	41	0	33	1.18	0.52	24.3	2.01	0.48	9.93	0.14	0.03	0.00
NC Green Beans	1/2 Cup	339	16	0	265	1.48	0.70	20.5	3.64	0.89	3.46	0.08	0.02	0.00
NC Pears: canned,light syrup	1/2 CUP	445	56	0	2	1.94	0.25	7.8	2.2	0.37	14.71	0.12	0.00	0.00
NC WG BD Cheese Pizza	SLICE	28	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	113	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	18	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	14	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	4	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Italian Sub	1 Each	126	449	79	1521	4.00	1.89	193.2	18.42	27.04	39.5	21.06	7.91	0.00
NC Sandwich - Spicy Chicken	Sandwiches	165	352	53	755	4.00	1.59	198.3	6.0	24.3	39.51	10.32	4.94	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	1	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	1	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	250	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	125	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2014														
NC Broccoli Florets, Fresh	1/2 CUP	125	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	120	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	125	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	115	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	115	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	50	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	125	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	80	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	20	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	4	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	1	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	280	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	100	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	25	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	180	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	15	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	20	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	20	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	15	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	180	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	115	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	130	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	393	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	75	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	80	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	7	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			691	51	1722	11.53	4.37	442.1	37.84	33.40	106.78	15.63	4.70	*0.00
% of Calories										19.3%	61.8%	20.4%	6.1%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

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Portion Values - Detailed

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High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/23/2014														
High School Lunch	Total	750												
NC Chicken Tender Basket - AHS	Servings	152	408	30	995	4.08	3.83	63.0	6.2	23.17	59.52	10.25	2.04	0.00
NC Nachos	Servings	165	452	61	970	4.56	3.25	204.2	0.0	23.61	47.69	18.49	3.02	0.00
NC Tuna Salad w/ WG Roll - HS	Servings	5	285	35	725	2.79	2.06	13.3	5.37	18.37	33.17	8.0	1.06	0.00
NC Baked Fries-Seasoned	2.5 oz Servings	420	133	0	347	2.04	0.73	0.0	2.45	2.04	17.35	6.12	1.02	0.00
NC Whole Kernal Corn	1/2 CUP	338	66	0	1	2.01	0.40	2.0	2.92	2.1	15.92	0.55	0.08	0.00
NC Pinto Beans w/ Diced Ham	1/2 CUP	325	132	15	443	5.42	1.74	51.2	1.08	10.24	19.77	1.69	0.45	0.01
NC Mandarin Oranges,CND,LS	1/2 CUP	465	144	0	14	2.75	0.85	18.3	44.88	1.24	36.77	0.32	0.02	0.00
NC WG BD Cheese Pizza	SLICE	18	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	145	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	3	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	13	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	5	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Ham BLT Sub	1 Each	135	313	49	1103	4.00	1.65	186.9	19.21	20.73	40.0	7.65	2.24	0.00
NC Sandwich-Turkey & CheeseSub	1 Each	102	322	42	725	4.00	1.10	190.0	6.0	19.98	39.89	9.22	3.44	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	316	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	200	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/23/2014														
NC Broccoli Florets, Fresh	1/2 CUP	60	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	75	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	125	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	125	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	100	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	250	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	80	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	20	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	350	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	220	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	25	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	150	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	42	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	50	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	50	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	150	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	30	10	0	32	0.39	0.63	3.4	1.13	0.43	1.98	0.06	0.01	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	120	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	65	5	0	55	0.00	0.00	0.0	0.0	0.0	1.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	120	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	435	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	80	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	75	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	15	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 31

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			852	54	1760	15.18	5.39	490.3	66.13	38.51	136.93	18.73	4.25	*0.00
% of Calories										18.1%	64.3%	19.8%	4.5%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 32

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/24/2014														
High School Lunch	Total	750												
NC Chicken Tender Basket - AHS	Servings	173	408	30	995	4.08	3.83	63.0	6.2	23.17	59.52	10.25	2.04	0.00
NC Pizza, Beef Fiestada	1 Each	120	360	25	780	5.00	2.70	250.0	0.0	18.0	41.0	14.0	6.00	0.00
NC Fish Sandwich	1 Each	24	332	51	416	4.02	2.17	40.0	0.0	19.15	43.17	10.08	1.01	0.00
NC Salad, Chef - HS	1 Each	5	473	138	1212	6.48	3.37	158.5	35.51	27.27	59.94	13.49	3.27	0.00
NC Baked SP Fries	1/2 Cup	410	101	0	148	1.19	0.43	23.7	2.84	1.19	15.4	3.55	0.59	0.00
NC Refried Beans	1/2 CUP	120	118	10	140	6.70	2.09	44.0	7.6	6.92	19.57	1.6	0.60	0.00
NC Salad - Side Salad	1 CUP	230	23	0	27	1.83	1.02	40.6	13.29	1.65	4.5	0.28	0.03	0.00
NC Pineapple Tibets	1/2 Cup	430	59	0	10	0.99	0.35	0.0	14.78	0.0	14.78	0.0	0.00	0.00
NC WG BD Cheese Pizza	SLICE	18	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	87	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	10	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	14	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	4	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Chicken Fajita	Sandwiches	150	375	86	1098	4.27	1.92	203.4	11.36	27.21	42.01	11.67	4.30	0.00
NC Sandwich - TBR	1 Each	138	317	45	838	4.00	1.20	183.5	6.0	21.39	41.26	6.48	1.91	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	240	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	175	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:39 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/24/2014														
NC Broccoli Florets, Fresh	1/2 CUP	175	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	75	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	125	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	125	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	100	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	175	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	80	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	20	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	3	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	195	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	180	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	25	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	45	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	50	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	50	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	150	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	130	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	18	50	5	95	0.00	0.00	0.0	0.0	0.0	1.0	5.0	0.50	0.00
NC Chinese Noodles	1 oz	120	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	420	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	80	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	75	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	25	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			689	52	1431	11.47	4.50	480.5	48.76	34.28	104.93	15.32	4.25	*0.00
% of Calories										19.9%	60.9%	20.0%	5.5%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/27/2014														
High School Lunch	Total	765												
NC BBQ Pork Rib San Basket -HS	Servings	165	375	40	1055	4.05	2.90	60.0	2.52	20.1	48.91	12.15	3.02	0.00
NC Chicken, BBQ w/ WG Roll	Servings	26	392	100	878	2.77	1.65	39.2	11.27	23.86	49.96	10.69	3.53	0.00
NC WG Chicken Nuggets w/ Roll	Servings	48	397	50	648	3.25	3.24	25.0	3.6	27.5	40.75	13.5	2.38	0.00
NC BBQ Sauce Cup	1 EACH	100	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	250	40	0	157	0.39	0.31	10.6	0.36	0.51	8.83	0.47	0.03	0.00
NC Sweet & Sour Cup	1 EACH	250	45	0	120	0.00	0.00	0.0	1.2	0.0	12.0	0.0	0.00	0.00
NC Salad, Chef - HS	1 Each	4	473	138	1212	6.48	3.37	158.5	35.51	27.27	59.94	13.49	3.27	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	420	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Spinach: Frozen	1/2 Cup	220	63	0	190	6.27	3.29	252.9	3.82	6.82	9.56	1.43	0.25	0.00
NC Cherry Tomatoes	1/2 Cup	220	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	360	56	0	7	1.31	0.30	4.9	3.12	0.42	14.67	0.08	0.02	0.00
NC WG BD Cheese Pizza	SLICE	18	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	140	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	18	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	21	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	4	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sand- Amercian Sub - Hot	Sandwiches	125	311	45	905	4.00	1.34	184.6	10.23	20.68	40.81	6.65	1.96	0.00
NC Sandwich - Spicy Chicken	Sandwiches	140	352	53	755	4.00	1.59	198.3	6.0	24.3	39.51	10.32	4.94	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - American Sub - Deli	Sandwiches	2	300	50	963	4.00	1.40	42.1	14.32	20.99	39.81	5.74	1.01	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	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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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/27/2014														
NC Apple - Golden, 125 ct	1 EACH	350	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00

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Asheboro City Schools

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Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
NC Bananas,150ct.	1 EACH	200	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	200	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	200	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	200	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	150	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	200	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	80	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	60	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	1	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	3	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	380	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	250	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	140	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	250	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	50	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	50	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	130	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	20	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	25	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	425	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	75	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	68	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	15	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:13:40 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			651	47	1555	11.85	4.20	483.2	42.18	31.18	106.54	12.52	3.67	*0.00
% of Calories										19.2%	65.5%	17.3%	5.1%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/28/2014														
High School Lunch	Total	745												
NC BBQ Pork Rib San Basket -HS	Servings	165	375	40	1055	4.05	2.90	60.0	2.52	20.1	48.91	12.15	3.02	0.00
NC Spaghetti & Meat Sauce	1 CUP	90	422	34	760	4.59	4.39	62.1	3.48	21.84	55.5	11.68	4.11	0.00
NC Spicy Pork Rib Sandwich	1 EACH	35	360	60	920	3.00	2.88	60.0	2.4	18.0	39.0	15.0	4.50	0.00
NC Baked Fries	2.5 oz Servings	540	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Veg Baked Beans	1/2 Cup	350	141	0	149	5.59	1.67	51.3	0.9	6.56	32.05	0.6	0.10	0.00
NC Cole Slaw	1/2 Cup	320	251	10	261	2.01	0.36	40.1	21.07	1.0	20.07	15.05	3.01	0.00
NC Mandarin Oranges,CND,LS	1/2 CUP	480	144	0	14	2.75	0.85	18.3	44.88	1.24	36.77	0.32	0.02	0.00
NC WG BD Cheese Pizza	SLICE	14	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	87	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	25	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	17	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	4	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Chicken Fajita	Sandwiches	150	375	86	1098	4.27	1.92	203.4	11.36	27.21	42.01	11.67	4.30	0.00
NC Sandwich - TBR	1 Each	125	317	45	838	4.00	1.20	183.5	6.0	21.39	41.26	6.48	1.91	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	2	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Veggie Wrap	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	*0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	200	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	200	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/28/2014														
NC Broccoli Florets, Fresh	1/2 CUP	200	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	200	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	200	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	200	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	175	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	220	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	80	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	24	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	1	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	450	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	250	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	250	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	400	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	40	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	40	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	190	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	20	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	40	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	420	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	100	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	93	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	12	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			896	58	1760	14.03	4.85	488.5	75.89	35.42	144.33	21.19	5.46	*0.00
% of Calories										15.8%	64.4%	21.3%	5.5%	*0.0%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

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Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/29/2014														
High School Lunch	Total	765												
NC BBQ Pork Rib San Basket -HS	Servings	188	375	40	1055	4.05	2.90	60.0	2.52	20.1	48.91	12.15	3.02	0.00
NC Salisbury Steak, 2.55oz	1 Each	6	283	56	709	2.00	1.83	40.4	4.82	17.24	28.04	10.68	4.07	0.51
NC WG Chicken Bites	Serving	100	440	30	740	3.00	2.52	120.0	0.0	17.0	42.0	23.0	7.00	0.00
NC BBQ Sauce Cup	1 EACH	250	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	250	40	0	157	0.39	0.31	10.6	0.36	0.51	8.83	0.47	0.03	0.00
NC Sweet & Sour Cup	1 EACH	250	45	0	120	0.00	0.00	0.0	1.2	0.0	12.0	0.0	0.00	0.00
NC Salad,Crispy Chicken	1 EACH	5	474	30	718	6.28	3.15	71.4	6.73	19.27	59.09	18.21	3.54	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	460	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Yellow Squash	1/2 Cup	335	22	0	422	1.51	0.39	29.4	5.94	0.98	4.65	0.33	0.06	0.00
NC Collards: Frozen	1/2 Cup	220	54	0	851	4.23	1.70	318.0	39.92	4.49	10.74	0.62	0.09	0.00
NC Peaches: canned,light syrup	1/2 CUP	450	48	0	5	1.17	0.34	5.4	3.42	0.45	12.05	0.11	0.00	0.00
NC WG BD Cheese Pizza	SLICE	28	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	96	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	15	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	2	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	10	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	4	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Spicy Chicken	Sandwiches	145	352	53	755	4.00	1.59	198.3	6.0	24.3	39.51	10.32	4.94	0.00
NC Sandwich - Italian Sub	1 Each	123	449	79	1521	4.00	1.89	193.2	18.42	27.04	39.5	21.06	7.91	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	270	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/29/2014														
NC Bananas,15Oct.	1 EACH	225	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00

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Asheboro City Schools

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Portion Values - Detailed

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High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
NC Oranges, 113 ct	1 EACH	250	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	225	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	200	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	200	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	200	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	175	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	65	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	20	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	70	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	5	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz BBQ Sauce Pack	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Ketchup Pack	1 oz	350	33	0	267	0.00	0.00	0.0	2.0	0.0	8.34	0.0	0.00	0.00
NC Heinz Mayonnaise Pack	1 oz	320	189	19	161	0.00	0.00	0.0	0.0	0.0	0.0	20.79	3.78	0.00
NC Heinz Mustard Pack	1 oz	300	0	0	369	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Ranch Dressing, PC	1 EACH	360	10	0	125	0.00	0.00	20.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	58	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	50	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	60	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	180	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	50	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	75	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	385	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	75	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	58	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			793	55	2465	12.36	4.25	514.7	59.79	31.78	112.93	25.41	6.74	0.00
% of Calories										16.0%	56.9%	28.8%	7.7%	0.0%
Nutrient Guideline			750-850		1420								<10.00	

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

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

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/30/2014														
High School Lunch	Total	770												
NC BBQ Pork Rib San Basket -HS	Servings	165	375	40	1055	4.05	2.90	60.0	2.52	20.1	48.91	12.15	3.02	0.00
NC Meatball Sub - MS/HS	1 Each	44	510	67	705	4.00	2.94	371.3	9.42	30.43	47.69	19.88	9.59	0.00
NC WG Corn Dog Nuggets	6 EACH	105	250	15	630	1.00	3.60	0.0	0.0	11.0	30.99	10.0	1.50	0.00
NC Potato Tots	SERVINGS	550	134	0	214	2.00	0.32	0.0	1.06	2.0	18.0	6.0	2.00	2.00
NC Baby Carrots, Raw	4 oz	430	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Salad - Side Salad	1 CUP	320	23	0	27	1.83	1.02	40.6	13.29	1.65	4.5	0.28	0.03	0.00
NC Cinnamon Baked Apple Slices	1/2 Cup	495	70	0	7	1.02	1.44	8.9	1.13	0.03	17.61	0.04	0.03	0.00
NC WG BD Cheese Pizza	SLICE	28	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	67	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	18	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	20	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	3	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Ham BLT Sub	1 Each	150	313	49	1103	4.00	1.65	186.9	19.21	20.73	40.0	7.65	2.24	0.00
NC Sandwich-Turkey & CheeseSub	1 Each	130	322	42	725	4.00	1.10	190.0	6.0	19.98	39.89	9.22	3.44	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	3	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	3	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Turkey Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	200	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	200	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	380	32	0	1	1.36	0.16	3.4	5.5	0.42	8.22	0.19	0.01	0.00
NC Broccoli Florets, Fresh	1/2 CUP	270	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	110	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Carrots, 2.6 oz bagged	bag	200	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/30/2014														
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	200	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	200	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	175	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	125	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	58	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	24	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	56	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	1	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	1	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Heinz BBQ Sauce Pack	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Ketchup Pack	1 oz	350	33	0	267	0.00	0.00	0.0	2.0	0.0	8.34	0.0	0.00	0.00
NC Heinz Mayonnaise Pack	1 oz	350	189	19	161	0.00	0.00	0.0	0.0	0.0	0.0	20.79	3.78	0.00
NC Heinz Mustard Pack	1 oz	275	0	0	369	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Dressing, Ranch, 1.5oz	1 Each	450	170	15	350	0.00	0.00	0.0	0.0	0.0	4.0	17.0	2.50	0.00
NC Dill Pickle Slices	1 oz	40	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	40	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	40	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	120	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	1	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	40	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	410	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	98	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	95	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			890	59	1840	12.88	5.20	459.1	44.90	29.24	115.22	35.48	8.14	1.43
% of Calories										13.1%	51.8%	35.9%	8.2%	1.4%
Nutrient Guideline			750-850		1420								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/31/2014														
High School Lunch	Total	780												
NC BBQ Pork Rib San Basket -HS	Servings	168	375	40	1055	4.05	2.90	60.0	2.52	20.1	48.91	12.15	3.02	0.00
NC WG Fish Nuggets w/Roll	Serving	28	340	35	570	5.00	1.44	40.0	3.6	16.0	48.0	8.5	1.50	0.00
NC Turkey Roast w/ WG Roll	2oz Serving	25	211	30	494	2.00	0.72	20.0	3.6	14.1	26.03	3.82	1.09	0.00
NC Meatball Sub - MS/HS	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad, Chef - HS	1 Each	4	473	138	1212	6.48	3.37	158.5	35.51	27.27	59.94	13.49	3.27	0.00
NC Cinnamon Sweet Potatoes	4 oz	430	1059	0	1468	25.28	7.78	180.6	85.01	10.33	202.11	25.2	4.79	0.00
NC Peas Green,Canned	1/2 Cup	375	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Lima Beans	1/2 Cup	375	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	425	56	0	7	1.31	0.30	4.9	3.12	0.42	14.67	0.08	0.02	0.00
NC WG BD Cheese Pizza	SLICE	38	310	25	560	4.00	2.70	250.0	0.0	17.0	33.0	12.0	5.00	0.00
NC WG BD Pepperoni Pizza	SLICE	120	320	30	610	4.00	2.70	200.0	1.2	18.0	33.0	13.0	5.00	0.00
NC Cheeseburger	1 EACH	22	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC Hamburger	1 EACH	1	251	35	573	3.01	3.26	60.2	0.0	19.17	28.01	7.06	2.02	0.00
NC WG Chicken Patty Sandwich	SANDWIC	20	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC PB & J Sandwich	Sanwiches	3	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Sandwich - Chicken Fajita	Sandwiches	150	375	86	1098	4.27	1.92	203.4	11.36	27.21	42.01	11.67	4.30	0.00
NC Sandwich - TBR	1 Each	141	317	45	838	4.00	1.20	183.5	6.0	21.39	41.26	6.48	1.91	0.00
NC Sandwich-Turkey & CheeseSub	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand w/ Cheese	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Amer Wrapw/Cheese	Sandwiches	2	296	48	1114	3.00	2.29	194.8	5.02	20.32	25.81	11.91	3.02	0.00
NC Cold - Amer/Cheese Sub-Deli	Sandwiches	2	316	47	944	4.00	1.37	184.8	11.02	21.32	40.81	6.91	2.02	0.00
NC Cold - American Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Wrap - Deli	Sandwiches	2	292	49	1270	3.00	2.57	196.9	13.21	19.68	25.0	12.57	3.21	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - H&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - Ham Wrap - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Wrap - Deli	Sandwiches	2	296	46	1006	3.00	2.12	193.5	0.0	20.34	26.26	11.4	2.88	0.00
NC Cold - T&C Sand - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold - T&C Sub - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cold Sand Turkey - Deli	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	200	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	40	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	220	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Carrots, 2.6 oz bagged	bag	220	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/31/2014														
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	200	11	0	53	1.05	0.13	26.3	2.04	0.45	1.95	0.11	0.03	0.00
NC Cherry Tomatoes	1/2 Cup	150	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	200	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	30	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	80	3	0	2	0.21	0.07	3.2	0.5	0.16	0.53	0.03	0.00	0.00
NC Sliced Onions	Slice	20	6	0	1	0.24	0.03	3.2	1.04	0.15	1.31	0.01	0.01	0.00
NC Tomatoes, Sliced	Slice	60	4	0	1	0.24	0.05	2.0	2.74	0.18	0.78	0.04	0.01	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	3	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	1	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Heinz BBQ Sauce Pack	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Ketchup Pack	1 oz	350	33	0	267	0.00	0.00	0.0	2.0	0.0	8.34	0.0	0.00	0.00
NC Heinz Mayonnaise Pack	1 oz	350	189	19	161	0.00	0.00	0.0	0.0	0.0	0.0	20.79	3.78	0.00
NC Heinz Mustard Pack	1 oz	275	0	0	369	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Dressing, Ranch, 1.5oz	1 Each	450	170	15	350	0.00	0.00	0.0	0.0	0.0	4.0	17.0	2.50	0.00
NC Dill Pickle Slices	1 oz	25	3	0	250	0.00	0.00	0.0	0.0	0.0	0.5	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	40	5	0	482	0.00	0.34	18.9	2.27	0.0	0.94	0.0	0.00	0.00
NC Banana Peppers	1 oz	38	5	0	486	0.00	0.00	0.0	0.0	0.0	1.01	0.0	0.00	0.00
NC Black Olives	1 oz	20	44	0	177	0.00	0.00	0.0	0.0	0.0	0.89	4.43	0.00	0.00
NC Hot Sauce, 7G	1 EACH	170	0	0	100	0.00	0.00	0.0	1.2	0.0	1.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	25	121	0	506	4.05	2.92	81.0	0.0	12.15	8.1	4.05	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	15	50	5	95	0.00	0.00	0.0	0.0	0.0	1.0	5.0	0.50	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	20	121	0	294	2.03	0.00	0.0	0.0	3.04	20.25	3.54	0.51	0.00
NC FF Chocolate Milk	1/2 PINT	410	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	100	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	96	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

High School Lunch

001 - Asheboro High

Generated on: 12/15/2014 11:14:24 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1366	66	2654	25.87	8.67	534.8	79.69	38.32	206.52	44.40	9.24	0.00
% of Calories										11.2%	60.5%	29.2%	6.1%	0.0%
Nutrient Guideline			750-850		1420								<10.00	

Weighted Average			842	57	1827	13.86	5.00	486.8	53.22	35.32	127.26	22.56	5.71	*0.29
										16.8%	60.5%	24.1%	6.1%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	842		750 - 850	100%				
Cholesterol (mg)	57							
Sodium (mg)	1827		1420				407	Correction Required - Sodium too High
Fiber (g)	13.86							
Iron (mg)	5.00							
Calcium (mg)	486.8							
Vitamin C (mg)	53.22							
Protein (g)	35.32	16.78%						
Carbohydrate (g)	127.26	60.48%						
Total Fat (g)	22.56	24.12%						
Saturated Fat (g)	5.71	6.10%	<10.00%					
Trans Fat ¹ (g)	0.29	0.31%			Missing			

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