

Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 13, 2014 thru Oct 31, 2014

Middle School Lunch

008 - North Asheboro Middle

Generated on: 12/15/2014 11:13:09 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*

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

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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														
Middle School Lunch	Total	479												
NC Chicken, BBQ w/ WG Roll	Servings	68	392	100	878	2.77	1.65	39.2	11.27	23.86	49.96	10.69	3.53	0.00
NC Salisbury Steak, 2.55oz	1 Each	28	283	56	709	2.00	1.83	40.4	4.82	17.24	28.04	10.68	4.07	0.51
NC Salad,Crispy Chicken	1 EACH	4	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	398	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Lima Beans	1/2 Cup	77	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Cherry Tomatoes	1/2 Cup	5	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cinnamon Baked Apple Slices	1/2 Cup	23	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	115	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	155	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	55	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	3	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	48	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 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	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	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	5	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 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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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 - 1000 Isle	1 EACH	200	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00

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

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

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Portion Values - Detailed

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Middle School Lunch

008 - North Asheboro Middle

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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 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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	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 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 Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			648	51	1395	8.91	3.49	567.2	20.21	32.11	97.15	14.60	4.50	0.03
% of Calories										19.8%	59.9%	20.3%	6.2%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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Tue - 10/14/2014														
Middle School Lunch	Total	479												
NC Baked Spaghetti w/ G Toast	1 CUP	68	396	44	380	2.75	3.83	186.1	5.56	22.78	45.41	12.42	5.64	0.00
NC Turkey Hot Dog	1 Each	28	270	35	930	3.00	0.36	40.0	2.4	13.0	30.0	11.5	3.50	0.00
NC Cole Slaw - Hot Dogs	1 oz	4	63	3	65	0.50	0.09	10.0	5.27	0.25	5.02	3.76	0.75	0.00
NC Chili, Beef, for Hotdogs	1 oz	398	35	10	111	0.51	0.91	10.1	0.61	5.57	2.53	0.76	0.00	0.00
NC Baked Fries	2.5 oz Servings	317	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Peas Green,Canned	1/2 Cup	23	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Strawberry Cup, 4.5oz	4.5 oz	5	122	0	4	2.40	0.75	14.0	52.62	0.68	32.94	0.17	0.01	0.00
NC WG BD Cheese Pizza	SLICE	115	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	155	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	55	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
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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 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	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	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	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 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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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

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Tue - 10/14/2014														
NC Salad Dressing, Ranch	1 EACH	150	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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	80	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	500	10	0	85	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 Mayonnaise, Fat Free, 12 gr	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			664	47	1366	8.19	4.11	587.4	14.96	35.66	96.29	15.68	5.07	0.00
% of Calories										21.5%	58.0%	21.3%	6.9%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	479												
NC Sloppy Joe	Servings	68	307	34	669	4.26	3.13	79.9	3.29	17.56	37.94	10.03	3.39	0.00
NC WG Chicken Tenders w/ Roll	Servings	28	300	30	670	3.00	3.44	63.0	3.6	21.0	40.0	7.0	1.50	0.00
NC Salad, Chef	1 Each	4	403	138	1172	6.48	2.65	158.5	31.91	24.27	48.94	11.99	3.77	0.00
NC Pinto Beans w/ Diced Ham	1/2 CUP	398	132	15	443	5.42	1.74	51.2	1.08	10.24	19.77	1.69	0.45	0.01
NC Cinnamon Glazed Carrots	1/2 Cup	17	41	0	33	1.18	0.52	24.3	2.01	0.48	9.93	0.14	0.03	0.00
NC Broccoli & Cheese Sauce	1/2 Cup	5	36	0	106	2.55	0.51	53.1	33.69	2.6	5.69	0.94	0.19	0.00
NC Peaches: canned,light syrup	1/2 CUP	23	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	115	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	155	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	55	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	3	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	48	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 Apple, Fresh Red Del, 125ct	1 Each	100	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	50	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	2	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 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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	155	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	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

Middle School Lunch

008 - North Asheboro Middle

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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 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 Honey Mustard 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 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	50	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	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 Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			656	51	1432	11.06	4.59	607.8	13.41	37.86	95.59	13.81	4.69	0.01
% of Calories										23.1%	58.3%	19.0%	6.4%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Middle School Lunch

008 - North Asheboro Middle

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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)
Thu - 10/16/2014														
Middle School Lunch	Total	479												
NC Spicy Pork Rib Sandwich	1 EACH	68	360	60	920	3.00	2.88	60.0	2.4	18.0	39.0	15.0	4.50	0.00
NC Chicken Pie	1 Each	28	322	55	778	2.41	2.19	118.8	2.27	21.4	32.06	12.33	5.53	0.00
NC Baked Fries	2.5 oz Servings	317	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Whole Kernal Corn	1/2 CUP	398	66	0	1	2.01	0.40	2.0	2.92	2.1	15.92	0.55	0.08	0.00
NC Veg Baked Beans	1/2 Cup	17	141	0	149	5.59	1.67	51.3	0.9	6.56	32.05	0.6	0.10	0.00
NC Pineapple Tibets	1/2 Cup	5	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	115	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	155	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	55	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	3	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	48	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 Apple, Fresh Red Del, 125ct	1 Each	80	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	180	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	50	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	40	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	4	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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	150	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	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

Middle School Lunch

008 - North Asheboro Middle

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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)
Thu - 10/16/2014														
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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	500	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	100	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	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 Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			691	43	1342	9.37	3.69	569.0	15.36	32.63	107.65	15.90	5.10	0.00
% of Calories										18.9%	62.3%	20.7%	6.6%	0.0%
Nutrient Guideline			600-700		1360								<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

Middle School Lunch

008 - North Asheboro Middle

Generated on: 12/15/2014 11:13:09 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 - 10/17/2014														
Middle School Lunch	Total	479												
NC Fish Sandwich	1 Each	68	332	51	416	4.02	2.17	40.0	0.0	19.15	43.17	10.08	1.01	0.00
NC Meat Loaf w/ Roll	1 Each	28	282	35	747	3.01	2.18	60.5	6.03	17.16	34.1	7.59	3.04	0.00
NC Salad,Crispy Chicken	1 EACH	4	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	398	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Peas Green,Canned	1/2 Cup	17	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Salad - Side Salad	1 CUP	23	23	0	27	1.83	1.02	40.6	13.29	1.65	4.5	0.28	0.03	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	5	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	115	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	155	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	55	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	3	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	48	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 Apple, Fresh Red Del, 125ct	1 Each	80	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	180	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	50	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	4	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	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 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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	4	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	100	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	154	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	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

Middle School Lunch

008 - North Asheboro Middle

Generated on: 12/15/2014 11:13:09 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 - 10/17/2014														
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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	200	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	50	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	60	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			620	40	1290	8.60	3.24	567.4	22.74	30.88	93.58	13.47	4.07	0.00
% of Calories										19.9%	60.4%	19.6%	5.9%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Middle School Lunch

008 - North Asheboro Middle

Generated on: 12/15/2014 11:13:09 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)
Mon - 10/20/2014														
Middle School Lunch	Total	479												
NC Chicken, Buffalo w/ WG Roll	Servings	68	300	100	550	2.00	1.08	20.0	3.6	23.0	26.0	10.5	3.50	0.00
NC Country Pork Chop w/WG Roll	1 Each	28	372	91	685	3.01	3.09	60.4	3.6	18.14	42.16	13.63	3.03	0.00
NC Salad, Chef	1 Each	4	403	138	1172	6.48	2.65	158.5	31.91	24.27	48.94	11.99	3.77	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	398	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Black-eyed Peas	1/2 Cup	17	92	0	149	4.00	1.16	24.0	3.2	5.69	16.36	0.66	0.17	0.00
NC Spinach: Frozen	1/2 Cup	5	63	0	190	6.27	3.29	252.9	3.82	6.82	9.56	1.43	0.25	0.00
NC Peaches: canned,light syrup	1/2 CUP	23	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	115	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	155	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	55	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	3	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	48	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 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	50	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	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	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 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	60	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	154	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 13, 2014 thru Oct 31, 2014

Middle School Lunch

008 - North Asheboro Middle

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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														
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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	150	10	0	85	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 Mayonnaise, Fat Free, 12 gr	1 EACH	60	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			595	51	1293	7.40	3.08	561.4	18.64	31.31	85.73	13.78	4.43	0.00
% of Calories										21.0%	57.6%	20.8%	6.7%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	0												
NC Macaroni & Cheese - MS/HS	Cups	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Nachos	Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	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 Potato Tots	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Refried Beans	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Applesauce:cnnd,unswtnd	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 WG BD Cheese Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC WG BD Pepperoni Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cheeseburger	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 Hamburger	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 WG Chicken Patty Sandwich	SANDWIC	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
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 Oranges, 113 ct	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Mayonnaise 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 Mustard 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 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 Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry 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 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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

008 - North Asheboro Middle

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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 - 10/22/2014														
Middle School Lunch	Total	0												
NC Beef Ravioli	Cups	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC WG Corn Dog Nuggets	6 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, Buffalo Chicken - MS	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, 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 Baked Fries	2.5 oz Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cinnamon Glazed Carrots	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 Green Beans	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 Pears: canned,light syrup	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 WG BD Cheese Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC WG BD Pepperoni Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cheeseburger	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 Hamburger	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 WG Chicken Patty Sandwich	SANDWIC	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
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 Oranges, 113 ct	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Mayonnaise 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 Mustard 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 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	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry 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 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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	0												
NC Pizza, Beef Fiestada	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 WG Chicken Nuggets w/ Roll	Servings	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour 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 Potato Tots	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Whole Kernal Corn	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 Pinto Beans	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 Fruit Cocktail:canned,LS	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 WG BD Cheese Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC WG BD Pepperoni Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cheeseburger	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 Hamburger	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 WG Chicken Patty Sandwich	SANDWIC	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
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 Oranges, 113 ct	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Mayonnaise 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 Mustard 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 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	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry 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 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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Middle School Lunch

008 - North Asheboro Middle

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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 - 10/24/2014														
Middle School Lunch	Total	0												
NC WG Fish Nuggets w/Roll	Serving	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 Turkey Roast w/ WG Roll	2oz Serving	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad,Crispy Chicken	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, 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 Cinnamon Sweet Potatoes	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 Salad - Side Salad	1 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Pineapple Tibets	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 WG BD Cheese Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC WG BD Pepperoni Pizza	SLICE	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cheeseburger	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 Hamburger	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 WG Chicken Patty Sandwich	SANDWIC	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
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 Oranges, 113 ct	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Heinz Mayonnaise 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 Mustard 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 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	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry 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 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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Middle School Lunch

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	479												
NC Chicken, BBQ w/ WG Roll	Servings	68	392	100	878	2.77	1.65	39.2	11.27	23.86	49.96	10.69	3.53	0.00
NC Salisbury Steak, 2.55oz	1 Each	28	283	56	709	2.00	1.83	40.4	4.82	17.24	28.04	10.68	4.07	0.51
NC Salad,Crispy Chicken	1 EACH	4	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	398	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Lima Beans	1/2 Cup	77	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Cherry Tomatoes	1/2 Cup	5	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cinnamon Baked Apple Slices	1/2 Cup	23	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	115	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	155	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	55	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	3	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	48	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 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	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	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	5	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 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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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 - 1000 Isle	1 EACH	200	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Middle School Lunch

008 - North Asheboro Middle

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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 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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	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 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 Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			648	51	1395	8.91	3.49	567.2	20.21	32.11	97.15	14.60	4.50	0.03
% of Calories										19.8%	59.9%	20.3%	6.2%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Middle School Lunch

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	479												
NC Baked Spaghetti w/ G Toast	1 CUP	68	396	44	380	2.75	3.83	186.1	5.56	22.78	45.41	12.42	5.64	0.00
NC Turkey Hot Dog	1 Each	28	270	35	930	3.00	0.36	40.0	2.4	13.0	30.0	11.5	3.50	0.00
NC Cole Slaw - Hot Dogs	1 oz	4	63	3	65	0.50	0.09	10.0	5.27	0.25	5.02	3.76	0.75	0.00
NC Chili, Beef, for Hotdogs	1 oz	398	35	10	111	0.51	0.91	10.1	0.61	5.57	2.53	0.76	0.00	0.00
NC Baked Fries	2.5 oz Servings	317	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Peas Green,Canned	1/2 Cup	23	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Strawberry Cup, 4.5oz	4.5 oz	5	122	0	4	2.40	0.75	14.0	52.62	0.68	32.94	0.17	0.01	0.00
NC WG BD Cheese Pizza	SLICE	115	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	155	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	55	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	3	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	48	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 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	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	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	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 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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Middle School Lunch

008 - North Asheboro Middle

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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 Salad Dressing, Ranch	1 EACH	150	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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	80	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	500	10	0	85	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 Mayonnaise, Fat Free, 12 gr	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			664	47	1366	8.19	4.11	587.4	14.96	35.66	96.29	15.68	5.07	0.00
% of Calories										21.5%	58.0%	21.3%	6.9%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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

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

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	479												
NC Sloppy Joe	Servings	68	307	34	669	4.26	3.13	79.9	3.29	17.56	37.94	10.03	3.39	0.00
NC WG Chicken Tenders w/ Roll	Servings	28	300	30	670	3.00	3.44	63.0	3.6	21.0	40.0	7.0	1.50	0.00
NC Salad, Chef	1 Each	4	403	138	1172	6.48	2.65	158.5	31.91	24.27	48.94	11.99	3.77	0.00
NC Pinto Beans w/ Diced Ham	1/2 CUP	398	132	15	443	5.42	1.74	51.2	1.08	10.24	19.77	1.69	0.45	0.01
NC Cinnamon Glazed Carrots	1/2 Cup	17	41	0	33	1.18	0.52	24.3	2.01	0.48	9.93	0.14	0.03	0.00
NC Broccoli & Cheese Sauce	1/2 Cup	5	36	0	106	2.55	0.51	53.1	33.69	2.6	5.69	0.94	0.19	0.00
NC Peaches: canned,light syrup	1/2 CUP	23	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	115	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	155	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	55	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	3	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	48	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 Apple, Fresh Red Del, 125ct	1 Each	100	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	50	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	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 Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	2	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 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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	155	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	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

Middle School Lunch

008 - North Asheboro Middle

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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 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 Honey Mustard 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 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	50	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	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 Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			656	51	1432	11.06	4.59	607.8	13.41	37.86	95.59	13.81	4.69	0.01
% of Calories										23.1%	58.3%	19.0%	6.4%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

008 - North Asheboro Middle

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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)
Thu - 10/30/2014														
Middle School Lunch	Total	479												
NC Spicy Pork Rib Sandwich	1 EACH	68	360	60	920	3.00	2.88	60.0	2.4	18.0	39.0	15.0	4.50	0.00
NC Chicken Pie	1 Each	28	322	55	778	2.41	2.19	118.8	2.27	21.4	32.06	12.33	5.53	0.00
NC Baked Fries	2.5 oz Servings	317	105	0	315	1.05	0.38	0.0	2.52	2.1	18.91	3.15	0.53	0.00
NC Whole Kernal Corn	1/2 CUP	398	66	0	1	2.01	0.40	2.0	2.92	2.1	15.92	0.55	0.08	0.00
NC Veg Baked Beans	1/2 Cup	17	141	0	149	5.59	1.67	51.3	0.9	6.56	32.05	0.6	0.10	0.00
NC Pineapple Tibets	1/2 Cup	5	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	115	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	155	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	55	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	3	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	48	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 Apple, Fresh Red Del, 125ct	1 Each	80	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	180	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	50	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	40	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Baby Carrots, Raw	4 oz	4	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	4	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	50	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	150	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	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

Middle School Lunch

008 - North Asheboro Middle

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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 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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	500	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	100	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	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 Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			691	43	1342	9.37	3.69	569.0	15.36	32.63	107.65	15.90	5.10	0.00
% of Calories										18.9%	62.3%	20.7%	6.6%	0.0%
Nutrient Guideline			600-700		1360								<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

Middle School Lunch

008 - North Asheboro Middle

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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														
Middle School Lunch	Total	479												
NC Fish Sandwich	1 Each	68	332	51	416	4.02	2.17	40.0	0.0	19.15	43.17	10.08	1.01	0.00
NC Meat Loaf w/ Roll	1 Each	28	282	35	747	3.01	2.18	60.5	6.03	17.16	34.1	7.59	3.04	0.00
NC Salad,Crispy Chicken	1 EACH	4	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	398	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Peas Green,Canned	1/2 Cup	17	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Salad - Side Salad	1 CUP	23	23	0	27	1.83	1.02	40.6	13.29	1.65	4.5	0.28	0.03	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	5	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	115	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	155	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	55	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	3	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	48	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 Apple, Fresh Red Del, 125ct	1 Each	80	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	180	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	50	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	4	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	4	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	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 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	4	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	4	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	100	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	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	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 Yellow Squash	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 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	154	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	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

Middle 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)
Fri - 10/31/2014														
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 Honey Mustard 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 Sweet & Sour 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 BBQ Sauce Cup	1 EACH	50	35	0	380	1.00	0.36	0.0	0.0	1.0	7.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	200	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	50	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	60	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	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 Sliced Jalapeno Peppers	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 Banana Peppers	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 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 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 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 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 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 FF Chocolate Milk	1/2 PINT	450	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	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			620	40	1290	8.60	3.24	567.4	22.74	30.88	93.58	13.47	4.07	0.00
% of Calories										19.9%	60.4%	19.6%	5.9%	0.0%
Nutrient Guideline			600-700		1360								<10.00	

Weighted Average			650	47	1359	9.06	3.76	578.1	17.46	33.60	96.93	14.61	4.66	0.01
										20.7%	59.6%	20.2%	6.5%	0.0%

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Middle School Lunch

008 - North Asheboro Middle

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Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	650		600 - 700		100%											
Cholesterol (mg)	47															
Sodium (mg)	1359		1360													
Fiber (g)	9.06															
Iron (mg)	3.76															
Calcium (mg)	578.1															
Vitamin C (mg)	17.46															
Protein (g)	33.60	20.67%														
Carbohydrate (g)	96.93	59.63%														
Total Fat (g)	14.61	20.22%														
Saturated Fat (g)	4.66	6.45%	<10.00%													
Trans Fat ¹ (g)	0.01	0.01%														

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