

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2025																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz)	1	240	0	240	3.00	3.24	400.0	*N/A*	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
EGGO GRAHAM WAFFLE CRAFTERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2899	20	2575	35.98	*50.96	*2686.2	*N/A*	138.42	254	61.00	559.81	53.50	10.00	0.00
% of Calories											35.0%	8.4%	77.2%	16.6%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/04/2025																
K- 12 Breakfast	Total	1														
TURKEY HAM/CHEESE/CROIS STANT	SERVNGS	1	190	20	440	2.00	1.00	119.0	*N/A*	0.0	3	11.0	19.0	8.0	3.50	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
EGGO FRENCH TOAST GRAHAMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
EGGO GRAHAM WAFFLE CRACKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	*N/A*	0.0	7	0.0	9.11	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average			3248	50	2861	41.92	21.30	2232.1	*N/A*	120.45	*292	70.51	623.34	59.10	16.04	0.00
% of Calories											*36.0%	8.7%	76.8%	16.4%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/05/2025																
K- 12 Breakfast	Total	1														
MINI BAGELS, STRAWBERRY	1 EACH	1	240	10	190	2.00	0.36	20.0	*N/A*	0.0	12	6.0	42.0	6.0	2.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24	0.0	27.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3010	30	2875	36.00	53.48	2441.2	*N/A*	94.80	249 33.1%	66.00 8.8%	580.00 77.1%	55.00 16.4%	10.50 3.1%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/06/2025																
K- 12 Breakfast	Total	1														
PANCAKES, MINI MAPLE	POUCH	1	200	0	210	4.00	3.60	20.0	*N/A*	0.0	10	4.0	35.0	6.0	1.00	0.00
MANDARIN ORANGE, CUP	1 Each	1	70	0	2	1.00	3.00	7.0	*N/A*	48.0	17	0.0	17.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
AMS																
EGGO GRAHAM WAFFLE CRACKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3290	25	2245	40.92	26.48	2119.3	*N/A*	160.05	*332	63.43	652.89	54.08	13.54	0.00
% of Calories											*40.4%	7.7%	79.4%	14.8%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/07/2025																
K- 12 Breakfast	Total	1														
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	*N/A*	30.0	19	7.0	38.0	8.0	2.50	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24	1.0	30.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3060	20	2970	31.00	73.28	2641.2	*N/A*	121.80	255 33.3%	65.00 8.5%	581.00 75.9%	59.00 17.4%	11.00 3.2%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/10/2025																
K- 12 Breakfast	Total	1														
MINI CINNIS	1 EACH	1	230	0	280	3.00	1.70	30.0	*N/A*	0.0	13	5.0	41.0	7.0	1.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFLE CRACKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3469	20	3805	46.98	*77.32	*2516.2	*N/A*	171.42	302	73.00	694.81	60.50	10.50	0.00
% of Calories											34.8%	8.4%	80.1%	15.7%	2.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/11/2025																
K- 12 Breakfast	Total	1														
BLUEBERRY MINI LOAF	loaf	1	139	19	78	2.00	0.80	20.0	*N/A*	0.8	8	2.5	22.0	7.5	0.90	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	*N/A*	0.0	5	4.0	12.0	0.0	0.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
AMS																
EGGO GRAHAM WAFFLE CRACKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	*N/A*	0.0	7	0.0	9.11	0.0	0.00	0.00
Weighted Daily Average			2684	44	1898	33.00	18.28	1951.2	*N/A*	74.60	*253	55.50	537.11	46.00	13.40	0.00
% of Calories											*37.6%	8.3%	80.0%	15.4%	4.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/12/2025																
K- 12 Breakfast	Total	1														
FRENCH TOAST STICKS:IW	2 sticks	1	240	10	260	2.00	0.18	210.0	*N/A*	0.0	12	6.0	38.0	7.0	1.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24	0.0	27.0	0.0	0.00	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3140	30	2960	36.00	53.30	2631.2	*N/A*	94.80	272	66.00	608.00	56.00	9.50	0.00
% of Calories											34.7%	8.4%	77.5%	16.1%	2.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/13/2025																
K- 12 Breakfast	Total	1														
BRKFST, BAGEL PIZZA, IW	1 each	1	254	23	474	3.00	2.00	124.0	*N/A*	0.0	3	13.0	33.0	9.0	4.00	0.00
MANDARIN ORANGE, CUP	1 Each	1	70	0	2	1.00	3.00	7.0	*N/A*	48.0	17	0.0	17.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
AMS																
EGGO GRAHAM WAFFLE CRA	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
CKERS																
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3214	48	2494	39.92	24.88	2223.3	*N/A*	160.05	*302 *37.6%	72.43 9.0%	618.89 77.0%	57.07 16.0%	16.54 4.6%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/14/2025																
K- 12 Breakfast	Total	1														
POWDERED MINI DOUGHNUTS	1 each	1	270	0	290	2.00	1.08	20.0	*N/A*	0.0	19	4.0	41.0	11.0	4.50	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24	1.0	30.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3060	20	2980	35.00	54.56	2461.2	*N/A*	94.80	256 33.5%	65.00 8.5%	582.00 76.1%	60.00 17.6%	13.00 3.8%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 11

Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/17/2025																
K- 12 Breakfast	Total	1														
BANANA BREAD	Slice	1	260	0	240	2.00	0.18	159.0	*N/A*	0.0	24	5.0	45.0	8.0	1.50	0.00
BERRY BREAD	3.4oz Each	1	270	0	250	2.00	1.08	100.0	*N/A*	0.0	24	5.0	45.0	8.0	1.50	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR, CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR, COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3349	20	3175	39.99	*54.38	*2690.2	*N/A*	134.27	297	70.00	644.85	65.00	11.50	0.00
% of Calories											35.5%	8.4%	77.0%	17.5%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2025																
K- 12 Breakfast	Total	1														
CHICKEN & WAFFLE, SAND,IW	SERVNGS	1	161	70	352	2.01	1.81	40.2	*N/A*	0.0	2	8.04	20.1	6.03	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3221	95	2385	41.93	22.04	2152.5	*N/A*	60.45	*295 *36.7%	67.47 8.4%	632.98 78.6%	54.10 15.1%	12.54 3.5%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/19/2025																
K- 12 Breakfast	Total	1														
TEXAS TOAST - APPLE CINNA MON	Slice	1	310	0	450	4.00	2.00	90.0	*N/A*	0.0	16	5.0	44.0	13.0	2.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24	0.0	27.0	0.0	0.00	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2870	20	2785	34.00	49.72	2361.2	*N/A*	85.80	234 32.6%	61.00 8.5%	535.00 74.6%	59.50 18.7%	10.50 3.3%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/20/2025																
K- 12 Breakfast	Total	1														
CHIX/TURK PANCAKE SAUS S TICK	1 EACH	1	190	25	310	3.00	1.44	0.0	*N/A*	0.0	4	7.0	17.0	10.0	2.50	0.00
MANDARIN ORANGE, CUP	1 Each	1	70	0	2	1.00	3.00	7.0	*N/A*	48.0	17	0.0	17.0	0.0	0.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEB ERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRA WBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3280	50	2345	39.92	24.32	2099.3	*N/A*	160.05	*326 *39.8%	66.43 8.1%	634.89 77.4%	58.07 15.9%	15.04 4.1%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 15

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/21/2025																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE, CEREAL BLAST	1 each	1	250	15	190	2.00	1.08	9.0	*N/A*	0.0	17	5.0	38.0	9.0	2.50	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24	1.0	30.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM WAFFLE CRACKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			2890	35	2725	30.00	51.86	2100.2	*N/A*	94.80	262	61.00	559.00	52.00	10.50	0.00
% of Calories											36.3%	8.4%	77.4%	16.2%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:48 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/24/2025																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz)	1	240	0	240	3.00	3.24	400.0	*N/A*	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2899	20	2575	35.98	*50.96	*2686.2	*N/A*	138.42	254	61.00	559.81	53.50	10.00	0.00
% of Calories											35.0%	8.4%	77.2%	16.6%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/25/2025																
K- 12 Breakfast	Total	1														
TURKEY HAM/CHEESE/CROIS STANT	SERVNGS	1	190	20	440	2.00	1.00	119.0	*N/A*	0.0	3	11.0	19.0	8.0	3.50	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	0.0	25.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	*N/A*	0.0	0	0.08	0.34	0.02	0.00	0.00
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	*N/A*	0.0	7	0.0	9.11	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average			3248	50	2861	41.92	21.30	2232.1	*N/A*	120.45	*292	70.51	623.34	59.10	16.04	0.00
% of Calories											*36.0%	8.7%	76.8%	16.4%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2025 thru Nov 30, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/26/2025																
K- 12 Breakfast	Total	1														
MINI BAGELS, STRAWBERRY	1 EACH	1	240	10	190	2.00	0.36	20.0	*N/A*	0.0	12	6.0	42.0	6.0	2.00	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24	0.0	27.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3010	30	2875	36.00	53.48	2441.2	*N/A*	94.80	249 33.1%	66.00 8.8%	580.00 77.1%	55.00 16.4%	10.50 3.1%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2025 thru Nov 30, 2025

K- 12 Breakfast

Generated on: 10/20/2025 11:04:49 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/27/2025																
K- 12 Breakfast	Total	1														
PANCAKES, MINI MAPLE	POUCH	1	200	0	210	4.00	3.60	20.0	*N/A*	0.0	10	4.0	35.0	6.0	1.00	0.00
MANDARIN ORANGE, CUP	1 Each	1	70	0	2	1.00	3.00	7.0	*N/A*	48.0	17	0.0	17.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29	5.0	73.0	6.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
AMS																
EGGO GRAHAM WAFFLE CRACKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	*N/A*	1.73	*22	5.63	51.67	4.95	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*N/A*	45.53	27	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	*N/A*	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3290	25	2245	40.92	26.48	2119.3	*N/A*	160.05	*332	63.43	652.89	54.08	13.54	0.00
% of Calories											*40.4%	7.7%	79.4%	14.8%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/28/2025																
K- 12 Breakfast	Total	1														
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	*N/A*	30.0	19	7.0	38.0	8.0	2.50	0.00
RAISELS, TROPICAL	BOX, 1.5 O	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24	1.0	30.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14	5.0	52.0	6.0	0.50	0.00
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	*N/A*	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	*N/A*	0.0	13	3.0	38.0	7.0	2.00	0.00
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	*N/A*	0.0	13	3.0	37.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12	0.0	13.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	*N/A*	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	*N/A*	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3060	20	2970	31.00	73.28	2641.2	*N/A*	121.80	255 33.3%	65.00 8.5%	581.00 75.9%	59.00 17.4%	11.00 3.2%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			3110	34	2730	37.42	*44.08	*2371.3	*N/A*	120.10	*278 *80.5%	65.48 8.4%	602.08 77.4%	56.48 16.3%	12.26 3.5%	0.00 0.0%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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		Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	3110		450 - 500	622%			2610	Correction Required - Calories too High									
Cholesterol (mg)	34																
Sodium 1 (mg)	2730		540	506%			2190	Correction Required - Sodium too High									
Fiber (g)	37.42																
Iron (mg)	44.08				Missing												
Calcium (mg)	2371.3				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	278	35.78%			Missing												
Vitamin C (mg)	120.10																
Protein (g)	65.48	8.42%															
Carbohydrate (g)	602.08	77.44%															
Total Fat (g)	56.48	16.35%															
Saturated Fat (g)	12.26	3.55%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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