

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 1

Dec 1, 2025 thru Dec 19, 2025

K- 12 Breakfast

Generated on: 11/26/2025 10:08:04 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 - 12/01/2025																
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 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
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	

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.

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 2

Generated on: 11/26/2025 10:08:04 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 - 12/02/2025																
K- 12 Breakfast	Total	1														
BLUEBERRY MINI LOAF w/ YO GURT	loaf	1	209	24	148	2.00	0.80	170.0	*N/A*	0.8	13	6.5	34.0	7.5	0.90	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 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
Weighted Daily Average			3209	49	2166	40.92	21.04	2262.3	*N/A*	121.85	*295	66.93	632.89	55.57	13.44	0.00
% of Calories											*36.7%	8.3%	78.9%	15.6%	3.8%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 3

Generated on: 11/26/2025 10:08:04 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 - 12/03/2025																
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
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,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			2744	43	2989	32.00	52.42	2195.2	*N/A*	94.80	225	68.00	519.00	52.00	12.00	0.00
% of Calories											32.8%	9.9%	75.7%	17.1%	3.9%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 4

Generated on: 11/26/2025 10:08:05 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 - 12/04/2025																
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
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 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
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			3330	35	2295	38.92	23.06	2309.3	*N/A*	160.05	*334 *40.1%	65.43 7.9%	655.89 78.8%	55.08 14.9%	13.54 3.7%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 5

Generated on: 11/26/2025 10:08:05 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 - 12/05/2025																
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,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			2780	20	2810	30.00	51.86	2111.2	*N/A*	94.80	241	60.00	530.00	54.00	12.50	0.00
% of Calories											34.7%	8.6%	76.3%	17.5%	4.0%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 6

Generated on: 11/26/2025 10:08:05 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 - 12/08/2025																
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
PUMPKIN BREAD	3.4 oz	1	260	0	240	2.00	1.00	114.0	*N/A*	0.0	23	5.0	44.0	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,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			3059	20	2995	34.99	*51.60	*2354.2	*N/A*	134.27	281	65.00	591.85	59.00	11.00	0.00
% of Calories											36.7%	8.5%	77.4%	17.4%	3.2%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 7

Generated on: 11/26/2025 10:08:05 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 - 12/09/2025																
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	

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.

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 8

Generated on: 11/26/2025 10:08:05 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 - 12/10/2025																
K- 12 Breakfast	Total	1														
MUFFIN, BLUEBERRY	MUFFIN	1	226	30	240	3.30	1.10	8.5	*N/A*	1.2	16	3.9	38.0	6.3	0.90	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,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			2506	50	2405	28.30	46.12	1929.7	*N/A*	87.00	219	54.90	477.00	46.80	8.90	0.00
% of Calories											35.0%	8.8%	76.1%	16.8%	3.2%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 9

Generated on: 11/26/2025 10:08:05 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 - 12/11/2025																
K- 12 Breakfast	Total	1														
CINN TOAST CRUNH PASTRY	1 each	1	240	5	280	3.00	1.60	0.0	*N/A*	0.0	13	5.0	41.0	6.0	2.00	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
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 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
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			3390	30	2318	39.92	21.84	2112.3	*N/A*	112.05	*342	65.43	671.89	54.07	14.54	0.00
% of Calories											*40.4%	7.7%	79.3%	14.4%	3.9%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 10

Generated on: 11/26/2025 10:08:05 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 - 12/12/2025																
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
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 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			2770	45	2842	31.00	54.86	2078.2	*N/A*	142.80	242	62.00	525.00	53.00	10.50	0.00
% of Calories											34.9%	9.0%	75.8%	17.2%	3.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

* - 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.

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 11

Generated on: 11/26/2025 10:08:05 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 - 12/15/2025																
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,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			2619	20	2405	30.98	*48.26	*2336.2	*N/A*	138.42	239	56.00	507.81	47.50	9.50	0.00
% of Calories											36.5%	8.6%	77.5%	16.3%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 12

Generated on: 11/26/2025 10:08:05 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 - 12/16/2025																
K- 12 Breakfast	Total	1														
SAUSAGE CHIX BISCUIT, IW	SERVNGS	1	200	0	740	2.00	1.80	60.0	*N/A*	0.0	1	10.0	23.0	8.0	4.50	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
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			3256	30	2978	41.92	22.04	2172.3	*N/A*	120.45	*290	69.43	627.00	59.07	17.04	0.00
% of Calories											*35.7%	8.5%	77.0%	16.3%	4.7%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 13

Generated on: 11/26/2025 10:08:05 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 - 12/17/2025																
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,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			2730	30	2705	31.00	50.78	2091.2	*N/A*	94.80	234	61.00	528.00	49.00	10.00	0.00
% of Calories											34.3%	8.9%	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

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

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

Pitt County Schools

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 14

Generated on: 11/26/2025 10:08:05 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 - 12/18/2025																
K- 12 Breakfast	Total	1														
PANCAKE, MINI STRAWBERRY	1 Each	1	200	0	260	2.00	1.00	40.0	*N/A*	*N/A*	13	3.0	38.0	4.0	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	2295	38.92	23.88	2139.3	*N/A*	*160.05	*335	62.43	655.89	52.07	13.54	0.00
% of Calories											*40.8%	7.6%	79.7%	14.2%	3.7%	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

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

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

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 15

Dec 1, 2025 thru Dec 19, 2025

K- 12 Breakfast

Generated on: 11/26/2025 10:08:05 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 - 12/19/2025																
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, 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			2780	20	2800	26.00	70.58	2291.2	*N/A*	121.80	240	60.00	529.00	53.00	10.50	0.00
% of Calories											34.5%	8.6%	76.1%	17.2%	3.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	
Weighted Average			3010	36	2680	35.59	*42.51	*2203.4	*N/A*	*121.00	*274 *82.0%	63.80 8.5%	585.27 77.8%	53.65 16.0%	12.00 3.6%	0.00 0.0%

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.

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

		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	3010		450 - 500	602%			2510	Correction Required - Calories too High									
Cholesterol (mg)	36																
Sodium 1 (mg)	2680		540	496%			2140	Correction Required - Sodium too High									
Fiber (g)	35.59																
Iron (mg)	42.51				Missing												
Calcium (mg)	2203.4				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	274	36.45%			Missing												
Vitamin C (mg)	121.00				Missing												
Protein (g)	63.80	8.48%															
Carbohydrate (g)	585.27	77.77%															
Total Fat (g)	53.65	16.04%															
Saturated Fat (g)	12.00	3.59%	<10.00%														
Trans Fat ¹ (g)	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*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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