

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:51 PM

	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 - 10/01/2025																
K- 12 Breakfast	Total	1														
FRENCH TOAST STICKS:IW	2 sticks	1	240	10	260	2.00	0.18	210.0	0	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	0	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	0	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	0	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	0	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	500	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	750	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	750	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	500	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3280	40	3100	36.00	53.30	2931.2	4000	94.80	282	74.00	632.00	56.00	9.50	0.00
% of Calories											34.4%	9.0%	77.1%	15.4%	2.6%	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

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Weighted Values - Detailed

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Oct 1, 2025 thru Oct 31, 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 - 10/02/2025																
K- 12 Breakfast	Total	1														
BRKFST, BAGEL PIZZA, IW	1 each	1	254	23	474	3.00	2.00	124.0	0	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	2	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	1000	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	1000	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	1000	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	1000	0.0	29	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2794	48	2154	35.92	22.36	2213.3	5584	160.05	*276	66.43	543.89	43.07	12.54	0.00
% of Calories											*39.5%	9.5%	77.9%	13.9%	4.0%	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 - 10/03/2025																
K- 12 Breakfast	Total	1														
POWDERED MINI DOUGHNUTS	1 each	1	270	0	290	2.00	1.08	20.0	0	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	0	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	0	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	0	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	0	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	500	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	750	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	500	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	750	9.0	19	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3200	30	3120	35.00	54.56	2761.2	4000	94.80	266	73.00	606.00	60.00	13.00	0.00
% of Calories											33.3%	9.1%	75.7%	16.9%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Oct 1, 2025 thru Oct 31, 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)
Mon - 10/06/2025																
K- 12 Breakfast	Total	1														
BANANA BREAD	Slice	1	260	0	240	2.00	0.18	159.0	5000	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	100	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	0	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	0	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	0	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	500	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	750	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	500	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	750	9.0	19	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3489	30	3315	39.99	*54.38	*2990.2	*9100	134.27	307	78.00	668.85	65.00	11.50	0.00
% of Calories											35.2%	8.9%	76.7%	16.8%	3.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Oct 1, 2025 thru Oct 31, 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)
Tue - 10/07/2025																
K- 12 Breakfast	Total	1														
CHICKEN & WAFFLE, SAND,IW	SERVNGS	1	161	70	352	2.01	1.81	40.2	0	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	100	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	1000	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	1000	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	1000	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	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			2801	95	2045	37.93	19.52	2142.5	5682	60.45	*269	61.47	557.98	40.10	8.54	0.00
% of Calories											*38.5%	8.8%	79.7%	12.9%	2.7%	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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/08/2025																
K- 12 Breakfast	Total	1														
TEXAS TOAST - APPLE CINNA MON	Slice	1	310	0	450	4.00	2.00	90.0	0	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	0	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	0	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	0	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	0	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	500	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	500	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	750	9.0	12	6.0	44.0	3.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3010	30	2925	34.00	49.72	2661.2	3250	85.80	244	69.00	559.00	59.50	10.50	0.00
% of Calories											32.4%	9.2%	74.3%	17.8%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:51 PM

	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 - 10/09/2025																
K- 12 Breakfast	Total	1														
CHIX/TURK PANCAKE SAUS S TICK	1 EACH	1	190	25	310	3.00	1.44	0.0	0	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	2	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	1000	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	1000	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	1000	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	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLUEB ERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			2860	50	2005	35.92	21.80	2089.3	5584	160.05	*300	60.43	559.89	44.07	11.04	0.00
% of Calories											*42.0%	8.5%	78.3%	13.9%	3.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:51 PM

	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 - 10/10/2025																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE, CEREAL BL AST	1 each	1	250	15	190	2.00	1.08	9.0	0	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	0	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	500	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	500	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	750	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	750	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	0	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	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3030	45	2865	30.00	51.86	2400.2	4000	94.80	272	69.00	583.00	52.00	10.50	0.00
% of Calories											35.9%	9.1%	77.0%	15.4%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 9

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:51 PM

	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 - 10/13/2025																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7o	1	240	0	240	3.00	3.24	400.0	0	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	0	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	0	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	0	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	500	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	500	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	750	9.0	12	6.0	44.0	3.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3039	30	2715	35.98	*50.96	*2986.2	*3250	138.42	264	69.00	583.81	53.50	10.00	0.00
% of Calories											34.7%	9.1%	76.8%	15.8%	3.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 10

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:51 PM

	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 - 10/14/2025																
K- 12 Breakfast	Total	1														
TURKEY HAM/CHEESE/CROIS STANT	SERVNGS	1	190	20	440	2.00	1.00	119.0	0	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	100	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	1000	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	1000	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	1000	0.0	29	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2760	45	2118	37.92	18.72	2221.3	5682	120.45	*259 *37.6%	64.43 9.3%	537.88 77.9%	42.07 13.7%	12.04 3.9%	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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Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/15/2025																
K- 12 Breakfast	Total	1														
MINI BAGELS, STRAWBERRY	1 EACH	1	240	10	190	2.00	0.36	20.0	0	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	0	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	0	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	0	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	0	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	500	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	750	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	750	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	500	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3150	40	3015	36.00	53.48	2741.2	4000	94.80	259	74.00	604.00	55.00	10.50	0.00
% of Calories											32.9%	9.4%	76.7%	15.7%	3.0%	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/16/2025																
K- 12 Breakfast	Total	1														
PANCAKES, MINI MAPLE	POUCH	1	200	0	210	4.00	3.60	20.0	1000	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	2	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	1000	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	1000	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	1000	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	1000	0.0	29	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2870	25	1905	36.92	23.96	2109.3	6584	160.05	*306 *42.7%	57.43 8.0%	577.89 80.5%	40.07 12.6%	9.54 3.0%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 10/17/2025																
K- 12 Breakfast	Total	1														
NO SCHOOL TODAY	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2025 thru Oct 31, 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)
Mon - 10/20/2025																
K- 12 Breakfast	Total	1														
MINI CINNIS	1 EACH	1	230	0	280	3.00	1.70	30.0	0	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	0	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	0	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	500	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	750	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	750	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	500	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2959	30	2935	34.98	*52.12	*2416.2	*4000	147.42	269	68.00	581.81	50.00	9.50	0.00
% of Calories											36.3%	9.2%	78.6%	15.2%	2.9%	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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Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/21/2025																
K- 12 Breakfast	Total	1														
BLUEBERRY MINI LOAF w/ YO GURT	loaf	1	209	24	148	2.00	0.80	170.0	0	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	100	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	1000	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	1000	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	1000	0.0	29	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEB ERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2789	49	1826	36.92	18.52	2252.3	5682	121.85	*269	60.93	557.89	41.57	9.44	0.00
% of Calories											*38.5%	8.7%	80.0%	13.4%	3.0%	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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Oct 1, 2025 thru Oct 31, 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)
Wed - 10/22/2025																
K- 12 Breakfast	Total	1														
FRENCH TOAST STICKS:IW	2 sticks	1	240	10	260	2.00	0.18	210.0	0	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	0	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	0	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	0	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	0	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	500	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	750	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	750	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	500	6.0	11	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3280	40	3100	36.00	53.30	2931.2	4000	94.80	282	74.00	632.00	56.00	9.50	0.00
% of Calories											34.4%	9.0%	77.1%	15.4%	2.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Oct 1, 2025 thru Oct 31, 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 - 10/23/2025																
K- 12 Breakfast	Total	1														
BRKFST, BAGEL PIZZA, IW	1 each	1	254	23	474	3.00	2.00	124.0	0	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	2	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	1000	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	1000	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	1000	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	1000	0.0	29	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2794	48	2154	35.92	22.36	2213.3	5584	160.05	*276	66.43	543.89	43.07	12.54	0.00
% of Calories											*39.5%	9.5%	77.9%	13.9%	4.0%	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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Oct 1, 2025 thru Oct 31, 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 - 10/24/2025																
K- 12 Breakfast	Total	1														
POWDERED MINI DOUGHNUTS	1 each	1	270	0	290	2.00	1.08	20.0	0	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	0	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	0	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	0	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	0	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	500	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	750	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	500	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	750	9.0	19	4.0	47.0	2.5	0.00	0.00
EGGO GRAHAM WAFFEL W/ Y	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
OGURT																
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3200	30	3120	35.00	54.56	2761.2	4000	94.80	266	73.00	606.00	60.00	13.00	0.00
% of Calories											33.3%	9.1%	75.7%	16.9%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 18

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/27/2025																
K- 12 Breakfast	Total	1														
BANANA BREAD	Slice	1	260	0	240	2.00	0.18	159.0	5000	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	100	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,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	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	0	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	500	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	750	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	500	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	750	9.0	19	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			3209	30	3145	34.99	*51.68	*2640.2	*9100	134.27	292 36.4%	73.00 9.1%	616.85 76.9%	59.00 16.5%	11.00 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

Page 19

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/28/2025																
K- 12 Breakfast	Total	1														
CHICKEN & WAFFLE, SAND,IW	SERVNGS	1	161	70	352	2.01	1.81	40.2	0	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	100	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	1000	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	1000	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	1000	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	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			2801	95	2045	37.93	19.52	2142.5	5682	60.45	*269	61.47	557.98	40.10	8.54	0.00
% of Calories											*38.5%	8.8%	79.7%	12.9%	2.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 20

Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/29/2025																
K- 12 Breakfast	Total	1														
TEXAS TOAST - APPLE CINNA MON	Slice	1	310	0	450	4.00	2.00	90.0	0	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	0	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	0	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	0	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	500	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	500	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	750	9.0	12	6.0	44.0	3.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2730	30	2755	29.00	47.02	2311.2	3250	85.80	229	64.00	507.00	53.50	10.00	0.00
% of Calories											33.6%	9.4%	74.3%	17.6%	3.3%	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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Oct 1, 2025 thru Oct 31, 2025

K- 12 Breakfast

Generated on: 9/23/2025 4:30:52 PM

	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 - 10/30/2025																
K- 12 Breakfast	Total	1														
CHIX/TURK PANCAKE SAUS S TICK	1 EACH	1	190	25	310	3.00	1.44	0.0	0	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	2	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	1000	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	1000	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	1000	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	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLUEB ERRY	1 EACH	1	279	3	136	3.80	1.03	149.4	33	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	50	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	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			2860	50	2005	35.92	21.80	2089.3	5584	160.05	*300 *42.0%	60.43 8.5%	559.89 78.3%	44.07 13.9%	11.04 3.5%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 22

Oct 1, 2025 thru Oct 31, 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 - 10/31/2025																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE, CEREAL BL AST	1 each	1	250	15	190	2.00	1.08	9.0	0	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	0	0.0	24	1.0	30.0	0.0	0.00	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	750	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	500	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	500	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	750	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	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	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	0	0.0	18	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ Y OGURT	package	1	280	5	240	2.00	1.08	150.0	0	0.0	18	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	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	0	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	0	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	500	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	500	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	500	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	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			3030	45	2865	30.00	51.86	2400.2	4000	94.80	272	69.00	583.00	52.00	10.50	0.00
% of Calories											35.9%	9.1%	77.0%	15.4%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	
Weighted Average			2867	42	2488	33.79	*37.67	*2365.4	*4852	110.96	*262 *82.3%	64.58 9.0%	554.76 77.4%	48.21 15.1%	10.14 3.2%	*N/A*

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

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

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	2867		450 - 500	573%			2367	Correction Required - Calories too High									
Cholesterol (mg)	42																
Sodium 1 (mg)	2488		540	461%			1948	Correction Required - Sodium too High									
Fiber (g)	33.79																
Iron (mg)	37.67				Missing												
Calcium (mg)	2365.4				Missing												
Vitamin A (IU)	4852				Missing												
Sugars (g)	262	36.57%			Missing												
Vitamin C (mg)	110.96				Missing												
Protein (g)	64.58	9.01%															
Carbohydrate (g)	554.76	77.40%															
Total Fat (g)	48.21	15.13%															
Saturated Fat (g)	10.14	3.18%	<10.00%														
Trans Fat ¹ (g)	*N/A*																

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