

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:35 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 - 08/25/2025																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz	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, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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, 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, 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, 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, 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
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, 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, 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
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
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
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			3259	20	2990	44.99	*59.24	*2681.2	*8000	134.27	321	63.00	667.86	47.00	11.50	0.00
% of Calories											39.4%	7.7%	82.0%	13.0%	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/26/2025																
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
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
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, 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, 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
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
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
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
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
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
Weighted Daily Average			3230	20	2960	45.00	59.96	2311.2	9100	103.20	*294	62.00	664.00	46.00	11.00	0.00
% of Calories											*36.4%	7.7%	82.2%	12.8%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/27/2025																
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
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	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, 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, 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
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
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
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
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			3110	20	2980	40.00	56.54	2450.2	13000	94.80	293 37.7%	63.00 8.1%	629.00 80.9%	48.00 13.9%	11.50 3.3%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/28/2025																
K- 12 Breakfast	Total	1														
SAUSAGE CHIX BISCUIT, IW	SERVNGS	1	200	0	740	2.00	1.80	60.0	0	0.0	1	10.0	23.0	8.0	4.50	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
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
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, 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, 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
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
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
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, 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
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	0	0.0	7	0.0	9.11	0.0	0.00	0.00
Weighted Daily Average			3255	30	3610	41.00	57.80	2631.2	8500	97.20	305	76.00	644.11	50.50	16.00	0.00
% of Calories											37.5%	9.3%	79.1%	14.0%	4.4%	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)
Fri - 08/29/2025																
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
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
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, 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, 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
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
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
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
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
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
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
Weighted Daily Average			3250	35	2942	40.00	60.08	2287.2	8002	142.80	318	63.00	659.00	49.00	12.50	0.00
% of Calories											39.1%	7.8%	81.1%	13.6%	3.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 09/01/2025																
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			*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*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			450-500		540										<10.00	

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/02/2025																
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 (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
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	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			2820	55	2390	34.00	18.48	2330.2	5600	73.20	*257	71.00	548.00	46.50	16.00	0.00
% of Calories											*36.5%	10.1%	77.7%	14.8%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/03/2025																
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,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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2880	40	2840	31.00	50.78	2391.2	4000	94.80	252	69.00	556.00	49.00	10.00	0.00
% of Calories											35.0%	9.6%	77.2%	15.3%	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 8

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/04/2025																
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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2940	35	2177	33.00	23.72	2238.2	6502	112.80	305	64.00	588.00	44.50	13.50	0.00
% of Calories											41.5%	8.7%	80.0%	13.6%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:35 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 - 09/05/2025																
K- 12 Breakfast	Total	1														
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	2500	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	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,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, 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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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, 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
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
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			2930	30	2935	26.00	70.58	2591.2	6250	121.80	258	68.00	557.00	53.00	10.50	0.00
% of Calories											35.2%	9.3%	76.0%	16.3%	3.2%	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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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/08/2025																
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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2969	30	2930	34.98	*52.12	*2416.2	*4000	147.42	277	68.00	585.81	50.00	9.50	0.00
% of Calories											37.3%	9.2%	78.9%	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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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/09/2025																
K- 12 Breakfast	Total	1														
BLUEBERRY MINI LOAF	loaf	1	139	19	78	2.00	0.80	20.0	0	0.8	8	2.5	22.0	7.5	0.90	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	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, 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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	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
HOT SAUCE: INDIV	2 Packets	1	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
MUSTARD: individual PC	2PK	1	0	0	130	0.00	0.00	0.0	0	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	0	0.0	7	0.0	9.11	0.0	0.00	0.00
Weighted Daily Average			2817	54	2346	34.00	18.34	2252.0	6000	74.00	*270	62.58	560.45	46.02	13.40	0.00
% of Calories											*38.3%	8.9%	79.6%	14.7%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/10/2025																
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,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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			3010	40	2925	31.00	50.60	2581.2	4000	94.80	275	69.00	584.00	50.00	9.00	0.00
% of Calories											36.5%	9.2%	77.6%	15.0%	2.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/11/2025																
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
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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2880	35	2242	31.00	21.20	2238.2	5502	112.80	291	64.00	562.00	49.50	17.00	0.00
% of Calories											40.4%	8.9%	78.1%	15.5%	5.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/12/2025																
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
MUFFIN, BANANA	MUFFIN	1	229	30	115	3.50	1.10	20.0	0	1.2	18	3.9	39.0	6.3	0.90	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,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 WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			3143	83	3244	34.50	53.88	2535.2	4000	96.00	261	80.90	589.00	58.30	12.90	0.00
% of Calories											33.2%	10.3%	75.0%	16.7%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/15/2025																
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 GRAHAM WAFFLE CRAFTERS	package	1	210	0	170	2.00	1.08	0.0	0	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			3219	30	3140	34.99	*51.68	*2640.2	*9100	134.27	300	73.00	620.85	59.00	11.00	0.00
% of Calories											37.3%	9.1%	77.1%	16.5%	3.1%	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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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:36 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 - 09/16/2025																
K- 12 Breakfast	Total	1														
Chicken and 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
EGGO GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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, 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			2811	100	2247	34.01	19.29	2141.4	5600	13.20	*264	64.04	556.09	44.53	12.50	0.00
% of Calories											*37.6%	9.1%	79.1%	14.3%	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:36 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 - 09/17/2025																
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,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 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, 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
EGGO FRENCH TOAST GRAH AMS	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			3230	45	3125	34.00	49.72	3091.2	3250	85.80	274	81.00	603.00	59.50	10.50	0.00
% of Calories											33.9%	10.0%	74.7%	16.6%	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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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:36 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 - 09/18/2025																
K- 12 Breakfast	Total	1														
PANCAKE/SAUSAGE ON STICK:	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 (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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	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			2860	55	2207	32.00	21.56	2068.2	5502	112.80	294	63.00	558.00	48.50	15.00	0.00
% of Calories											41.1%	8.8%	78.0%	15.3%	4.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/19/2025																
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 WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			3040	45	2860	30.00	51.86	2400.2	4000	94.80	280	69.00	587.00	52.00	10.50	0.00
% of Calories											36.8%	9.1%	77.2%	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

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/22/2025																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz)	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,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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2769	30	2540	30.98	*48.26	*2636.2	*3250	138.42	257	64.00	535.81	47.50	9.50	0.00
% of Calories											37.1%	9.2%	77.4%	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

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Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:36 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 - 09/23/2025																
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 (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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	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			2820	55	2390	34.00	18.48	2330.2	5600	73.20	*257	71.00	548.00	46.50	16.00	0.00
% of Calories											*36.5%	10.1%	77.7%	14.8%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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)
Wed - 09/24/2025																
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,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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2880	40	2840	31.00	50.78	2391.2	4000	94.80	252	69.00	556.00	49.00	10.00	0.00
% of Calories											35.0%	9.6%	77.2%	15.3%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 23

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:36 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 - 09/25/2025																
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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
AMS																
EGGO GRAHAM WAFFLE CRA	package	1	210	0	170	2.00	1.08	0.0	0	0.0	13	3.0	37.0	7.0	2.00	0.00
CKERS																
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2940	35	2177	33.00	23.72	2238.2	6502	112.80	305	64.00	588.00	44.50	13.50	0.00
% of Calories											41.5%	8.7%	80.0%	13.6%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 24

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

Generated on: 8/20/2025 1:14:36 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 - 09/26/2025																
K- 12 Breakfast	Total	1														
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	2500	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	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,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, 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 GRAHAM WAFFLE CRA CKERS	package	1	210	0	170	2.00	1.08	0.0	0	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	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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, 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
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
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			2930	30	2935	26.00	70.58	2591.2	6250	121.80	258	68.00	557.00	53.00	10.50	0.00
% of Calories											35.2%	9.3%	76.0%	16.3%	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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 25

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/29/2025																
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 GRAHAM WAFFLE CRAFTERS	package	1	210	0	170	2.00	1.08	0.0	0	0.0	13	3.0	37.0	7.0	2.00	0.00
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	0.00	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			2969	30	2930	34.98	*52.12	*2416.2	*4000	147.42	277	68.00	585.81	50.00	9.50	0.00
% of Calories											37.3%	9.2%	78.9%	15.2%	2.9%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 26

Aug 25, 2025 thru Sep 30, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/30/2025																
K- 12 Breakfast	Total	1														
BLUEBERRY MINI LOAF	loaf	1	139	19	78	2.00	0.80	20.0	0	0.8	8	2.5	22.0	7.5	0.90	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	150.0	0	0.0	5	4.0	12.0	0.0	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, 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
EGGO FRENCH TOAST GRAHAM	package	1	210	0	170	2.00	1.44	10.0	0	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	0	0.0	13	3.0	37.0	7.0	2.00	0.00
YOGURT: STRAW/BANANA	each 4 oz	1	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	60	5	70	0.00	0.00	130.0	0	0.0	4	4.0	12.0	0.0	0.00	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			2779	54	2028	34.00	18.28	2251.2	5600	74.00	*263	62.50	551.00	46.00	13.40	0.00
% of Calories											*37.8%	9.0%	79.3%	14.9%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			2879	40	2627	32.91	*41.80	*2338.1	*5745	100.08	*269 *84.0%	65.15 9.1%	564.44 78.4%	47.64 14.9%	11.67 3.6%	*N/A*
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

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		Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	2879		450 - 500	576%			2379	Correction Required - Calories too High									
Cholesterol (mg)	40																
Sodium 1 (mg)	2627		540	486%			2087	Correction Required - Sodium too High									
Fiber (g)	32.91																
Iron (mg)	41.80				Missing												
Calcium (mg)	2338.1				Missing												
Vitamin A (IU)	5745				Missing												
Sugars (g)	269	37.33%			Missing												
Vitamin C (mg)	100.08																
Protein (g)	65.15	9.05%															
Carbohydrate (g)	564.44	78.41%															
Total Fat (g)	47.64	14.89%															
Saturated Fat (g)	11.67	3.65%	<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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