

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/28/2023																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz)	1	240	0	240	3.00	1.80	40.0	2250	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE: INDIVIDUAL	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	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
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3180	25	3115	41.00	57.60	2620.0	10750	132.00	297	72.00	634.00	47.00	11.50	0.00
% of Calories											37.4%	9.1%	79.7%	13.3%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Aug 28, 2023 thru Sep 30, 2023

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 - 08/29/2023																
K- 12 Breakfast	Total	1														
EGG & CHEESE CROISSANT	1 CROIS SANT	1	310	126	440	3.00	2.51	115.7	*152	*0.0	4	12.5	30.5	16.5	7.01	0.00
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	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
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3309	151	3325	41.98	58.31	2894.2	*8652	*132.00	301	80.49	642.26	56.50	17.01	0.00
% of Calories											36.4%	9.7%	77.6%	15.4%	4.6%	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)
Wed - 08/30/2023																
K- 12 Breakfast	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	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
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	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
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3180	50	3185	44.00	57.96	2620.0	8600	140.40	*277	74.00	624.00	50.00	12.50	0.00
% of Calories											*34.8%	9.3%	78.5%	14.2%	3.5%	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)
Thu - 08/31/2023																
K- 12 Breakfast	Total	1														
PANCAKE, MINI STRAWBERRY	1 Each	1	210	5	180	3.00	1.08	40.0	*N/A*	*N/A*	*N/A*	*N/A*	39.0	3.5	0.00	0.00
PANCAKES, MINI MAPLE BURST	POUCH	1	200	5	280	4.00	1.44	0.0	200	3.6	13	5.0	36.0	4.0	0.50	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
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
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
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3220	35	3335	46.00	58.32	2600.0	*8700	*40.80	*269	*72.00	641.00	47.50	10.50	0.00
% of Calories											*33.4%	*8.9%	79.6%	13.3%	2.9%	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 - 09/01/2023																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE: fruitti	1 each	1	250	15	190	0.00	1.08	0.0	0	0.0	17	5.0	38.0	9.0	2.50	0.00
BELGIAN WAFFLE: vanilla	1 each	1	240	15	200	2.00	0.00	0.0	0	0.0	12	5.0	33.0	9.0	2.50	0.00
PEARS DICED: CUPS	1/2 cup	1	50	0	5	0.00	0.00	0.0	0	0.0	8	0.0	13.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
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
MILK: SKIM	1 cup	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3240	55	3270	39.00	56.88	2560.0	8500	37.20	269	77.00	623.00	58.00	15.00	0.00
% of Calories											33.2%	9.5%	76.9%	16.1%	4.2%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Tue - 09/05/2023																
K- 12 Breakfast	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	220	10	420	2.00	1.44	40.0	0	0.0	4	5.0	28.0	10.0	5.00	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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
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
HOT SAUCE: INDIV	2 Packets	1	0	0	180	0.00	0.06	0.8	400	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			3575	30	3820	49.00	60.60	2350.8	8500	138.00	*297	70.00	706.11	64.00	19.00	0.00
% of Calories											*33.2%	7.8%	79.0%	16.1%	4.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/06/2023																
K- 12 Breakfast	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	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
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
SYRUP: IND CUPS	cup (1.5oz)	1	120	0	20	0.00	*N/A*	*N/A*	*N/A*	*N/A*	22	0.0	30.02	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3659	45	3425	47.98	*60.54	*2508.4	*8000	*129.60	336	72.99	720.79	64.00	16.50	0.00
% of Calories											36.7%	8.0%	78.8%	15.7%	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

* - 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 8

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2023																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE: vanilla	1 each	1	240	15	200	2.00	0.00	0.0	0	0.0	12	5.0	33.0	9.0	2.50	0.00
BELGIAN WAFFLE: vanilla	1 each	1	240	15	200	2.00	0.00	0.0	0	0.0	12	5.0	33.0	9.0	2.50	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, 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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: PINEAPPLE 4oz	4 oz	1	70	0	0	0.00	0.00	0.0	0	60.0	14	0.0	16.0	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	120	0	20	0.00	*N/A*	*N/A*	*N/A*	*N/A*	22	0.0	30.02	0.0	0.00	0.00
Weighted Daily Average			3940	50	3505	49.00	*58.74	*2270.0	*8000	*159.60	356	75.00	768.02	72.00	19.00	0.00
% of Calories											36.1%	7.6%	78.0%	16.4%	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

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Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2023																
K- 12 Breakfast	Total	1														
DUNKIN STIX, 2 pack	1 each	1	300	0	310	3.00	1.80	40.0	0	0.0	22	5.0	48.0	10.0	4.00	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, 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	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	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, 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	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3590	20	3400	43.00	71.70	2300.0	7750	126.60	315	66.00	706.00	65.00	17.50	0.00
% of Calories											35.1%	7.4%	78.7%	16.3%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 10

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2023																
K- 12 Breakfast	Total	1														
MINI CINNIS	1 EACH	1	240	0	270	3.00	1.44	20.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
APPLESAUCE: IND. STRAWBE RRY	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: INDIVIDUAL	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	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, 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	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3570	20	3355	48.00	*60.18	*2310.0	*8000	142.75	324	69.00	711.96	62.00	15.50	0.00
% of Calories											36.3%	7.7%	79.8%	15.6%	3.9%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 11

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/12/2023																
K- 12 Breakfast	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	220	10	420	2.00	1.44	40.0	0	0.0	4	5.0	28.0	10.0	5.00	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
HOT SAUCE: INDIV	2 Packets	1	0	0	180	0.00	0.06	0.8	400	0.0	0	0.0	0.0	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3550	30	3685	48.00	60.60	2330.8	8500	138.60	*290	71.00	702.00	64.00	19.00	0.00
% of Calories											*32.7%	8.0%	79.1%	16.2%	4.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2023																
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
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	120	0	20	0.00	*N/A*	*N/A*	*N/A*	*N/A*	22	0.0	30.02	0.0	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	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, 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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3699	30	3375	46.99	*58.92	*2698.4	*8000	*129.60	344	71.99	741.79	61.00	15.00	0.00
% of Calories											37.2%	7.8%	80.2%	14.8%	3.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 13

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/14/2023																
K- 12 Breakfast	Total	1														
MINI BAGELS, STRAWBERRY	1 EACH	1	230	10	190	2.00	0.36	20.0	0	0.0	13	6.0	42.0	6.0	2.00	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
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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	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			3500	30	3280	46.00	59.46	2330.0	8000	129.60	307	71.00	698.00	60.00	16.00	0.00
% of Calories											35.1%	8.1%	79.8%	15.4%	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 14

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/15/2023																
K- 12 Breakfast	Total	1														
SAUSAGE PIZZA: BREAKFAST IW	1 each	1	230	20	310	3.00	1.30	190.0	20	2.0	5	11.0	31.0	7.0	2.00	0.00
PEARS DICED: CUPS	1/2 cup	1	50	0	5	0.00	0.00	0.0	0	0.0	8	0.0	13.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	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, 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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	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			3500	40	3400	46.00	60.04	2480.0	8020	131.60	299	76.00	688.00	61.00	16.00	0.00
% of Calories											34.2%	8.7%	78.6%	15.7%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 15

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/18/2023																
K- 12 Breakfast	Total	1														
BANANA BREAD	Slice	1	260	0	240	2.00	0.18	1590.0	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: IND. 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: INDIVIDUAL	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX BOWL	BOWL	1	240	0	350	1.00	16.20	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, CINNAMON CHEX BOWL	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3860	20	3575	49.00	*60.00	*3980.0	*13100	142.75	358 37.1%	75.00 7.8%	761.96 79.0%	70.00 16.3%	17.00 4.0%	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 16

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2023																
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
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	0	0	180	0.00	0.06	0.8	400	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			3615	20	3580	46.98	67.80	2739.2	10900	159.60	336	72.99	720.88	62.00	16.50	0.00
% of Calories											37.2%	8.1%	79.8%	15.4%	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 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2023																
K- 12 Breakfast	Total	1														
PANCAKE, MINI STRAWBERRY	1 Each	1	210	5	180	3.00	1.08	40.0	*N/A*	*N/A*	*N/A*	*N/A*	39.0	3.5	0.00	0.00
PANCAKES, MINI MAPLE BURST	POUCH	1	200	5	280	4.00	1.44	0.0	200	3.6	13	5.0	36.0	4.0	0.50	0.00
PEAR, FRESH	1 EACH	1	93	0	0	4.59	0.00	20.0	0	6.0	14	0.56	22.3	0.2	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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	120	0	20	0.00	*N/A*	*N/A*	*N/A*	*N/A*	22	0.0	30.02	0.0	0.00	0.00
Weighted Daily Average			3843	30	3565	54.59	*61.26	*2350.0	*8200	*139.20	*335	*70.56	771.32	61.70	14.50	0.00
% of Calories											*34.9%	*7.3%	80.3%	14.4%	3.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 18

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2023																
K- 12 Breakfast	Total	1														
EGG & CHEESE CROISSANT	1 CROIS SANT	1	310	126	440	3.00	2.51	115.7	*152	*0.0	4	12.5	30.5	16.5	7.01	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, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3640	146	3525	48.00	61.25	2405.7	*8152	*129.60	314	77.50	701.50	70.50	21.01	0.00
% of Calories											34.5%	8.5%	77.1%	17.4%	5.2%	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 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/22/2023																
K- 12 Breakfast	Total	1														
MUFFIN: BLUEBERRY	MUFFIN	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
MUFFIN: CHOCOLATE CHIP	MUFFIN	1	250	20	240	2.00	1.80	20.0	0	0.0	19	4.0	41.0	8.0	2.00	0.00
MUFFIN: BANANA	MUFFIN	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
PEARS DICED: CUPS	1/2 cup	1	50	0	5	0.00	0.00	0.0	0	0.0	8	0.0	13.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3980	85	3770	49.00	64.14	2350.0	8000	129.60	346	77.00	776.00	76.00	18.00	0.00
% of Calories											34.8%	7.7%	78.0%	17.2%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 20

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2023																
K- 12 Breakfast	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz	1	240	0	240	3.00	1.80	40.0	2250	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE: IND. STRAWBE RRY	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: INDIVIDUAL	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	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
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	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3570	20	3325	48.00	*60.54	*2330.0	*10250	142.75	322	70.00	709.96	61.00	15.50	0.00
% of Calories											36.1%	7.8%	79.6%	15.4%	3.9%	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 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/26/2023																
K- 12 Breakfast	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	220	10	420	2.00	1.44	40.0	0	0.0	4	5.0	28.0	10.0	5.00	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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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
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
HOT SAUCE: INDIV	2 Packets	1	0	0	180	0.00	0.06	0.8	400	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			3575	30	3820	49.00	60.60	2350.8	8500	138.00	*297	70.00	706.11	64.00	19.00	0.00
% of Calories											*33.2%	7.8%	79.0%	16.1%	4.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 22

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2023																
K- 12 Breakfast	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	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
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
SYRUP: IND CUPS	cup (1.5oz)	1	120	0	20	0.00	*N/A*	*N/A*	*N/A*	*N/A*	22	0.0	30.02	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3659	45	3425	47.98	*60.54	*2508.4	*8000	*129.60	336	72.99	720.79	64.00	16.50	0.00
% of Calories											36.7%	8.0%	78.8%	15.7%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 23

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/28/2023																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE: vanilla	1 each	1	240	15	200	2.00	0.00	0.0	0	0.0	12	5.0	33.0	9.0	2.50	0.00
BELGIAN WAFFLE: vanilla	1 each	1	240	15	200	2.00	0.00	0.0	0	0.0	12	5.0	33.0	9.0	2.50	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, 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
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	2.00	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
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	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: PINEAPPLE 4oz	4 oz	1	70	0	0	0.00	0.00	0.0	0	60.0	14	0.0	16.0	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	120	0	20	0.00	*N/A*	*N/A*	*N/A*	*N/A*	22	0.0	30.02	0.0	0.00	0.00
Weighted Daily Average			3940	50	3505	49.00	*58.74	*2270.0	*8000	*159.60	356	75.00	768.02	72.00	19.00	0.00
% of Calories											36.1%	7.6%	78.0%	16.4%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 24

Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

Generated on: 8/23/2023 8:10:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/29/2023																
K- 12 Breakfast	Total	1														
DUNKIN STIX, 2 pack	1 each	1	300	0	310	3.00	1.80	40.0	0	0.0	22	5.0	48.0	10.0	4.00	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, 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	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	170	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	170	3.00	1.50	10.0	0	0.0	13	3.0	38.0	7.0	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, 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	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	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			3590	20	3400	43.00	71.70	2300.0	7750	126.60	315	66.00	706.00	65.00	17.50	0.00
% of Calories											35.1%	7.4%	78.7%	16.3%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			3583	45	3457	46.69	*61.10	*2519.0	*8701	*129.40	*316 *79.5%	*72.73 *8.1%	706.23 78.8%	62.42 15.7%	16.44 4.1%	0.00 0.0%
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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Aug 28, 2023 thru Sep 30, 2023

K- 12 Breakfast

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (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	3583		450 - 500	717%			3083	Correction Required - Calories too High									
Cholesterol (mg)	45																
Sodium 1 (mg)	3457		540						2917	Correction Required - Sodium too High							
Sodium 2 (mg)	3457		485						2972	Correction Required - Sodium too High							
Fiber (g)	46.69																
Iron (mg)	61.10				Missing												
Calcium (mg)	2519.0				Missing												
Vitamin A (IU)	8701				Missing												
Sugars (g)	316	35.33%			Missing												
Vitamin C (mg)	129.40				Missing												
Protein (g)	72.73	8.12%			Missing												
Carbohydrate (g)	706.23	78.85%															
Total Fat (g)	62.42	15.68%															
Saturated Fat (g)	16.44	4.13%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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