

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/01/2025																
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	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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 GRAHAMS	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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			3335	40	2440	36.69	22.61	2302.7	*5539	162.65	*356	74.21	650.03	54.54	17.04	0.00
% of Calories											*42.7%	8.9%	78.0%	14.7%	4.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

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Weighted Values - Detailed

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/02/2025																
K- 12 Breakfast	Total	1														
MUFFIN, BLUEBERRY	MUFFIN	1	230	25	240	2.00	1.80	20.0	0	0.0	13	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
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, 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
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3420	75	3305	37.00	57.08	2631.2	4000	94.80	291	77.00	649.00	64.00	11.50	0.00
% of Calories											34.0%	9.0%	75.9%	16.8%	3.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/05/2025																
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
LEMON BREAD	Slice	1	230	0	250	2.00	1.00	146.0	0	0.0	15	5.0	44.0	8.0	1.50	0.00
APPLESAUCE, STRAWBERRY	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, SOUR APPLE	1 each	1	60	0	0	1.99	0.00	5.0	*N/A*	13.16	12	0.0	15.95	0.0	0.00	0.00
APPLESAUCE, BIRTHDAY CAKE	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	12	0.0	13.95	0.0	0.00	0.00
CEREAL, 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
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3459	30	3310	39.99	*54.30	*4317.2	*9000	134.27	310	78.00	671.85	65.00	11.50	0.00
% of Calories											35.8%	9.0%	77.7%	16.9%	3.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/06/2025																
K- 12 Breakfast	Total	1														
CINNAMON TOAST CRUNCH P ASTRY	1 each	1	260	5	290	3.00	1.60	30.0	0	0.0	13	6.0	41.0	8.0	2.50	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	100	0.0	*N/A*	1.0	19.0	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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 % of Calories			3347	45	2439	40.19	20.13	2317.7	5639	132.65	*330 *39.5%	77.21 9.2%	655.43 78.3%	51.54 13.9%	15.04 4.0%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/07/2025																
K- 12 Breakfast	Total	1														
PANCAKE, MINI STRAWBERRY	1 Each	1	210	5	180	3.00	1.08	40.0	*N/A*	*N/A*	13	5.0	39.0	3.5	0.00	0.00
PANCAKE, MINI BLUEBERRY	1 Each	1	200	5	290	2.00	1.08	40.0	*N/A*	*N/A*	13	3.0	38.0	4.0	0.00	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, 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, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3460	40	3305	39.00	55.28	2651.2	*4000	*94.80	308	76.00	675.00	56.50	8.50	0.00
% of Calories											35.6%	8.8%	78.0%	14.7%	2.2%	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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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/08/2025																
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	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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 GRAHAMS	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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 % of Calories			3905	95	3271	46.72	25.06	2631.2	*5842	173.48	*378 *38.7%	91.22 9.3%	733.32 75.1%	70.54 16.3%	22.04 5.1%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/09/2025																
K- 12 Breakfast	Total	1														
WAFFLE, FROOT LOOP	2 waffles	1	180	0	210	3.00	3.60	200.0	1000	0.0	5	4.0	32.0	6.0	1.50	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, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3250	30	3050	36.00	57.08	2791.2	5000	94.80	287	73.00	633.00	55.00	10.00	0.00
% of Calories											35.3%	9.0%	77.9%	15.2%	2.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/12/2025																
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, 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
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, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3160	30	3075	37.00	*56.36	*2971.2	*4000	107.95	271	73.00	604.95	56.00	10.00	0.00
% of Calories											34.3%	9.2%	76.6%	15.9%	2.8%	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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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/13/2025																
K- 12 Breakfast	Total	1														
TURKEY HAM & CHEESE CROISSANT	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: STRAWBERRY	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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
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	2	0	183	0.00	0.06	0.8	400	0.0	0	0.08	0.34	0.02	0.00	0.00
GRAPE JELLY	.5 oz packe	1	35	0	5	0.00	0.00	0.0	0	0.0	7	0.0	9.11	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	5	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
Weighted Daily Average			3365	65	2992	40.19	19.95	2367.5	6039	141.05	*327	81.29	649.88	54.56	16.04	0.00
% of Calories											*38.9%	9.7%	77.3%	14.6%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/14/2025																
K- 12 Breakfast	Total	1														
MINI BAGELS, STRAWBERRY	1 EACH	1	230	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, 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 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
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	0.0	0	0.0	9	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			2330	40	2460	21.00	44.48	1591.2	4000	94.80	228	60.00	452.00	38.00	9.00	0.00
% of Calories											39.1%	10.3%	77.6%	14.7%	3.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

* - 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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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/15/2025																
K- 12 Breakfast	Total	1														
TEXAS TOAST - APPLE CINNA MON	Slice	1	320	0	450	4.00	2.00	71.0	0	0.0	16	5.0	45.0	14.0	2.50	0.00
MANDARIN ORANGE, CUP	1 Each	1	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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			3515	40	2615	38.69	23.53	2353.7	*5539	162.65	*376	75.21	686.03	57.54	15.04	0.00
% of Calories											*42.8%	8.6%	78.1%	14.7%	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

May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/16/2025																
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, 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
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3210	30	3105	31.00	73.28	2791.2	6250	121.80	277	73.00	609.00	59.00	11.00	0.00
% of Calories											34.5%	9.1%	75.9%	16.5%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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** - 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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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/19/2025																
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, 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
EGGO GRAHAM 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
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	0.0	0	0.0	9	4.0	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, 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
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
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			3199	30	3100	38.99	*54.82	*2611.2	*4000	134.27	284	73.00	623.85	56.00	10.00	0.00
% of Calories											35.5%	9.1%	78.0%	15.8%	2.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

May 1, 2025 thru May 31, 2025

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/20/2025																
K- 12 Breakfast	Total	1														
SAUSAGE 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
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	100	9.0	*N/A*	1.0	30.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	1000	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (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 GRAHAMS	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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			3355	40	3207	39.19	20.75	2288.5	6039	141.65	*325	81.29	657.88	51.56	17.04	0.00
% of Calories											*38.8%	9.7%	78.4%	13.8%	4.6%	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

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/21/2025																
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, 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
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3290	40	3095	36.00	53.30	2781.2	4000	94.80	294	74.00	636.00	56.00	9.50	0.00
% of Calories											35.7%	9.0%	77.3%	15.3%	2.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/22/2025																
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	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	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 GRAHAMS	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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			3335	40	2440	36.69	22.61	2302.7	*5539	162.65	*356	74.21	650.03	54.54	17.04	0.00
% of Calories											*42.7%	8.9%	78.0%	14.7%	4.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

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)
Fri - 05/23/2025																
K- 12 Breakfast	Total	1														
MUFFIN, BLUEBERRY	MUFFIN	1	230	25	240	2.00	1.80	20.0	0	0.0	13	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
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, 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
CEREAL BAR, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3420	75	3305	37.00	57.08	2631.2	4000	94.80	291	77.00	649.00	64.00	11.50	0.00
% of Calories											34.0%	9.0%	75.9%	16.8%	3.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 05/26/2025																
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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* - 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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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/27/2025																
K- 12 Breakfast	Total	1														
CINNAMON TOAST CRUNCH PASTRY	1 each	1	260	5	290	3.00	1.60	30.0	0	0.0	13	6.0	41.0	8.0	2.50	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	100	0.0	*N/A*	1.0	19.0	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT: VANILLA	each 4 oz	1	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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 % of Calories			3347	45	2439	40.19	20.13	2317.7	5639	132.65	*330 *39.5%	77.21 9.2%	655.43 78.3%	51.54 13.9%	15.04 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

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May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/28/2025																
K- 12 Breakfast	Total	1														
PANCAKE, MINI STRAWBERRY	1 Each	1	210	5	180	3.00	1.08	40.0	*N/A*	*N/A*	13	5.0	39.0	3.5	0.00	0.00
PANCAKE, MINI BLUEBERRY	1 Each	1	200	5	290	2.00	1.08	40.0	*N/A*	*N/A*	13	3.0	38.0	4.0	0.00	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, 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, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3460	40	3305	39.00	55.28	2651.2	*4000	*94.80	308	76.00	675.00	56.50	8.50	0.00
% of Calories											35.6%	8.8%	78.0%	14.7%	2.2%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 20

May 1, 2025 thru May 31, 2025

K- 12 Breakfast

Generated on: 4/22/2025 4:36:12 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 - 05/29/2025																
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	58	0	1	0.50	3.00	55.0	*N/A*	30.0	20	0.0	13.6	0.0	0.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	1000	0.0	29	5.0	73.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	1000	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
EGGO FRENCH TOAST GRAHAMS	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 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	70	5	70	0.00	0.00	0.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
YOGURT BENTO BOX	1 EACH	1	590	35	866	9.03	2.09	348.5	302	10.83	*23	18.01	87.29	17.0	7.00	0.00
PARFAIT; BLUEBERRY	1 EACH	1	205	3	100	3.30	0.60	141.5	39	2.07	*18	4.79	39.88	2.8	0.04	0.00
PARFAIT; STRAWBERRY	1 EACH	1	251	3	99	2.89	0.81	154.9	0	65.78	36	5.42	51.55	2.25	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 % of Calories			3905	95	3271	46.72	25.06	2631.2	*5842	173.48	*378 *38.7%	91.22 9.3%	733.32 75.1%	70.54 16.3%	22.04 5.1%	0.00 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 - 05/30/2025																
K- 12 Breakfast	Total	1														
WAFFLE, FROOT LOOP	2 waffles	1	180	0	210	3.00	3.60	200.0	1000	0.0	5	4.0	32.0	6.0	1.50	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, LUCKY CHARMS	1 EACH	1	280	0	170	5.00	2.70	350.0	0	0.0	15	5.0	52.0	6.0	0.50	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	0	0.0	14	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	0	0.0	14	5.0	52.0	6.0	0.50	0.00
EGGO GRAHAM 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
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	0.0	0	0.0	9	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			3250	30	3050	36.00	57.08	2791.2	5000	94.80	287	73.00	633.00	55.00	10.00	0.00
% of Calories											35.3%	9.0%	77.9%	15.2%	2.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			3196	45	2845	36.01	*39.74	*2487.4	*4950	*119.94	*300 *84.4%	72.96 9.1%	617.36 77.3%	54.41 15.3%	12.56 3.5%	*N/A*
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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	3196		450 - 500	639%			2696	Correction Required - Calories too High									
Cholesterol (mg)	45																
Sodium 1 (mg)	2845		540	527%			2305	Correction Required - Sodium too High									
Fiber (g)	36.01																
Iron (mg)	39.74				Missing												
Calcium (mg)	2487.4				Missing												
Vitamin A (IU)	4950				Missing												
Sugars (g)	300	37.50%			Missing												
Vitamin C (mg)	119.94				Missing												
Protein (g)	72.96	9.13%															
Carbohydrate (g)	617.36	77.27%															
Total Fat (g)	54.41	15.32%															
Saturated Fat (g)	12.56	3.54%	<10.00%														
Trans Fat ¹ (g)	*N/A*																

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