

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:19 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 - 03/01/2023																
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	340	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	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	0	0.0	23	0.0	32.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	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			3069	45	3130	38.98	40.68	2138.4	6500	123.60	295 38.4%	65.99 8.6%	602.77 78.6%	54.00 15.8%	14.50 4.3%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Mar 1, 2023 thru Mar 31, 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)
Thu - 03/02/2023																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE: vanilla	1 each	1	240	0	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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	340	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
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	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			3110	20	3010	38.00	38.88	1900.0	6500	153.60	303 39.0%	63.00 8.1%	617.00 79.4%	53.00 15.3%	14.50 4.2%	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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Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:19 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 - 03/03/2023																
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	340	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
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	350	5.00	3.60	200.0	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 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			2990	20	3240	33.00	51.84	1930.0	6250	120.60	272	59.00	585.00	56.00	16.00	0.00
% of Calories											36.4%	7.9%	78.3%	16.9%	4.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Mar 1, 2023 thru Mar 31, 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)
Mon - 03/06/2023																
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	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
RRY																
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	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	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 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			2980	20	3035	39.00	40.68	1960.0	8750	123.60	281	63.00	591.00	51.00	13.50	0.00
% of Calories											37.7%	8.5%	79.3%	15.4%	4.1%	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)
Tue - 03/07/2023																
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	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	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	340	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
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			2953	30	3455	39.20	40.74	1960.8	7000	132.60	*248 *33.6%	64.00 8.7%	582.46 78.9%	54.00 16.5%	17.00 5.2%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Mar 1, 2023 thru Mar 31, 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)
Wed - 03/08/2023																
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	130	0	15	0.00	0.00	0.0	0	0.0	23	0.0	32.0	0.0	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			3109	30	3080	37.98	39.06	2328.4	6500	123.60	303 39.0%	64.99 8.4%	623.77 80.3%	51.00 14.8%	13.00 3.8%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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Generated on: 2/27/2023 8:43:19 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 - 03/09/2023																
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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	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	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			2900	30	2990	37.00	39.60	1960.0	6500	123.60	265	64.00	578.00	50.00	14.00	0.00
% of Calories											36.6%	8.8%	79.7%	15.5%	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 8

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/10/2023																
K- 12 Breakfast	Total	1														
SAUSAGE PIZZA: BREAKFAST IW	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEARS DICED: CUPS	1/2 cup	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	750	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	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, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			2620	20	2795	34.00	38.88	1920.0	6500	123.60	244	58.00	524.00	44.00	12.00	0.00
% of Calories											37.3%	8.9%	80.0%	15.1%	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 9

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/20/2023																
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
LEMON BREAD	Slice	1	230	0	250	2.00	0.18	1460.0	0	0.0	15	5.0	44.0	8.0	1.50	0.00
APPLESAUCE: IND. STRAWBE RRY	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	13	0.0	15.0	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, 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	340	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, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			3230	20	3285	40.00	39.24	4970.0	11500	123.60	308	68.00	642.00	60.00	15.00	0.00
% of Calories											38.1%	8.4%	79.5%	16.7%	4.2%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Page 10

Generated on: 2/27/2023 8:43:20 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 - 03/21/2023																
K- 12 Breakfast	Total	1														
EGG & CHEESE CROISSANT	1 CROIS SANT	1	311	138	421	3.00	2.52	155.9	*152	*0.0	3	11.54	30.51	17.56	7.03	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	340	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	1000	0.0	30	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1 pk)	1	340	0	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	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			3088	158	3472	39.18	41.46	2275.2	*7052	*123.60	278	70.53	593.85	61.56	19.03	0.00
% of Calories											36.0%	9.1%	76.9%	17.9%	5.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 11

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/22/2023																
K- 12 Breakfast	Total	1														
PANCAKES, MINI CONFETTI	POUCH	1	210	10	210	4.00	3.60	40.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Pear, Fresh, Whole	1 EACH	1	51	0	0	4.00	0.00	0.0	45	4.8	9	1.0	13.0	0.0	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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	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			3011	30	3020	42.00	42.48	1960.0	7545	128.40	287 38.1%	63.00 8.4%	605.00 80.4%	51.00 15.2%	13.00 3.9%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 12

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/23/2023																
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
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	340	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			2970	20	3095	38.00	47.88	2170.0	9000	153.60	287	65.00	589.00	52.00	14.50	0.00
% of Calories											38.7%	8.8%	79.3%	15.8%	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 13

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/24/2023																
K- 12 Breakfast	Total	1														
MUFFIN: BLUEBERRY	MUFFIN	1	250	35	140	2.00	1.80	20.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
MUFFIN: CHOCOLATE CHIP	MUFFIN	1	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
PEARS DICED: CUPS	1/2 cup	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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			3140	90	3075	38.00	42.48	1960.0	6500	123.60	286	68.00	611.00	59.00	14.50	0.00
% of Calories											36.4%	8.7%	77.8%	16.9%	4.2%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 14

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/27/2023																
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	1 each	1	60	0	0	1.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
RRY																
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, CINNAMON CHEX	BOWL	1	230	0	340	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	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	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 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			2980	20	3035	39.00	40.68	1960.0	8750	123.60	281	63.00	591.00	51.00	13.50	0.00
% of Calories											37.7%	8.5%	79.3%	15.4%	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

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/28/2023																
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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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	340	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
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	3	0	240	0.20	0.06	0.8	400	0.0	0	0.0	0.46	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			2979	30	3591	40.20	40.74	1980.8	7000	132.00	*255	63.00	586.57	54.00	17.00	0.00
% of Calories											*34.3%	8.5%	78.8%	16.3%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 16

Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

Generated on: 2/27/2023 8:43:20 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 - 03/29/2023																
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	340	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	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	0	0.0	23	0.0	32.0	0.0	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	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			3069	45	3130	38.98	40.68	2138.4	6500	123.60	295 38.4%	65.99 8.6%	602.77 78.6%	54.00 15.8%	14.50 4.3%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

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Mar 1, 2023 thru Mar 31, 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)
Thu - 03/30/2023																
K- 12 Breakfast	Total	1														
BELGIAN WAFFLE: vanilla	1 each	1	240	0	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	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	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	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	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	340	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
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	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			3110	20	3010	38.00	38.88	1900.0	6500	153.60	303 39.0%	63.00 8.1%	617.00 79.4%	53.00 15.3%	14.50 4.2%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Base Menu Spreadsheet

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Mar 1, 2023 thru Mar 31, 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)
Fri - 03/31/2023																
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	340	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
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	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	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	350	5.00	3.60	200.0	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 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			2990	20	3240	33.00	51.84	1930.0	6250	120.60	272	59.00	585.00	56.00	16.00	0.00
% of Calories											36.4%	7.9%	78.3%	16.9%	4.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			3017	37	3149	37.97	42.04	2185.7	*7283	*129.50	*281 *83.9%	63.92 8.5%	595.96 79.0%	53.59 16.0%	14.78 4.4%	0.00 0.0%
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Pitt County Schools

Base Menu Spreadsheet

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Mar 1, 2023 thru Mar 31, 2023

K- 12 Breakfast

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calcmm (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	3017		450 - 500	603%					2517								
Cholesterol (mg)	37																
Sodium 1 (mg)	3149		540						2609								
Sodium 2 (mg)	3149		485						2664								
Fiber (g)	37.97																
Iron (mg)	42.04																
Calcium (mg)	2185.7																
Vitamin A (IU)	7283					Missing											
Sugars (g)	281	37.30%				Missing											
Vitamin C (mg)	129.50					Missing											
Protein (g)	63.92	8.48%				Missing											
Carbohydrate (g)	595.96	79.02%															
Total Fat (g)	53.59	15.99%															
Saturated Fat (g)	14.78	4.41%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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