

Pitt County Schools

Jun 10, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

SF Breakfast Cycle Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/10/2019												
SF Breakfast Cycle Menu	Total	1										
POP TART, Strawberry	2 pastry (1pk)	1	357	0	357	5.95	29	3.97	74.42	4.96	1.98	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			1027	25	932	5.95	137	35.97	195.42	7.46	3.48	0.00
% of Calories							53.3%	14.0%	76.1%	6.5%	3.1%	0.0%
Nutrient Guideline			450-500		540						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/11/2019												
SF Breakfast Cycle Menu	Total	1										
CHICKEN BISCUIT: IW	each 3.6 oz	1	220	0	720	1.00	2	12.0	29.0	11.0	1.50	0.00
FRUIT MIX	1/2 cup	1	72	0	18	0.89	16	0.0	17.89	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	8	0	129	0.21	0	0.35	0.54	0.4	0.02	0.00
GRAPE JELLY	.5 oz packet	1	35	0	0	0.00	*N/A*	0.0	9.11	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			765	25	1432	2.11	*78	44.34	121.54	13.90	3.02	0.00
% of Calories							*40.9%	23.2%	63.6%	16.4%	3.6%	0.0%
Nutrient Guideline			450-500		540						<10.00	

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

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Wed - 06/12/2019												
SF Breakfast Cycle Menu	Total	1										
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	230	2.00	12	4.0	37.0	7.0	2.00	0.00
APPLESAUCE: IND. STRAWBERRY	1 each	1	90	0	15	2.00	19	0.0	22.0	0.0	0.00	0.00
APPLESAUCE: INDIVIDUAL	1 each	1	50	0	15	1.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			790	25	825	5.00	103	36.00	138.00	9.50	3.50	0.00
% of Calories							52.2%	18.2%	69.9%	10.8%	4.0%	0.0%
Nutrient Guideline			450-500		540						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/13/2019												
SF Breakfast Cycle Menu	Total	1										
SAUSAGE BISCUIT: IW CHICKEN	SERVNGS	1	200	0	740	2.00	1	10.0	23.0	8.0	4.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MAYONNAISE: individual PC	1 PK=12G	1	30	0	85	0.00	0	0.0	1.0	3.0	0.00	0.00
HOT SAUCE: INDIV	2 Packets	1	0	0	200	0.00	*N/A*	0.0	2.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			840	25	1600	2.00	*97	42.00	133.00	13.50	6.00	0.00
% of Calories							*46.2%	20.0%	63.3%	14.5%	6.4%	0.0%
Nutrient Guideline			450-500		540						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/14/2019												
SF Breakfast Cycle Menu	Total	1										
CINNAMON ROLL	1 roll (2.7oz)	1	240	0	240	3.00	12	5.0	38.0	7.0	1.50	0.00
PEARS: DICED	1/2 cup	1	74	0	11	1.05	17	0.0	17.86	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00

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Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			744	25	816	4.05	89	37.00	120.86	9.50	3.00	0.00
% of Calories							47.8%	19.9%	65.0%	11.5%	3.6%	0.0%
Nutrient Guideline			450-500		540						<10.00	

Weighted Average			833	25	1121	3.82	*101 *108.9	39.06 18.8%	141.76 68.1%	10.77 11.6%	3.80 4.1%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	833		450 - 500	167%			333	Correction Required - Calories too High
Cholesterol (mg)	25							
Sodium (mg)	1121		540				581	Correction Required - Sodium too High
Fiber (g)	3.82							
Sugars (g)	101	48.38%			Missing			
Protein (g)	39.06	18.75%						
Carbohydrate (g)	141.76	68.07%						
Total Fat (g)	10.77	11.64%						
Saturated Fat (g)	3.80	4.11%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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