

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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 - 04/01/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| WAFFLE BITES: maple | POUCH | 200 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 13 | 4.0 | 37.0 | 5.0 | 1.00 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| FRUIT MIX | 1/2 cup | 72 | 0 | 18 | 0.89 | 0.00 | 0.0 | 179 | 1.07 | 16 | 0.0 | 17.89 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: PINEAPPLE 4oz | 4 oz | 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 | 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 | 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 | 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 | | 1869 | 20 | 1735 | 20.86 | 11.59 | 1587.9 | 4671 | 125.87 | 206 | 40.97 | 376.32 | 23.46 | 7.99 | 0.00 |
| % of Calories | | | | | | | | | | 44.1% | 8.8% | 80.5% | 11.3% | 3.8% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|-------|--------|------|--------|--------|-------|--------|-------|--------|------|
| Mon - 04/12/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| BANANA BREAD | Slice | 260 | 0 | 240 | 2.00 | 1.08 | 100.0 | 0 | 0.0 | 24 | 5.0 | 45.0 | 8.0 | 1.50 | 0.00 |
| LEMON BREAD | Slice | 240 | 0 | 250 | 2.00 | 1.08 | 100.0 | 0 | 0.0 | 16 | 5.0 | 44.0 | 8.0 | 1.50 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| BLUEBERRIES: W/ TOPPING | 1/2 cup | 52 | 0 | 2 | 2.16 | 0.14 | 6.0 | 35 | 1.86 | *1 | 0.36 | 10.21 | 1.46 | 1.00 | 0.01 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1402 | 20 | 1452 | 10.16 | 18.50 | 1336.0 | 2935 | 143.46 | *152 | 39.36 | 262.21 | 25.46 | 5.50 | 0.01 |
| % of Calories | | | | | | | | | | *43.4% | 11.2% | 74.8% | 16.3% | 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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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 - 04/13/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| BISCUIT | 1 BISCUIT | 220 | 0 | 370 | 1.00 | 1.44 | 100.0 | 0 | 0.0 | 3 | 4.0 | 27.0 | 10.0 | 5.00 | 0.00 |
| SAUSAGE PATTY:TRKY | 1.025 OZ PATTY | 60 | 30 | 90 | 0.00 | 0.36 | 0.0 | 0 | 0.0 | 0 | 6.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| FRESH APPLE | 1 EACH | 100 | 0 | 0 | 4.00 | 0.36 | 20.0 | 100 | 8.4 | *N/A* | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1967 | 50 | 2007 | 21.96 | 13.03 | 1687.9 | 4592 | 133.20 | *178 | 46.97 | 371.43 | 32.46 | 12.99 | 0.00 |
| % of Calories | | | | | | | | | | *36.1% | 9.5% | 75.5% | 14.8% | 5.9% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|-----|------|------|-------|------|--------|----|------|-------|-----|------|------|
| Wed - 04/14/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| SAUSAGE PIZZA:BREAKFAST IW | 1 each | 240 | 15 | 340 | 3.00 | 1.80 | 150.0 | 0 | 1.2 | 4 | 11.0 | 31.0 | 8.0 | 2.50 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| STRAWBERRY CUPS | 1/2 cup | 90 | 0 | 0 | 1.99 | 0.36 | 19.9 | 0 | 65.78 | 18 | 1.0 | 21.93 | 0.0 | 0.00 | 0.00 |
| MIXED BERRIES: CUPS | 1/2 cup | 90 | 0 | 0 | 2.00 | 0.28 | 0.0 | 0 | 37.5 | 16 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| PEACHES FROZEN CUPS | 1/2 cup | 80 | 0 | 0 | 1.00 | 0.36 | 0.0 | 299 | 161.66 | 16 | 1.0 | 18.96 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 1350 | 35 | 1300 | 11.99 | 19.00 | 1299.9 | 3199 | 407.74 | 165 | 41.99 | 254.89 | 16.00 | 4.00 | 0.00 |
| % of Calories | | | | | | | | | | 48.9% | 12.4% | 75.5% | 10.7% | 2.7% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| Thu - 04/15/2021 | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|---------|----|------|-------|-------|--------|------|--------|-------|-------|--------|-------|--------|------|
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| WAFFLE BITES: maple | POUCH | 200 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 13 | 4.0 | 37.0 | 5.0 | 1.00 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| PEACHES DICED: CUPS | 1/2 cup | 50 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1837 | 20 | 1722 | 19.96 | 11.59 | 1587.9 | 4492 | 124.80 | 196 | 40.97 | 368.43 | 23.46 | 7.99 | 0.00 |
| % of Calories | | | | | | | | | | 42.6% | 8.9% | 80.2% | 11.5% | 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*
** - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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 - 04/16/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| CHEESE BISCUIT | 1 BISCUIT | 260 | 8 | 512 | 1.00 | 1.44 | 175.9 | 0 | 0.0 | 4 | 7.54 | 28.01 | 13.04 | 6.77 | 0.00 |
| EGG & CHEESE BISCUIT | 1 BISCUIT | 325 | 133 | 683 | 1.00 | 2.52 | 218.2 | 0 | 0.0 | 3 | 9.04 | 29.01 | 124.28 | 8.77 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| PEARS DICED: CUPS | 1/2 cup | 55 | 0 | 6 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 0.0 | 14.38 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| HOT SAUCE: INDIV | 2 Packets | 0 | 0 | 200 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | *N/A* | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1491 | 160 | 2360 | 6.00 | 20.16 | 1524.1 | 3100 | 144.00 | *126 | 45.58 | 236.41 | 145.31 | 17.04 | 0.00 |
| % of Calories | | | | | | | | | | *33.9% | 12.2% | 63.4% | 87.7% | 10.3% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|----------------|---------|----|------|------|-------|--------|------|--------|--------|-------|--------|-------|--------|------|
| Mon - 04/19/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| CINNAMON ROLL; IW | 1 roll (2.7oz) | 240 | 0 | 240 | 3.00 | 1.80 | 40.0 | 2250 | 0.0 | 12 | 5.0 | 38.0 | 7.0 | 1.50 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| BLUEBERRIES: W/ TOPPING | 1/2 cup | 52 | 0 | 2 | 2.16 | 0.14 | 6.0 | 35 | 1.86 | *1 | 0.36 | 10.21 | 1.46 | 1.00 | 0.01 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1142 | 20 | 1202 | 9.16 | 18.14 | 1176.0 | 5185 | 143.46 | *124 | 34.36 | 211.21 | 16.46 | 4.00 | 0.01 |
| % of Calories | | | | | | | | | | *43.4% | 12.0% | 74.0% | 13.0% | 3.2% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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 - 04/20/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| EGG & CHEESE BISCUIT | 1 BISCUIT | 325 | 133 | 683 | 1.00 | 2.52 | 218.2 | 0 | 0.0 | 3 | 9.04 | 29.01 | 124.28 | 8.77 | 0.00 |
| CHEESE BISCUIT | 1 BISCUIT | 260 | 8 | 512 | 1.00 | 1.44 | 175.9 | 0 | 0.0 | 4 | 7.54 | 28.01 | 13.04 | 6.77 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| FRESH APPLE | 1 EACH | 100 | 0 | 0 | 4.00 | 0.36 | 20.0 | 100 | 8.4 | *N/A* | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | 10 | 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 | 0 | 0 | 200 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | *N/A* | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 2283 | 160 | 3072 | 22.96 | 15.19 | 1982.0 | 4792 | 135.60 | *181 | 53.55 | 403.46 | 155.78 | 22.53 | 0.00 |
| % of Calories | | | | | | | | | | *31.8% | 9.4% | 70.7% | 61.4% | 8.9% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|-------------|-----|----|-----|------|------|-------|------|--------|----|-----|-------|-----|------|------|
| Wed - 04/21/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| FRENCH TOAST STICKS:IW | 2 sticks | 240 | 10 | 260 | 2.00 | 0.72 | 40.0 | 0 | 0.0 | 10 | 6.0 | 38.0 | 7.0 | 1.00 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| STRAWBERRY CUPS | 1/2 cup | 90 | 0 | 0 | 1.99 | 0.36 | 19.9 | 0 | 65.78 | 18 | 1.0 | 21.93 | 0.0 | 0.00 | 0.00 |
| MIXED BERRIES: CUPS | 1/2 cup | 90 | 0 | 0 | 2.00 | 0.28 | 0.0 | 0 | 37.5 | 16 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| PEACHES FROZEN CUPS | 1/2 cup | 80 | 0 | 0 | 1.00 | 0.36 | 0.0 | 299 | 161.66 | 16 | 1.0 | 18.96 | 0.0 | 0.00 | 0.00 |
| SYRUP: IND CUPS | cup (1.5oz) | 119 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 17 | 0.0 | 30.66 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 1468 | 30 | 1220 | 10.99 | 17.92 | 1189.9 | 3199 | 406.54 | 188 | 36.99 | 292.54 | 15.00 | 2.50 | 0.00 |
| % of Calories | | | | | | | | | | 51.1% | 10.1% | 79.7% | 9.2% | 1.5% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| Thu - 04/22/2021 | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|---------|----|------|-------|-------|--------|------|--------|-------|-------|--------|-------|--------|------|
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| WAFFLE BITES: maple | POUCH | 200 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 13 | 4.0 | 37.0 | 5.0 | 1.00 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| FRUIT MIX | 1/2 cup | 72 | 0 | 18 | 0.89 | 0.00 | 0.0 | 179 | 1.07 | 16 | 0.0 | 17.89 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: PINEAPPLE 4oz | 4 oz | 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 | 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 | 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 | 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 | | 1869 | 20 | 1735 | 20.86 | 11.59 | 1587.9 | 4671 | 125.87 | 206 | 40.97 | 376.32 | 23.46 | 7.99 | 0.00 |
| % of Calories | | | | | | | | | | 44.1% | 8.8% | 80.5% | 11.3% | 3.8% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| Fri - 04/23/2021 | | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|-----|------|------|-------|------|------|----|-----|------|------|------|------|
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| DONUT, IW SUPER | 1 each | 270 | 0 | 290 | 2.00 | 1.08 | 20.0 | 0 | 0.0 | 19 | 4.0 | 41.0 | 11.0 | 4.50 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| PEACHES DICED: CUPS | 1/2 cup | 50 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 1170 | 20 | 1255 | 6.00 | 17.28 | 1150.0 | 2900 | 141.60 | 138 | 33.00 | 216.00 | 19.00 | 6.00 | 0.00 |
| % of Calories | | | | | | | | | | 47.2% | 11.3% | 73.8% | 14.6% | 4.6% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| Mon - 04/26/2021 | | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|-------|--------|------|--------|--------|-------|--------|-------|--------|------|
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| BANANA BREAD | Slice | 260 | 0 | 240 | 2.00 | 1.08 | 100.0 | 0 | 0.0 | 24 | 5.0 | 45.0 | 8.0 | 1.50 | 0.00 |
| LEMON BREAD | Slice | 240 | 0 | 250 | 2.00 | 1.08 | 100.0 | 0 | 0.0 | 16 | 5.0 | 44.0 | 8.0 | 1.50 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| BLUEBERRIES: W/ TOPPING | 1/2 cup | 52 | 0 | 2 | 2.16 | 0.14 | 6.0 | 35 | 1.86 | *1 | 0.36 | 10.21 | 1.46 | 1.00 | 0.01 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1402 | 20 | 1452 | 10.16 | 18.50 | 1336.0 | 2935 | 143.46 | *152 | 39.36 | 262.21 | 25.46 | 5.50 | 0.01 |
| % of Calories | | | | | | | | | | *43.4% | 11.2% | 74.8% | 16.3% | 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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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 - 04/27/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| BISCUIT | 1 BISCUIT | 220 | 0 | 370 | 1.00 | 1.44 | 100.0 | 0 | 0.0 | 3 | 4.0 | 27.0 | 10.0 | 5.00 | 0.00 |
| SAUSAGE PATTY:TRKY | 1.025 OZ PATTY | 60 | 30 | 90 | 0.00 | 0.36 | 0.0 | 0 | 0.0 | 0 | 6.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| FRESH APPLE | 1 EACH | 100 | 0 | 0 | 4.00 | 0.36 | 20.0 | 100 | 8.4 | *N/A* | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1967 | 50 | 2007 | 21.96 | 13.03 | 1687.9 | 4592 | 133.20 | *178 | 46.97 | 371.43 | 32.46 | 12.99 | 0.00 |
| % of Calories | | | | | | | | | | *36.1% | 9.5% | 75.5% | 14.8% | 5.9% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|-----|------|------|-------|------|--------|----|------|-------|-----|------|------|
| Wed - 04/28/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| SAUSAGE PIZZA:BREAKFAST IW | 1 each | 240 | 15 | 340 | 3.00 | 1.80 | 150.0 | 0 | 1.2 | 4 | 11.0 | 31.0 | 8.0 | 2.50 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| STRAWBERRY CUPS | 1/2 cup | 90 | 0 | 0 | 1.99 | 0.36 | 19.9 | 0 | 65.78 | 18 | 1.0 | 21.93 | 0.0 | 0.00 | 0.00 |
| MIXED BERRIES: CUPS | 1/2 cup | 90 | 0 | 0 | 2.00 | 0.28 | 0.0 | 0 | 37.5 | 16 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| PEACHES FROZEN CUPS | 1/2 cup | 80 | 0 | 0 | 1.00 | 0.36 | 0.0 | 299 | 161.66 | 16 | 1.0 | 18.96 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 1350 | 35 | 1300 | 11.99 | 19.00 | 1299.9 | 3199 | 407.74 | 165 | 41.99 | 254.89 | 16.00 | 4.00 | 0.00 |
| % of Calories | | | | | | | | | | 48.9% | 12.4% | 75.5% | 10.7% | 2.7% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| Thu - 04/29/2021 | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|---------|----|------|-------|-------|--------|------|--------|-------|-------|--------|-------|--------|------|
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| WAFFLE BITES: maple | POUCH | 200 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 13 | 4.0 | 37.0 | 5.0 | 1.00 | 0.00 |
| POP TART, Blueberry | 2 pastry (1 pk) | 360 | 0 | 360 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 30 | 4.0 | 76.0 | 5.0 | 2.00 | 0.00 |
| POP TART, cinnamon | 2 pastry (1 pk) | 370 | 0 | 400 | 6.00 | 3.60 | 200.0 | 1000 | 0.0 | 31 | 5.0 | 76.0 | 6.0 | 2.00 | 0.00 |
| POP TART, Strawberry | 2 pastry (1 pk) | 337 | 0 | 347 | 4.96 | 3.67 | 267.9 | 992 | 0.0 | 29 | 3.97 | 72.43 | 4.96 | 1.49 | 0.00 |
| PEACHES DICED: CUPS | 1/2 cup | 50 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1837 | 20 | 1722 | 19.96 | 11.59 | 1587.9 | 4492 | 124.80 | 196 | 40.97 | 368.43 | 23.46 | 7.99 | 0.00 |
| % of Calories | | | | | | | | | | 42.6% | 8.9% | 80.2% | 11.5% | 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
 * - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pitt County Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

| | Portion Size | 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 - 04/30/2021 | | | | | | | | | | | | | | | |
| K- 12 Breakfast | Total | | | | | | | | | | | | | | |
| CHEESE BISCUIT | 1 BISCUIT | 260 | 8 | 512 | 1.00 | 1.44 | 175.9 | 0 | 0.0 | 4 | 7.54 | 28.01 | 13.04 | 6.77 | 0.00 |
| EGG & CHEESE BISCUIT | 1 BISCUIT | 325 | 133 | 683 | 1.00 | 2.52 | 218.2 | 0 | 0.0 | 3 | 9.04 | 29.01 | 124.28 | 8.77 | 0.00 |
| CEREAL: Cinnamon Chex | BOWL | 120 | 0 | 170 | 1.00 | 7.20 | 80.0 | 400 | 4.8 | 6 | 1.0 | 22.0 | 2.5 | 0.00 | 0.00 |
| CEREAL, LUCKY CHARMS | 1 BOWL | 210 | 0 | 350 | 3.00 | 9.00 | 150.0 | 1000 | 12.0 | 20 | 4.0 | 46.0 | 3.0 | 0.00 | 0.00 |
| PEARS DICED: CUPS | 1/2 cup | 55 | 0 | 6 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 0.0 | 14.38 | 0.0 | 0.00 | 0.00 |
| JUICE: APPLE 4 oz | 4 OZ | 60 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE, 4 oz | 4 OZ | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| JUICE: ORANGE PINEAPPLE 4oz | 4 oz | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 13 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| HOT SAUCE: INDIV | 2 Packets | 0 | 0 | 200 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | *N/A* | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY, SKIM | 1 cup | 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 | 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 | 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 | | 1491 | 160 | 2360 | 6.00 | 20.16 | 1524.1 | 3100 | 144.00 | *126 | 45.58 | 236.41 | 145.31 | 17.04 | 0.00 |
| % of Calories | | | | | | | | | | *33.9% | 12.2% | 63.4% | 87.7% | 10.3% | 0.0% |
| Nutrient Guideline | | 450-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|------|----|------|-------|-------|--------|------|--------|--------|-------|--------|-------|------|------|
| Weighted Average | | 1619 | 53 | 1744 | 14.44 | 16.02 | 1471.6 | 3879 | 186.58 | *167 | 41.85 | 303.91 | 46.16 | 9.13 | 0.00 |
| | | | | | | | | | | *93.0% | 10.3% | 75.1% | 25.7% | 5.1% | 0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 1619 | | 450 - 500 | 324% | | | 1119 | Correction Required - Calories too High |
| Cholesterol (mg) | 53 | | | | | | | |
| Sodium 1 (mg) | 1744 | | 540 | | | | 1204 | Correction Required - Sodium too High |
| Sodium 2 (mg) | 1744 | | 485 | | | | 1259 | Correction Required - Sodium too High |
| Fiber (g) | 14.44 | | | | | | | |
| Iron (mg) | 16.02 | | | | | | | |
| Calcium (mg) | 1471.6 | | | | | | | |
| Vitamin A (IU) | 3879 | | | | | | | |
| Sugars (g) | 167 | 41.34% | | | Missing | | | |
| Vitamin C (mg) | 186.58 | | | | | | | |
| Protein (g) | 41.85 | 10.34% | | | | | | |
| Carbohydrate (g) | 303.91 | 75.11% | | | | | | |
| Total Fat (g) | 46.16 | 25.67% | | | | | | |
| Saturated Fat (g) | 9.13 | 5.07% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.