

# Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

## Base Menu Spreadsheet

K- 12 Breakfast

### Weighted Values - Detailed

	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 <sup>1</sup> (g)
Tue - 11/01/2022																
K- 12 Breakfast	Total	1														
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	2500	30.0	19	7.0	38.0	8.0	2.50	0.00
RAISINS: BOX	box	1	119	0	10	1.98	0.00	198.4	0	0.0	24	0.99	29.77	0.0	0.00	0.00
CEREAL, 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	340	0	380	5.00	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
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			3008	20	3490	37.18	47.94	2369.2	9400	153.60	294	65.99	601.34	52.00	14.50	0.00
% of Calories											39.1%	8.8%	80.0%	15.6%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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### Weighted Values - Detailed

	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 <sup>1</sup> (g)
Wed - 11/02/2022																
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	340	0	380	5.00	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			3001	30	3160	41.00	42.48	1960.0	7545	128.40	287	63.00	605.00	51.00	13.00	0.00
% of Calories											38.3%	8.4%	80.6%	15.3%	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**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Thu - 11/03/2022																
K- 12 Breakfast	Total	1														
EGG & CHEESE BISCUIT	1 BISCUIT	1	281	138	781	1.00	2.52	175.9	152	0.0	1	14.54	23.51	17.56	8.53	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	340	0	380	5.00	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			3001	158	3716	36.00	41.40	2095.9	6652	123.60	269	72.54	574.51	61.56	20.53	0.00
% of Calories											35.9%	9.7%	76.6%	18.5%	6.2%	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 <sup>1</sup> (g)
Fri - 11/04/2022																
K- 12 Breakfast	Total	1														
BRKFST COOKIE,CHOCOLAT E CHIP	1 EACH	1	270	5	180	5.00	1.00	30.0	0	0.0	19	5.0	44.0	8.0	3.00	0.00
PEARS DICED: CUPS	1/2 cup	1	55	0	6	0.00	0.00	0.0	0	0.0	9	0.0	14.38	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	340	0	380	5.00	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			2935	25	3121	38.00	39.88	1950.0	6500	123.60	272	63.00	582.38	52.00	15.00	0.00
% of Calories											37.0%	8.6%	79.4%	15.9%	4.6%	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 <sup>1</sup> (g)
<b>Mon - 11/07/2022</b>																
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. STRAWBERRY	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, 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	340	0	380	5.00	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			2970	20	3175	38.00	40.68	1960.0	8750	123.60	281	63.00	591.00	51.00	13.50	0.00
% of Calories											37.8%	8.5%	79.6%	15.5%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Tue - 11/08/2022																
K- 12 Breakfast	Total	1														
BISCUIT	1 BISCUIT	1	160	0	550	1.00	1.44	40.0	0	0.0	1	8.0	22.0	7.0	4.50	0.00
SAUSAGE PATTY:TRKY	1.025 OZ PATTY	1	60	30	90	0.00	0.36	0.0	0	0.0	0	6.0	0.0	4.0	1.00	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	340	0	380	5.00	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			2969	50	3951	38.20	41.10	1980.8	7000	132.00	*252	72.00	580.57	55.00	17.50	0.00
% of Calories											*34.0%	9.7%	78.2%	16.7%	5.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 10/27/2022 12:12:54 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 <sup>1</sup> (g)
Wed - 11/09/2022																
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	340	0	380	5.00	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			3059	45	3270	37.98	40.68	2138.4	6500	123.60	295	65.99	602.77	54.00	14.50	0.00
% of Calories											38.5%	8.6%	78.8%	15.9%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
<b>Thu - 11/10/2022</b>																
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	340	0	380	5.00	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
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			3100	20	3150	37.00	38.88	1900.0	6500	153.60	303	63.00	617.00	53.00	14.50	0.00
% of Calories											39.1%	8.1%	79.6%	15.4%	4.2%	0.0%
Nutrient Guideline			450-500		540										<10.00	

<b>Fri - 11/11/2022</b>																
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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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/14/2022																
K- 12 Breakfast	Total	1														
MINI CINNIS	1 EACH	1	240	0	270	3.00	1.44	20.0	0	0.0	14	4.0	40.0	7.0	1.50	0.00
APPLESAUCE: IND. STRAWBERRY	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
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	340	0	380	5.00	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			2970	20	3205	38.00	40.32	1940.0	6500	123.60	283	62.00	593.00	51.00	13.50	0.00
% of Calories											38.1%	8.3%	79.9%	15.5%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
<b>Tue - 11/15/2022</b>																
K- 12 Breakfast	Total	1														
CHEESE BISCUIT	1 BISCUIT	1	211	13	671	1.00	1.44	115.9	152	0.0	1	11.54	22.51	11.56	7.03	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	340	0	380	5.00	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			2934	33	3847	37.20	40.74	2036.7	7152	132.60	*245	70.54	576.97	55.56	19.03	0.00
% of Calories											*33.4%	9.6%	78.7%	17.0%	5.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Wed - 11/16/2022																
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	340	0	380	5.00	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			3099	30	3220	36.98	39.06	2328.4	6500	123.60	303	64.99	623.77	51.00	13.00	0.00
% of Calories											39.1%	8.4%	80.5%	14.8%	3.8%	0.0%
Nutrient Guideline			450-500		540											<10.00

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

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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Thu - 11/17/2022																
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
STRAWBERRY CUPS	1/2 cup	1	90	0	0	1.99	0.36	19.9	0	65.78	18	1.0	21.93	0.0	0.00	0.00
PEACHES FROZEN CUPS	1/2 cup	1	80	0	0	1.00	0.36	0.0	299	161.66	16	1.0	18.96	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	340	0	380	5.00	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			3010	30	3125	37.99	39.96	1959.9	6799	351.04	291	65.99	606.89	50.00	14.00	0.00
% of Calories											38.7%	8.8%	80.7%	15.0%	4.2%	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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Fri - 11/18/2022																
K- 12 Breakfast	Total	1														
SAUSAGE PIZZA: BREAKFAST IW	1 each	1	240	15	340	3.00	1.80	150.0	300	1.2	4	11.0	31.0	8.0	3.00	0.00
PEARS DICED: CUPS	1/2 cup	1	55	0	6	0.00	0.00	0.0	0	0.0	9	0.0	14.38	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	340	0	380	5.00	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			2905	35	3281	36.00	40.68	2070.0	6800	124.80	257	69.00	569.38	52.00	15.00	0.00
% of Calories											35.4%	9.5%	78.4%	16.1%	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**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Mon - 11/21/2022																
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. STRAWBERRY	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	340	0	380	5.00	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			3220	20	3425	39.00	39.24	4970.0	11500	123.60	308	68.00	642.00	60.00	15.00	0.00
% of Calories											38.3%	8.4%	79.8%	16.8%	4.2%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Tue - 11/22/2022																
K- 12 Breakfast	Total	1														
CHEESE BISCUIT	1 BISCUIT	1	211	13	671	1.00	1.44	115.9	152	0.0	1	11.54	22.51	11.56	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	340	0	380	5.00	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
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			2978	33	3862	36.18	40.38	2235.2	7052	123.60	276	70.53	585.85	55.56	19.03	0.00
% of Calories											37.1%	9.5%	78.7%	16.8%	5.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 11/23/2022																
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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**Pitt County Schools**

**Nov 1, 2022 thru Nov 30, 2022**

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Thu - 11/24/2022																
K- 12 Breakfast NO SCHOOL TODAY	Total 1 each	1 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 % of Calories			*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*
Nutrient Guideline			450-500		540											<10.00

Fri - 11/25/2022																
K- 12 Breakfast NO SCHOOL TODAY	Total 1 each	1 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 % of Calories			*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*
Nutrient Guideline			450-500		540											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Mon - 11/28/2022																
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. STRAWBERRY	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, 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	340	0	380	5.00	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			2970	20	3175	38.00	40.68	1960.0	8750	123.60	281	63.00	591.00	51.00	13.50	0.00
% of Calories											37.8%	8.5%	79.6%	15.5%	4.1%	0.0%
Nutrient Guideline			450-500		540											<10.00

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Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

	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 <sup>1</sup> (g)
Tue - 11/29/2022																
K- 12 Breakfast	Total	1														
BISCUIT	1 BISCUIT	1	160	0	550	1.00	1.44	40.0	0	0.0	1	8.0	22.0	7.0	4.50	0.00
SAUSAGE PATTY:TRKY	1.025 OZ PATTY	1	60	30	90	0.00	0.36	0.0	0	0.0	0	6.0	0.0	4.0	1.00	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	340	0	380	5.00	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			2969	50	3951	38.20	41.10	1980.8	7000	132.00	*252	72.00	580.57	55.00	17.50	0.00
% of Calories											*34.0%	9.7%	78.2%	16.7%	5.3%	0.0%
Nutrient Guideline			450-500		540											<10.00

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# Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

## Base Menu Spreadsheet

K- 12 Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 11/30/2022																
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	340	0	380	5.00	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			3059	45	3270	37.98	40.68	2138.4	6500	123.60	295	65.99	602.77	54.00	14.50	0.00
% of Calories											38.5%	8.6%	78.8%	15.9%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			2461	31	2790	30.68	33.27	1816.8	6063	115.45	*229 *83.8%	54.39 8.8%	487.40 79.2%	43.67 16.0%	12.41 4.5%	*N/A*
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# Pitt County Schools

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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Nutrient	Menu AVG	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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	2461		450 - 500	492%			1961	Correction Required - Calories too High										
Cholesterol (mg)	31																	
Sodium 1 (mg)	2790		540						2250	Correction Required - Sodium too High								
Sodium 2 (mg)	2790		485						2305	Correction Required - Sodium too High								
Fiber (g)	30.68																	
Iron (mg)	33.27																	
Calcium (mg)	1816.8																	
Vitamin A (IU)	6063																	
Sugars (g)	229	37.23%				Missing												
Vitamin C (mg)	115.45																	
Protein (g)	54.39	8.84%																
Carbohydrate (g)	487.40	79.20%																
Total Fat (g)	43.67	15.97%																
Saturated Fat (g)	12.41	4.54%	<10.00%															
Trans Fat <sup>1</sup> (g)	*N/A*																	

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