

Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Thu - 12/01/2022																
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 (1pk)	1	340	0	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	750	9.0	12	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	3.00	14.40	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: PINEAPPLE 4oz	4 oz	1	70	0	0	0.00	0.00	0.0	0	60.0	14	0.0	16.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	130	0	15	0.00	0.00	0.0	0	0.0	23	0.0	32.0	0.0	0.00	0.00
Weighted Daily Average			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

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

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/02/2022																
K- 12 Breakfast	Total	1														
DUNKIN STIX, 2 pack	1 each	1	300	0	310	3.00	1.80	40.0	0	0.0	22	5.0	48.0	10.0	4.00	0.00
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	3.00	14.40	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	350	1.00	16.20	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	360	4.00	5.40	150.0	750	9.0	19	5.0	46.0	2.5	0.00	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	190	3.00	1.44	0.0	0	0.0	13	4.0	38.0	7.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	350	5.00	3.60	200.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
JUICE: APPLE 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	0	60.0	14	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	0.00	0.0	0	4.8	13	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	20.0	0	30.0	14	0.0	15.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2990	20	3240	33.00	51.84	1930.0	6250	120.60	272	59.00	585.00	56.00	16.00	0.00
% of Calories											36.4%	7.9%	78.3%	16.9%	4.8%	0.0%
Nutrient Guideline			450-500		540											<10.00

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

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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 ¹ (g)
Mon - 12/05/2022																
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 (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
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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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/06/2022																
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
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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Wed - 12/07/2022																
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
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
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			3150	30	3210	37.99	39.78	2149.9	6799	351.04	313	65.99	634.89	51.00	13.00	0.00
% of Calories											39.7%	8.4%	80.6%	14.6%	3.7%	0.0%
Nutrient Guideline			450-500		540											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/08/2022																
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
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
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			2959	30	3135	36.98	39.24	2138.4	6500	123.60	281	64.99	595.77	50.00	14.00	0.00
% of Calories											38.0%	8.8%	80.5%	15.2%	4.3%	0.0%
Nutrient Guideline			450-500		540											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Fri - 12/09/2022																
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

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Mon - 12/12/2022																
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

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Tue - 12/13/2022																
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
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	30	3400	39.18	42.54	2159.2	7900	123.60	286	62.99	599.34	51.00	13.00	0.00
% of Calories											38.4%	8.5%	80.5%	15.4%	3.9%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Wed - 12/14/2022																
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
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	340	3.00	14.40	100.0	500	6.0	12	3.0	46.0	5.0	0.50	0.00
CEREAL, 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			3071	158	3736	35.00	41.76	2115.9	6652	123.60	276	72.54	591.51	61.56	20.53	0.00
% of Calories											36.0%	9.4%	77.1%	18.0%	6.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Thu - 12/15/2022																
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
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			2960	20	3235	37.00	47.88	2170.0	9000	153.60	287	65.00	589.00	52.00	14.50	0.00
% of Calories											38.8%	8.8%	79.6%	15.8%	4.4%	0.0%
Nutrient Guideline			450-500		540											<10.00

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

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Fri - 12/16/2022																
K- 12 Breakfast	Total	1														
MUFFIN: BLUEBERRY	MUFFIN	1	250	35	140	2.00	1.80	20.0	100	1.2	20	5.0	42.0	7.0	1.00	0.00
MUFFIN: CHOCOLATE CHIP	MUFFIN	1	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
PEARS DICED: CUPS	1/2 cup	1	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			3185	90	3221	37.00	42.48	1960.0	6600	124.80	295	68.00	625.38	59.00	14.50	0.00
% of Calories											37.0%	8.5%	78.5%	16.7%	4.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Mon - 12/19/2022																
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

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Tue - 12/20/2022																
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
PEACHES DICED: CUPS	1/2 cup	1	50	0	5	1.00	0.36	20.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	360	5.00	3.60	200.0	1000	0.0	28	4.0	72.0	6.0	2.00	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	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			2919	50	3956	35.20	41.10	1980.8	6900	123.60	260	72.00	567.57	55.00	17.50	0.00
% of Calories											35.7%	9.9%	77.8%	17.0%	5.4%	0.0%
Nutrient Guideline			450-500		540											<10.00

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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
Wed - 12/21/2022																
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			3025	41	3366	36.97	41.86	2241.3	7354	143.32	*283 *84.1%	66.13 8.7%	598.71 79.2%	54.14 16.1%	15.20 4.5%	0.00 0.0%
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Pitt County Schools

Dec 1, 2022 thru Dec 31, 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	3025		450 - 500	605%			2525	Correction Required - Calories too High									
Cholesterol (mg)	41																
Sodium 1 (mg)	3366		540						2826	Correction Required - Sodium too High							
Sodium 2 (mg)	3366		485						2881	Correction Required - Sodium too High							
Fiber (g)	36.97																
Iron (mg)	41.86																
Calcium (mg)	2241.3																
Vitamin A (IU)	7354																
Sugars (g)	283	37.40%				Missing											
Vitamin C (mg)	143.32																
Protein (g)	66.13	8.75%															
Carbohydrate (g)	598.71	79.18%															
Total Fat (g)	54.14	16.11%															
Saturated Fat (g)	15.20	4.52%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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