Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/01/2026																	
K- 12 Breakfast	Total	1															
FRENCH TOAST MINI: CINN RUSH	POUCH	1	210	0	200	3.00	1.44	60.0	*N/A*	0.0	11.00	10.00	4.0	36.0	7.0	1.00	0.00
PEARS DICED: CUPS	1/2 cup	1	70	0	5	1.00	0.00	0.0	0	0.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLU EBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STR AWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5o	1	81	0	25	0.00	0.00	0.0	*N/A*	0.0	11.14	*N/A*	0.0	20.25	0.0	0.00	0.00
Weighted Daily Average			2835	25	1909	36.96	18.81	2143.0	*2	112.25	298.45	*10.00	57.13	569.71	41.13	9.55	0.00
% of Calories											42.1%	*1.4%	8.1%	80.4%	13.1	3.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/02/2026																	
K- 12 Breakfast	Total	1															
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	*N/A*	30.0	19.00	*N/A*	7.0	38.0	8.0	2.50	0.00
RAISELS, TROPICAL	BOX, 1.5 OZ	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24.00	*N/A*	1.0	30.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2890	30	2960	30.00	59.78	2641.2	*N/A*	124.80	251.00	*N/A*	71.00	551.00	51.00	10.50	0.00
% of Calories											34.7%	*N/A%*	9.8%	76.3%	15.9	3.3%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/05/2026																	
K- 12 Breakfast	Total	1															
BANANA BREAD	Slice	1	260	0	240	2.00	0.18	159.0	*N/A*	0.0	24.00	*N/A*	5.0	45.0	8.0	1.50	0.00
------or-------	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*	*N/A*
BERRY BREAD	3.4oz Eac	1	270	0	250	2.00	1.08	100.0	*N/A*	0.0	24.00	*N/A*	5.0	45.0	8.0	1.50	0.00
APPLESAUCE, STRAWBERR	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3100	30	3145	32.00	*51.68	*2630.2	*N/A*	107.95	267.96	*N/A*	73.00	586.95	59.00	11.00	0.00
% of Calories											34.6%	*N/A%*	9.4%	75.7%	17.1	3.2%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/06/2026																	
K- 12 Breakfast	Total	1															
CHICKEN & WAFFLE, SAND,I	SERVNG	1	161	70	352	2.01	1.81	40.2	*N/A*	0.0	2.01	*N/A*	8.04	20.1	6.03	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLU EBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STR AWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2675	95	2030	38.97	19.54	2143.1	*2	60.65	*251.32	*0.00	61.17	526.55	40.16	8.55	0.00
% of Calories											*37.6%	*0.0%	9.1%	78.7%	13.5	2.9%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/07/2026																	
K- 12 Breakfast	Total	1															
MUFFIN, BLUEBERRY	MUFFIN	1	226	30	240	3.30	1.10	8.5	*N/A*	1.2	16.00	*N/A*	3.9	38.0	6.3	0.90	0.00
------or-------	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*	*N/A*
MUFFIN, BANANA	MUFFIN	1	229	30	115	3.50	1.10	20.0	*N/A*	1.2	18.00	13.00	3.9	39.0	6.3	0.90	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24.00	*N/A*	0.0	27.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2875	90	2660	31.80	47.22	2249.7	*N/A*	88.20	247.00	*13.00	66.80	540.00	53.10	9.80	0.00
% of Calories											34.4%	*1.8%	9.3%	75.1%	16.6	3.1%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/08/2026																	
K- 12 Breakfast	Total	1															
TURKEY HAM CHZ CROISSTANT, IW	SERVNG	1	190	20	440	2.00	1.00	119.0	*N/A*	0.0	3.00	*N/A*	11.0	19.0	8.0	3.50	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2744	45	2118	37.96	18.37	2262.0	*2	112.25	*264.31	*0.00	65.13	532.46	42.13	12.05	0.00
% of Calories											*38.5%	*0.0%	9.5%	77.6%	13.8	4.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/09/2026																	
K- 12 Breakfast	Total	1															
MINI BAGELS, STRAWBERRY	1 EACH	1	240	10	190	2.00	0.36	20.0	*N/A*	0.0	12.00	*N/A*	6.0	42.0	6.0	2.00	0.00
RAISELS, TROPICAL	BOX, 1.5 OZ	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24.00	*N/A*	1.0	30.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2890	40	2850	30.00	51.14	2411.2	*N/A*	94.80	244.00	*N/A*	70.00	555.00	49.00	10.00	0.00
% of Calories											33.8%	*N/A%*	9.7%	76.8%	15.3	3.1%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Mon - 10/12/2026																	
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*	*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*	*N/A*
% of Calories													*N/A%*	*N/A%*	*N/A*	*N/A*	*N/A%*
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/13/2026																	
K- 12 Breakfast	Total	1															
SAUSAGE CHIX BISCUIT, IW	SERVNG	1	200	0	740	2.00	1.80	60.0	*N/A*	0.0	1.00	*N/A*	10.0	23.0	8.0	4.50	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLU EBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STR AWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MUSTARD: individual PC	2PK	1	10	0	130	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
GRAPE JELLY	.5 oz pack	1	35	0	5	0.00	0.00	0.0	*N/A*	0.0	7.09	*N/A*	0.0	9.11	0.0	0.00	0.00
Weighted Daily Average			2820	25	2553	38.96	19.53	2163.0	*2	120.65	*269.40	*0.00	63.13	551.57	42.13	13.05	0.00
% of Calories											*38.2%	*0.0%	9.0%	78.2%	13.4	4.2%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/14/2026																	
K- 12 Breakfast	Total	1															
MINI CINNIS	1 EACH	1	230	0	280	3.00	1.70	30.0	*N/A*	0.0	13.00	*N/A*	5.0	41.0	7.0	1.50	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24.00	*N/A*	0.0	27.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2860	30	2935	32.00	52.12	2401.2	*N/A*	94.80	245.00	*N/A*	68.00	551.00	50.00	9.50	0.00
% of Calories											34.3%	*N/A%*	9.5%	77.1%	15.7	3.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/15/2026																	
K- 12 Breakfast	Total	1															
PANCAKE: MINI BERRY	POUCH	1	210	10	210	4.00	0.72	60.0	*N/A*	0.0	10.00	*N/A*	4.0	35.0	7.0	1.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5o	1	81	0	25	0.00	0.00	0.0	*N/A*	0.0	11.14	*N/A*	0.0	20.25	0.0	0.00	0.00
Weighted Daily Average			2845	35	1914	39.96	18.09	2203.0	*2	112.25	*282.45	*0.00	58.13	568.71	41.13	9.55	0.00
% of Calories											*39.7%	*0.0%	8.2%	79.9%	13.0	3.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:52 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/16/2026																	
K- 12 Breakfast	Total	1															
DONUT HOLES, CHOCOLATE,WG,IW	3oz Package	1	270	0	230	3.00	1.80	40.0	*N/A*	0.0	20.00	20.00	4.0	41.0	11.0	0.50	0.00
RAISELS, TROPICAL	BOX, 1.5 OZ	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24.00	*N/A*	1.0	30.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2950	30	2870	27.00	63.38	2381.2	*N/A*	91.80	251.00	*20.00	65.00	556.00	56.00	8.50	0.00
% of Calories											34.0%	*2.7%	8.8%	75.4%	17.1	2.6%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/19/2026																	
K- 12 Breakfast	Total	1															
MINI BAGELS, STRAWBERRY	1 EACH	1	240	10	190	2.00	0.36	20.0	*N/A*	0.0	12.00	*N/A*	6.0	42.0	6.0	2.00	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	50	0	0	1.00	0.00	5.0	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
APPLESAUCE, STRAWBERR	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3510	40	3855	42.99	*75.98	*2796.2	*N/A*	145.11	286.92	*N/A*	82.00	689.91	59.50	11.00	0.00
% of Calories											32.7%	*N/A%*	9.3%	78.6%	15.3	2.8%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/20/2026																	
K- 12 Breakfast	Total	1															
BELGIAN WAFFLE, BLUEBERRY IW	1 each	1	250	44	290	2.00	1.44	30.0	*N/A*	0.0	15.01	*N/A*	6.0	37.02	9.0	4.00	0.00
BANANA: MEDIUM 7"	1 EACH	1	110	0	0	3.00	0.36	0.0	*N/A*	9.0	*N/A*	*N/A*	1.0	30.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2835	69	1968	37.96	19.17	2113.0	*2	121.25	*276.32	*0.00	60.13	561.48	43.13	12.55	0.00
% of Calories											*39.0%	*0.0%	8.5%	79.2%	13.7	4.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/21/2026																	
K- 12 Breakfast	Total	1															
Egg & Cheese Omelet	2 oz	1	115	172	240	0.00	0.75	83.5	*N/A*	0.0	0.00	*N/A*	8.35	1.04	8.35	3.65	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24.00	*N/A*	0.0	27.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2745	202	2895	29.00	51.17	2454.7	*N/A*	94.80	232.00	*N/A*	71.35	511.04	51.35	11.65	0.00
% of Calories											33.8%	*N/A%*	10.4%	74.5%	16.8	3.8%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/22/2026																	
K- 12 Breakfast	Total	1															
FRENCH TOAST MINI: CINN RUSH	POUCH	1	210	0	200	3.00	1.44	60.0	*N/A*	0.0	11.00	10.00	4.0	36.0	7.0	1.00	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
PARFAIT, BREAKFAST; BLU EBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STR AWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5o	1	81	0	25	0.00	0.00	0.0	*N/A*	0.0	11.14	*N/A*	0.0	20.25	0.0	0.00	0.00
Weighted Daily Average			2845	25	1904	38.96	18.81	2203.0	*2	112.25	*283.45	*10.00	58.13	569.71	41.13	9.55	0.00
% of Calories											*39.8%	*1.4%	8.2%	80.1%	13.0	3.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/23/2026																	
K- 12 Breakfast	Total	1															
DONUT, IW SUPER	1 each	1	240	0	300	2.00	9.00	250.0	*N/A*	30.0	19.00	*N/A*	7.0	38.0	8.0	2.50	0.00
RAISELS, TROPICAL	BOX, 1.5 OZ	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24.00	*N/A*	1.0	30.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2890	30	2960	30.00	59.78	2641.2	*N/A*	124.80	251.00	*N/A*	71.00	551.00	51.00	10.50	0.00
% of Calories											34.7%	*N/A%*	9.8%	76.3%	15.9	3.3%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/26/2026																	
K- 12 Breakfast	Total	1															
BANANA BREAD	Slice	1	260	0	240	2.00	0.18	159.0	*N/A*	0.0	24.00	*N/A*	5.0	45.0	8.0	1.50	0.00
------or-------	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*	*N/A*
BERRY BREAD	3.4oz Eac	1	270	0	250	2.00	1.08	100.0	*N/A*	0.0	24.00	*N/A*	5.0	45.0	8.0	1.50	0.00
APPLESAUCE, STRAWBERR	1 each	1	50	0	0	1.00	*N/A*	*N/A*	*N/A*	13.16	11.96	*N/A*	0.0	13.95	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			3100	30	3145	32.00	*51.68	*2630.2	*N/A*	107.95	267.96	*N/A*	73.00	586.95	59.00	11.00	0.00
% of Calories											34.6%	*N/A%*	9.4%	75.7%	17.1	3.2%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/27/2026																	
K- 12 Breakfast	Total	1															
CHICKEN & WAFFLE, SAND,I	SERVNG	1	161	70	352	2.01	1.81	40.2	*N/A*	0.0	2.01	*N/A*	8.04	20.1	6.03	0.00	0.00
FRESH APPLE	1 EACH	1	100	0	0	4.00	0.36	20.0	*N/A*	8.4	*N/A*	*N/A*	0.0	25.0	0.0	0.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLU EBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STR AWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2675	95	2030	38.97	19.54	2143.1	*2	60.65	*251.32	*0.00	61.17	526.55	40.16	8.55	0.00
% of Calories											*37.6%	*0.0%	9.1%	78.7%	13.5	2.9%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/28/2026																	
K- 12 Breakfast	Total	1															
MUFFIN, BLUEBERRY	MUFFIN	1	226	30	240	3.30	1.10	8.5	*N/A*	1.2	16.00	*N/A*	3.9	38.0	6.3	0.90	0.00
------or-------	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*	*N/A*
MUFFIN, BANANA	MUFFIN	1	229	30	115	3.50	1.10	20.0	*N/A*	1.2	18.00	13.00	3.9	39.0	6.3	0.90	0.00
CRAISINS: WATERMELON	1 each	1	110	0	0	2.00	0.00	0.0	*N/A*	0.0	24.00	*N/A*	0.0	27.0	0.0	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2875	90	2660	31.80	47.22	2249.7	*N/A*	88.20	247.00	*13.00	66.80	540.00	53.10	9.80	0.00
% of Calories											34.4%	*1.8%	9.3%	75.1%	16.6	3.1%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

Generated on: 9/22/2026 2:54:53 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/29/2026																	
K- 12 Breakfast	Total	1															
TURKEY HAM CHZ CROISSTANT, IW	SERVNG	1	190	20	440	2.00	1.00	119.0	*N/A*	0.0	3.00	*N/A*	11.0	19.0	8.0	3.50	0.00
FRESH ORANGE: 125 ct	1 EACH	1	80	0	0	3.00	0.00	60.0	*N/A*	0.0	*N/A*	*N/A*	1.0	19.0	0.0	0.00	0.00
POP TART, Fudge	2 pastry (1pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk)	1	340	0	230	6.00	3.60	200.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
POP TART, cinnamon	2 pastry (1 pk)	1	350	0	240	6.00	3.60	200.0	*N/A*	0.0	30.00	*N/A*	5.0	73.0	6.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	*N/A*	0.0	29.00	*N/A*	4.0	73.0	5.0	1.50	0.00
PARFAIT, BREAKFAST; BLUEBERRY	1 EACH	1	283	3	136	4.84	1.04	150.1	*N/A*	1.92	27.17	*0.00	5.33	52.24	5.01	0.04	0.00
PARFAIT, BREAKFAST; STRAWBERRY	1 EACH	1	281	3	137	4.12	1.73	161.7	*2	45.53	27.14	*0.00	5.8	53.22	4.62	0.01	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2744	45	2118	37.96	18.37	2262.0	*2	112.25	*264.31	*0.00	65.13	532.46	42.13	12.05	0.00
% of Calories											*38.5%	*0.0%	9.5%	77.6%	13.8	4.0%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Pitt County Schools

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

K- 12 Breakfast

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/30/2026																	
K- 12 Breakfast	Total	1															
MINI BAGELS, STRAWBERRY	1 EACH	1	240	10	190	2.00	0.36	20.0	*N/A*	0.0	12.00	*N/A*	6.0	42.0	6.0	2.00	0.00
RAISELS, TROPICAL	BOX, 1.5 OZ	1	130	0	5	1.00	0.36	20.0	*N/A*	0.0	24.00	*N/A*	1.0	30.0	0.0	0.00	0.00
CEREAL, BLUEBERRY CHEX	BOWL	1	240	0	320	1.00	16.20	100.0	*N/A*	6.0	11.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, CINNAMON CHEX	BOWL	1	230	0	320	3.00	14.40	100.0	*N/A*	6.0	12.00	*N/A*	3.0	46.0	5.0	0.50	0.00
CEREAL, HONEY CHEERIOS	BOWL	1	210	0	340	5.00	5.40	150.0	*N/A*	9.0	12.00	*N/A*	6.0	44.0	3.0	0.50	0.00
CEREAL, LUCKY CHARMS	1 BOWL	1	210	0	350	4.00	5.40	150.0	*N/A*	9.0	19.00	*N/A*	4.0	47.0	2.5	0.00	0.00
CEREAL BAR,CINN TOAST	1 EACH	1	260	0	200	5.00	2.70	300.0	*N/A*	0.0	14.00	*N/A*	4.0	52.0	5.0	0.50	0.00
CEREAL BAR,COCOA PUFF	1 EACH	1	280	0	180	5.00	3.60	350.0	*N/A*	0.0	14.00	*N/A*	5.0	52.0	6.0	0.50	0.00
EGGO FRENCH TOAS GRAM & YOGURT	package	1	280	5	240	2.00	1.44	160.0	*N/A*	0.0	18.00	*N/A*	7.0	50.0	7.0	2.00	0.00
EGGO GRAHAM WAFFEL W/ YOGURT	package	1	280	5	240	2.00	1.08	150.0	*N/A*	0.0	18.00	*N/A*	7.0	49.0	7.0	2.00	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	*N/A*	0.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	0.00	0.0	*N/A*	60.0	12.00	*N/A*	0.0	13.0	0.0	0.00	0.00
JUICE, GRAPE 4 oz	4 OZ	1	80	0	20	0.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	0.00	300.0	*N/A*	1.2	18.00	*N/A*	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	*N/A*	2.4	12.00	*N/A*	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	*N/A*	1.2	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			2890	40	2850	30.00	51.14	2411.2	*N/A*	94.80	244.00	*N/A*	70.00	555.00	49.00	10.00	0.00
% of Calories											33.8%	*N/A%*	9.7%	76.8%	15.3	3.1%	0.0%
Nutrient Guideline			450-5		540							<10.00[1]				<10.0	

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Weighted Average			2754	52	2469	32.92	*37.80	*2251.5	*0	99.16	*248.87	*2.55	63.46	532.37	46.06	9.89	*N/A*
											*81.3%	*0.4%	9.2%	77.3%	15.0	3.2%	

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K- 12 Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2754		450 - 500	551%			2254	Correction Required - Calories too High
Cholesterol (mg)	52							
Sodium 1 (mg)	2469		540	457%			1929	Correction Required - Sodium too High
Fiber (g)	32.92							
Iron (mg)	37.80				Missing			
Calcium (mg)	2251.5				Missing			
Vitamin A (mcg RAE)	0				Missing			
Total Sugars (g)	248.87	36.14%			Missing			
Added Sugars (g)	2.55	0.37%	<10.00%[1]	25%	Missing			
Vitamin C (mg)	99.16							
Protein (g)	63.46	9.22%						
Carbohydrate (g)	532.37	77.32%						
Total Fat (g)	46.06	15.05%						
Saturated Fat (g)	9.89	3.23%	<10.00%					
Trans Fat (g)	*N/A*							

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