

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Breakfast Cycle Menu

Generated on: 6/23/2025 7:40:36 AM

	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 - 06/16/2025																
SF Breakfast Cycle Menu	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz	1	240	0	240	3.00	3.24	400.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	565	4.00	3.24	1000.0	1000	3.60	54	21.00	85.00	9.50	3.00	0.00
% of Calories											40.8%	15.8%	64.1%	16.1%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 06/17/2025																
SF Breakfast Cycle Menu	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	200	0	740	2.00	1.80	60.0	0	0.0	1	10.0	23.0	8.0	4.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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
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
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
Weighted Daily Average			575	15	1195	2.00	2.00	671.2	1000	63.60	62	26.00	91.11	10.50	6.00	0.00
% of Calories											43.2%	18.1%	63.3%	16.4%	9.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 06/18/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKES, MINI MAPLE BURST	POUCH	1	200	0	210	4.00	3.60	20.0	1000	0.0	10	4.0	35.0	6.0	1.00	0.00
Fresh Fruit	servings	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*
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			560	15	535	4.00	3.60	620.0	2000	3.60	63	20.00	100.00	8.50	2.50	0.00
% of Calories											45.0%	14.3%	71.4%	13.7%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 - 06/19/2025																
SF Breakfast Cycle Menu	Total	1														
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			680	15	550	6.00	3.80	871.2	2000	63.60	83	20.00	132.00	7.50	3.00	0.00
% of Calories											48.8%	11.8%	77.6%	9.9%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 06/23/2025																
SF Breakfast Cycle Menu	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	625	3.00	9.00	850.0	3500	33.60	61	23.00	85.00	10.50	4.00	0.00
% of Calories											46.0%	17.4%	64.1%	17.8%	6.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 06/24/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	190	25	310	3.00	1.44	0.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			660	40	645	3.00	1.64	611.2	1000	63.60	81	23.00	108.00	12.50	4.00	0.00
% of Calories											49.1%	13.9%	65.5%	17.0%	5.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Breakfast Cycle Menu

Generated on: 6/23/2025 7:40:36 AM

	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 - 06/25/2025																
SF Breakfast Cycle Menu	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
Fresh Fruit	servings	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*
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			600	25	585	2.00	0.18	810.0	1000	3.60	65	22.00	103.00	9.50	2.50	0.00
% of Calories											43.3%	14.7%	68.7%	14.2%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 06/26/2025																
SF Breakfast Cycle Menu	Total	1														
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			550	15	660	5.00	5.60	761.2	1750	72.60	66	22.00	103.00	5.50	2.00	0.00
% of Calories											48.0%	16.0%	74.9%	9.0%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 06/30/2025																
SF Breakfast Cycle Menu	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz	1	240	0	240	3.00	3.24	400.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	565	4.00	3.24	1000.0	1000	3.60	54	21.00	85.00	9.50	3.00	0.00
% of Calories											40.8%	15.8%	64.1%	16.1%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Weighted Values - Detailed

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Jun 16, 2025 thru Aug 7, 2025

SF Breakfast Cycle Menu

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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 - 07/01/2025																
SF Breakfast Cycle Menu	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	200	0	740	2.00	1.80	60.0	0	0.0	1	10.0	23.0	8.0	4.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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
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
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
Weighted Daily Average			575	15	1195	2.00	2.00	671.2	1000	63.60	62	26.00	91.11	10.50	6.00	0.00
% of Calories											43.2%	18.1%	63.3%	16.4%	9.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/02/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKES, MINI MAPLE BURST	POUCH	1	200	0	210	4.00	3.60	20.0	1000	0.0	10	4.0	35.0	6.0	1.00	0.00
Fresh Fruit	servings	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*
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			560	15	535	4.00	3.60	620.0	2000	3.60	63	20.00	100.00	8.50	2.50	0.00
% of Calories											45.0%	14.3%	71.4%	13.7%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 07/03/2025																
SF Breakfast Cycle Menu	Total	1														
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			680	15	550	6.00	3.80	871.2	2000	63.60	83	20.00	132.00	7.50	3.00	0.00
% of Calories											48.8%	11.8%	77.6%	9.9%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Mon - 07/07/2025																
SF Breakfast Cycle Menu	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	625	3.00	9.00	850.0	3500	33.60	61	23.00	85.00	10.50	4.00	0.00
% of Calories											46.0%	17.4%	64.1%	17.8%	6.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/08/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	190	25	310	3.00	1.44	0.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			660	40	645	3.00	1.64	611.2	1000	63.60	81	23.00	108.00	12.50	4.00	0.00
% of Calories											49.1%	13.9%	65.5%	17.0%	5.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/09/2025																
SF Breakfast Cycle Menu	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
Fresh Fruit	servings	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*
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			600	25	585	2.00	0.18	810.0	1000	3.60	65	22.00	103.00	9.50	2.50	0.00
% of Calories											43.3%	14.7%	68.7%	14.2%	3.7%	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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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 16, 2025 thru Aug 7, 2025

SF Breakfast Cycle Menu

Generated on: 6/23/2025 7:40:36 AM

	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 - 07/10/2025																
SF Breakfast Cycle Menu	Total	1														
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			550	15	660	5.00	5.60	761.2	1750	72.60	66	22.00	103.00	5.50	2.00	0.00
% of Calories											48.0%	16.0%	74.9%	9.0%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 07/14/2025																
SF Breakfast Cycle Menu	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz	1	240	0	240	3.00	3.24	400.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	565	4.00	3.24	1000.0	1000	3.60	54	21.00	85.00	9.50	3.00	0.00
% of Calories											40.8%	15.8%	64.1%	16.1%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/15/2025																
SF Breakfast Cycle Menu	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	200	0	740	2.00	1.80	60.0	0	0.0	1	10.0	23.0	8.0	4.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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
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
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
Weighted Daily Average			575	15	1195	2.00	2.00	671.2	1000	63.60	62	26.00	91.11	10.50	6.00	0.00
% of Calories											43.2%	18.1%	63.3%	16.4%	9.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 7

Jun 16, 2025 thru Aug 7, 2025

SF Breakfast Cycle Menu

Generated on: 6/23/2025 7:40:36 AM

	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 - 07/16/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKES, MINI MAPLE BURST	POUCH	1	200	0	210	4.00	3.60	20.0	1000	0.0	10	4.0	35.0	6.0	1.00	0.00
Fresh Fruit	servings	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*
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			560	15	535	4.00	3.60	620.0	2000	3.60	63	20.00	100.00	8.50	2.50	0.00
% of Calories											45.0%	14.3%	71.4%	13.7%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 07/17/2025																
SF Breakfast Cycle Menu	Total	1														
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			680	15	550	6.00	3.80	871.2	2000	63.60	83	20.00	132.00	7.50	3.00	0.00
% of Calories											48.8%	11.8%	77.6%	9.9%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 07/21/2025																
SF Breakfast Cycle Menu	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	625	3.00	9.00	850.0	3500	33.60	61	23.00	85.00	10.50	4.00	0.00
% of Calories											46.0%	17.4%	64.1%	17.8%	6.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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

* - 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)
Tue - 07/22/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	190	25	310	3.00	1.44	0.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			660	40	645	3.00	1.64	611.2	1000	63.60	81	23.00	108.00	12.50	4.00	0.00
% of Calories											49.1%	13.9%	65.5%	17.0%	5.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/23/2025																
SF Breakfast Cycle Menu	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
Fresh Fruit	servings	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*
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			600	25	585	2.00	0.18	810.0	1000	3.60	65	22.00	103.00	9.50	2.50	0.00
% of Calories											43.3%	14.7%	68.7%	14.2%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 07/24/2025																
SF Breakfast Cycle Menu	Total	1														
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			550	15	660	5.00	5.60	761.2	1750	72.60	66	22.00	103.00	5.50	2.00	0.00
% of Calories											48.0%	16.0%	74.9%	9.0%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Mon - 07/28/2025																
SF Breakfast Cycle Menu	Total	1														
CINNAMON ROLL; IW	1 roll (2.7oz	1	240	0	240	3.00	3.24	400.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	565	4.00	3.24	1000.0	1000	3.60	54	21.00	85.00	9.50	3.00	0.00
% of Calories											40.8%	15.8%	64.1%	16.1%	5.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/29/2025																
SF Breakfast Cycle Menu	Total	1														
SAUSAGE BISCUIT: IW	SERVNGS	1	200	0	740	2.00	1.80	60.0	0	0.0	1	10.0	23.0	8.0	4.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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
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
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
Weighted Daily Average			575	15	1195	2.00	2.00	671.2	1000	63.60	62	26.00	91.11	10.50	6.00	0.00
% of Calories											43.2%	18.1%	63.3%	16.4%	9.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/30/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKES, MINI MAPLE BURST	POUCH	1	200	0	210	4.00	3.60	20.0	1000	0.0	10	4.0	35.0	6.0	1.00	0.00
Fresh Fruit	servings	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*
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			560	15	535	4.00	3.60	620.0	2000	3.60	63	20.00	100.00	8.50	2.50	0.00
% of Calories											45.0%	14.3%	71.4%	13.7%	4.0%	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 - 07/31/2025																
SF Breakfast Cycle Menu	Total	1														
POP TART, Strawberry	2 pastry (1pk)	1	340	0	230	6.00	3.60	260.0	1000	0.0	29	4.0	73.0	5.0	1.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			680	15	550	6.00	3.80	871.2	2000	63.60	83	20.00	132.00	7.50	3.00	0.00
% of Calories											48.8%	11.8%	77.6%	9.9%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 08/04/2025																
SF Breakfast Cycle Menu	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
APPLESAUCE, INDIVIDUAL	1 each	1	60	0	15	1.00	0.00	0.0	0	0.0	12	0.0	14.0	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			530	15	625	3.00	9.00	850.0	3500	33.60	61	23.00	85.00	10.50	4.00	0.00
% of Calories											46.0%	17.4%	64.1%	17.8%	6.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 08/05/2025																
SF Breakfast Cycle Menu	Total	1														
PANCAKE/SAUSAGE ON STICK:	1 EACH	1	190	25	310	3.00	1.44	0.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			660	40	645	3.00	1.64	611.2	1000	63.60	81	23.00	108.00	12.50	4.00	0.00
% of Calories											49.1%	13.9%	65.5%	17.0%	5.5%	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)
Wed - 08/06/2025																
SF Breakfast Cycle Menu	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
Fresh Fruit	servings	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*
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			600	25	585	2.00	0.18	810.0	1000	3.60	65	22.00	103.00	9.50	2.50	0.00
% of Calories											43.3%	14.7%	68.7%	14.2%	3.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 08/07/2025																
SF Breakfast Cycle Menu	Total	1														
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
JUICE, APPLE 4 oz	4 OZ	1	50	0	10	0.00	0.20	11.2	0	0.0	12	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	0	60.0	12	0.0	13.0	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			550	15	660	5.00	5.60	761.2	1750	72.60	66	22.00	103.00	5.50	2.00	0.00
% of Calories											48.0%	16.0%	74.9%	9.0%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			586	19	670	3.63	3.63	774.4	1656	38.47	67	22.12	100.89	9.25	3.37	0.00
											102.8%	15.1%	68.9%	14.2%	5.2%	0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	586		450 - 500	117%			86	Correction Required - Calories too High									
Cholesterol (mg)	19																
Sodium 1 (mg)	670		540	124%			130	Correction Required - Sodium too High									
Fiber (g)	3.63																
Iron (mg)	3.63																
Calcium (mg)	774.4																
Vitamin A (IU)	1656																
Sugars (g)	67	45.68%															
Vitamin C (mg)	38.47																
Protein (g)	22.12	15.11%															
Carbohydrate (g)	100.89	68.90%															
Total Fat (g)	9.25	14.21%															
Saturated Fat (g)	3.37	5.19%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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