

Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

Elementary Lunch menu

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 (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2023																
Elementary Lunch menu	Total	1														
FRENCH TOAST STICKS, WG bc	4 PIECES	1	360	15	390	3.00	0.81	15.0	892	5.9	18	8.99	56.94	10.49	1.50	0.00
Hash Brown Patty-McCain	PATTY	1	110	0	280	1.00	0.18	*N/A*	*N/A*	*N/A*	1	0.96	12.0	6.0	1.00	0.00
BROCCOLI	1 CUP	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt Parfait Van- GM	1 cup	1	350	5	155	3.77	1.22	*10.0	*0	*42.52	44	7.88	72.48	3.0	0.50	0.00
Chicken Ceasar no dressing	4 OZ	1	118	44	462	3.01	1.43	52.5	11330	24.55	*N/A*	17.7	7.99	2.08	0.39	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzels - Hartzels	1 EA	1	60	0	230	0.00	0.00	0.0	0	0.0	1	1.0	11.0	0.5	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1216	74	1758	16.11	5.12	*450.4	*14755	*154.56	*68	49.25	195.86	26.45	5.23	*0.00
% of Calories											*22.3%	16.2%	64.4%	19.6%	3.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/04/2023																
Elementary Lunch menu	Total	1														
NACHOS WITH GROUND BEEF	SERVINGS	1	298	44	480	2.08	1.70	317.2	889	0.34	*3	18.4	21.1	16.01	6.19	*0.35
Black Bean & Corn Salad	1/4 Cup	1	62	0	123	2.43	0.76	12.8	55	2.94	*0	2.3	8.65	2.44	0.35	*0.00
SALSA	2 OZ	1	22	0	69	0.84	1.38	7.4	340	2.48	*N/A*	0.93	4.33	0.12	0.02	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt Parfait Van- GM	1 cup	1	350	5	155	3.77	1.22	*10.0	*0	*42.52	44	7.88	72.48	3.0	0.50	0.00
Chicken Ceasar no dressing	8 OZ	1	235	88	924	6.02	2.86	104.9	22661	49.09	*N/A*	35.4	15.98	4.16	0.78	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tiger Bites	1 EA	1	61	0	53	0.51	0.36	50.6	253	0.0	4	1.01	10.63	2.03	0.51	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1222	146	2036	18.22	9.21	*845.5	*25800	*142.07	*53	75.80	163.70	32.03	10.17	*0.35
% of Calories											*17.5%	24.8%	53.6%	23.6%	7.5%	*0.3%
Nutrient Guideline			600-650		1230										<10.00	

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

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Pembroke Public Schools

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Base Menu Spreadsheet

Elementary Lunch menu

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 (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2023																
Elementary Lunch menu	Total	1														
Chicken Nuggets, Goldkist	SERV	1	190	35	380	2.00	1.80	20.0	79	87.0	1	15.0	13.0	9.0	2.00	0.00
Dipping Sauces	1 EA	1	58	3	137	0.00	0.12	6.7	47	0.8	7	0.0	9.67	2.0	0.33	0.00
Hash Brown Patty-McCain	PATTY	1	110	0	280	1.00	0.18	*N/A*	*N/A*	*N/A*	1	0.96	12.0	6.0	1.00	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt Parfait Van- GM	1 cup	1	350	5	155	3.77	1.22	*10.0	*0	*42.52	44	7.88	72.48	3.0	0.50	0.00
Chicken Ceasar no dressing	8 OZ	1	235	88	924	6.02	2.86	104.9	22661	49.09	*N/A*	35.4	15.98	4.16	0.78	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzels - Hartzels	1 EA	1	60	0	230	0.00	0.00	0.0	0	0.0	1	1.0	11.0	0.5	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1197	141	2337	15.36	7.10	*484.2	*24389	*224.11	*57	70.11	164.65	28.93	6.44	*0.00
% of Calories											*19.0%	23.4%	55.0%	21.8%	4.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 04/06/2023																
Elementary Lunch menu	Total	1														
Stuffed Crust pizza - Max	1 EA	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt Parfait Van- GM	1 cup	1	350	5	155	3.77	1.22	*10.0	*0	*42.52	44	7.88	72.48	3.0	0.50	0.00
Chicken Ceasar no dressing	8 OZ	1	235	88	924	6.02	2.86	104.9	22661	49.09	*N/A*	35.4	15.98	4.16	0.78	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzels - Hartzels	1 EA	1	60	0	230	0.00	0.00	0.0	0	0.0	1	1.0	11.0	0.5	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1186	118	2383	16.77	7.10	*772.8	*25646	*172.72	*53	70.79	168.83	26.07	7.63	*0.00
% of Calories											*17.7%	23.9%	57.0%	19.8%	5.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch menu

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 (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2023																
Elementary Lunch menu	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Good Friday	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 04/10/2023																
Elementary Lunch menu	Total	1														
PIZZA DIPPERS AND SAUCE-max	SERV 2 OZ	1	334	20	679	3.26	0.57	34.0	420	7.12	2	1.37	37.45	12.73	4.29	0.00
GREEN BEANS	1 CUP	1	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel Lunch w/Yogurt & Cheese	1 Each	1	261	8	315	3.42	0.29	287.8	70	1.02	*20	10.88	46.19	1.97	1.29	*0.00
chef salad	8 oz	1	181	41	805	4.01	2.16	270.0	15857	32.73	*1	18.94	14.28	7.33	4.19	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tiger Bites	1 EA	1	61	0	53	0.51	0.36	50.6	253	0.0	4	1.01	10.63	2.03	0.51	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1062	79	2093	17.11	5.29	1039.9	18830	90.23	*30	43.76	146.34	28.51	12.15	*0.00
% of Calories											*11.3%	16.5%	55.1%	24.2%	10.3%	*0.0%
Nutrient Guideline			600-650		1230											<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 - 04/11/2023																
Elementary Lunch menu	Total	1														
CHICKEN TENDERS	SERV	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
BAKED BEANS	HALF CUP	1	160	0	455	5.85	2.09	66.5	223	2.2	*18	6.68	36.7	0.66	0.11	*0.00
CORN KERNELS	HALF CUP	1	66	0	1	1.96	0.38	2.4	162	2.86	3	2.08	15.76	0.55	0.08	0.00
Dipping Sauces	1 EA	1	58	3	137	0.00	0.12	6.7	47	0.8	7	0.0	9.67	2.0	0.33	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel Lunch with Yogurt and Ch	2 oz	1	363	10	333	5.48	*0.44	277.1	995	0.0	*4	14.52	49.19	10.02	4.90	15.00
chef salad	8 oz	1	181	41	805	4.01	2.16	270.0	15857	32.73	*1	18.94	14.28	7.33	4.19	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tiger Bites	1 EA	1	61	0	53	0.51	0.36	50.6	253	0.0	4	1.01	10.63	2.03	0.51	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1338	124	2336	23.38	*7.47	1030.9	19202	83.28	*39	70.10	181.75	40.86	14.96	*15.00
% of Calories											*11.8%	21.0%	54.4%	27.5%	10.1%	*10.1%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/12/2023																
Elementary Lunch menu	Total	1														
GRILLED CHEESE SAND, WH GRAIN	1 SAND	1	210	30	925	1.00	0.72	420.0	1500	0.0	*2	17.0	17.0	9.0	6.00	0.00
CHICKEN NOODLE SOUP	1 CUP	1	120	20	1700	2.00	0.72	600.0	800	0.0	*N/A*	6.0	14.0	4.0	1.00	0.00
CARROTS	1 cup	1	54	0	86	4.82	0.77	51.1	24715	3.36	6	0.85	11.29	0.99	0.18	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel Lunch with Yogurt and Ch	2 oz	1	363	10	333	5.48	*0.44	277.1	995	0.0	*4	14.52	49.19	10.02	4.90	15.00
chef salad	8 oz	1	181	41	805	4.01	2.16	270.0	15857	32.73	*1	18.94	14.28	7.33	4.19	*0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tiger Bites	1 EA	1	61	0	53	0.51	0.36	50.6	253	0.0	4	1.01	10.63	2.03	0.51	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1183	112	4133	20.39	*6.09	2011.4	45723	80.78	*20	68.19	146.91	37.65	18.60	*15.00
% of Calories											*6.7%	23.1%	49.7%	28.6%	14.2%	*11.4%
Nutrient Guideline			600-650		1230										<10.00	

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Thu - 04/13/2023																
Elementary Lunch menu	Total	1														
Chicken Patty Sandwich Goldkis	1 Each	1	455	32	885	21.03	4.12	85.8	700	8.4	*0	24.03	49.61	19.54	3.22	0.00
Calise Hamburger Roll	roll	1	150	0	270	2.00	1.44	*N/A*	*N/A*	*N/A*	4	6.0	27.0	2.0	0.00	0.00
Fun Size Chips	bag	1	80	0	85	1.00	0.18	0.0	*N/A*	*N/A*	0	1.0	8.0	5.0	0.50	0.00
PEAS	1 CUP	1	140	0	170	4.00	1.60	36.0	320	12.0	*N/A*	8.0	20.0	0.8	0.00	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel Lunch w/Yogurt & Cheese	1 Each	1	261	8	315	3.42	0.29	287.8	70	1.02	*20	10.88	46.19	1.97	1.29	*0.00
chef salad	8 oz	1	181	41	805	4.01	2.16	270.0	15857	32.73	*1	18.94	14.28	7.33	4.19	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tiger Bites	1 EA	1	61	0	53	0.51	0.36	50.6	253	0.0	4	1.01	10.63	2.03	0.51	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1521	91	2813	38.54	11.07	*1072.7	*18803	*98.84	*31	79.73	206.24	42.94	11.53	*0.00
% of Calories											*8.3%	21.0%	54.2%	25.4%	6.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/14/2023																
Elementary Lunch menu	Total	1														
Stuffed Crust pizza - Max	1 EA	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel Lunch with Yogurt and Ch	2 oz	1	363	10	333	5.48	*0.44	277.1	995	0.0	*4	14.52	49.19	10.02	4.90	15.00
chef salad	8 oz	1	181	41	805	4.01	2.16	270.0	15857	32.73	*1	18.94	14.28	7.33	4.19	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tiger Bites	1 EA	1	61	0	53	0.51	0.36	50.6	253	0.0	4	1.01	10.63	2.03	0.51	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1146	77	2265	16.98	*5.99	1255.6	20090	113.83	*17	60.98	143.47	37.80	15.95	*15.00
% of Calories											*5.9%	21.3%	50.1%	29.7%	12.5%	*11.8%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

Elementary Lunch menu

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 (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/17/2023																
Elementary Lunch menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/18/2023																
Elementary Lunch menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/19/2023																
Elementary Lunch menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 04/20/2023																
Elementary Lunch menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

Elementary Lunch menu

Weighted Values - Detailed

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	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)
Fri - 04/21/2023																
Elementary Lunch menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/24/2023																
Elementary Lunch menu	Total	1														
Pancakes, WG 2 each	SERV	1	180	10	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	10	4.0	30.0	4.0	*N/A*	0.00
TRIX YOGURT	1 EA	1	100	5	50	0.00	0.00	100.0	500	0.0	14	3.0	20.0	0.5	0.50	0.00
BABY CARROTS	SERV	1	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.02	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Power Pack	SERV	1	296	20	679	2.00	*1.44	*23.0	*420	*7.1	4	20.17	31.02	9.57	4.55	0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Goldfish Crackers	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			800	45	1246	9.04	*3.12	*492.7	*14244	*54.00	*34	37.58	118.55	18.45	*6.90	*0.00
% of Calories											*17.3%	18.8%	59.3%	20.8%	*7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

Elementary Lunch menu

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 (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2023																
Elementary Lunch menu	Total	1														
CHICKEN NUGGETS W/G	4 EACH	1	140	30	330	1.00	2.70	80.0	100	0.0	*N/A*	17.0	8.0	5.0	1.50	0.00
Hash Brown Patty-McCain	PATTY	1	110	0	280	1.00	0.18	*N/A*	*N/A*	*N/A*	1	0.96	12.0	6.0	1.00	0.00
CARROTS	1 cup	1	54	0	86	4.82	0.77	51.1	24715	3.36	6	0.85	11.29	0.99	0.18	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Power Pack	SERV	1	296	20	679	2.00	*1.44	*23.0	*420	*7.1	4	20.17	31.02	9.57	4.55	0.00
Greek Salad	SERV	1	252	5	683	1.97	0.96	*83.7	4427	10.12	*1	6.18	6.71	23.29	5.55	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Goldfish Crackers	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1046	65	2289	13.36	*6.97	*580.3	*31264	*65.27	*15	55.03	99.55	49.13	14.60	*0.00
% of Calories											*5.6%	21.0%	38.1%	42.3%	12.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/26/2023																
Elementary Lunch menu	Total	1														
Cheeseburger or Hamburger	1 EACH	1	355	67	720	2.00	3.24	*200.0	*750	*0.0	5	24.49	28.0	15.49	6.50	0.00
Calise Hamburger Roll	roll	1	150	0	270	2.00	1.44	*N/A*	*N/A*	*N/A*	4	6.0	27.0	2.0	0.00	0.00
BAKED BEANS	HALF CUP	1	160	0	455	5.85	2.09	66.5	223	2.2	*18	6.68	36.7	0.66	0.11	*0.00
GREEN BEANS	1 CUP	1	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Power Pack	SERV	1	296	20	679	2.00	*1.44	*23.0	*420	*7.1	4	20.17	31.02	9.57	4.55	0.00
Greek Salad	SERV	1	252	5	683	1.97	0.96	*83.7	4427	10.12	*1	6.18	6.71	23.29	5.55	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Goldfish Crackers	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1439	103	3048	19.73	*11.08	*770.7	*8050	*68.78	*34	75.08	167.22	55.47	18.58	*0.00
% of Calories											*9.4%	20.9%	46.5%	34.7%	11.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

Elementary Lunch menu

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 (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2023																
Elementary Lunch menu	Total	1														
Chicken Patty Sandwich Goldkis	1 Each	1	455	32	885	21.03	4.12	85.8	700	8.4	*0	24.03	49.61	19.54	3.22	0.00
Calise Hamburger Roll	roll	1	150	0	270	2.00	1.44	*N/A*	*N/A*	*N/A*	4	6.0	27.0	2.0	0.00	0.00
Fun Size Chips	bag	1	80	0	85	1.00	0.18	0.0	*N/A*	*N/A*	0	1.0	8.0	5.0	0.50	0.00
SMILEY FRIES	SERV	1	228	0	315	3.50	0.63	0.0	0	4.2	*N/A*	3.5	35.0	7.87	0.88	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Power Pack	SERV	1	296	20	679	2.00	*1.44	*23.0	*420	*7.1	4	20.17	31.02	9.57	4.55	0.00
Greek Salad	SERV	1	252	5	683	1.97	0.96	*83.7	4427	10.12	*1	6.18	6.71	23.29	5.55	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Goldfish Crackers	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1655	68	3147	34.07	*9.69	*535.0	*7150	*74.51	*12	70.75	187.87	71.55	16.52	*0.00
% of Calories											*2.8%	17.1%	45.4%	38.9%	9.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/28/2023																
Elementary Lunch menu	Total	1														
Stuffed Crust pizza - Max	1 EA	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Alternates	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Power Pack	SERV	1	296	20	679	2.00	*1.44	*23.0	*420	*7.1	4	20.17	31.02	9.57	4.55	0.00
Greek Salad	SERV	1	252	5	683	1.97	0.96	*83.7	4427	10.12	*1	6.18	6.71	23.29	5.55	*0.00
Snack:	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Goldfish Crackers	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1%	1 CUP	1	109	9	132	0.00	0.14	322.1	460	2.72	*N/A*	8.91	12.52	2.65	1.65	*N/A*
FRUIT ASSORTED	1 cup	1	48	0	3	1.15	0.43	3.9	24	5.3	*0	0.2	12.46	0.04	0.00	*0.00
Veggie Boats	4 oz.	1	17	0	23	1.41	0.31	15.4	1082	36.41	*1	0.63	3.85	0.14	0.02	0.00
Condiment Recipe Elementary	Servings	1	19	1	73	0.02	0.04	1.2	36	0.25	*1	0.12	1.7	1.43	0.15	*0.00
Weighted Daily Average			1090	50	2435	10.95	*5.43	*764.6	*7832	*98.32	*13	52.85	107.11	51.28	16.45	*0.00
% of Calories											*4.7%	19.4%	39.3%	42.4%	13.6%	*0.0%
Nutrient Guideline			600-650		1230										<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)
Weighted Average			1221	92	2451	19.29	*7.19	*864.8	*20127	*108.66	*34 *25.0%	62.86 20.6%	157.00 51.4%	39.08 28.8%	*12.55 *9.2%	*3.24 *2.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1221		600 - 650	188%			571	Correction Required - Calories too High
Cholesterol (mg)	92							
Sodium 1 (mg)	2451		1230				1221	Correction Required - Sodium too High
Sodium 2 (mg)	2451		935				1516	Correction Required - Sodium too High
Fiber (g)	19.29							
Iron (mg)	7.19				Missing			
Calcium (mg)	864.8				Missing			
Vitamin A (IU)	20127				Missing			
Sugars (g)	34	11.12%			Missing			
Vitamin C (mg)	108.66				Missing			
Protein (g)	62.86	20.58%						
Carbohydrate (g)	157.00	51.42%						
Total Fat (g)	39.08	28.79%						
Saturated Fat (g)	12.55	9.25%	<10.00%		Missing			
Trans Fat ¹ (g)	3.24	2.39%			Missing			

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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