

Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 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)
Wed - 03/01/2023																
Elementary Lunch menu	Total	1														
McTitan Egg, Bacon, Cheese San	sandwich	1	365	170	1130	1.00	1.96	480.0	*1700	*0.0	*2	18.0	26.0	20.0	9.00	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
Snacker Stacker	1 EA	1	438	55	1094	*1.50	*0.36	*0.0	*0	*0.0	*4	21.65	39.05	19.62	8.07	0.00
CAESAR SALAD	1 EA	1	312	22	1079	2.05	1.22	166.4	7617	20.5	*0	12.15	7.72	25.95	*5.22	*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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1486	261	3914	*8.79	*5.13	*1062.2	*11254	*65.19	*10	64.62	124.63	78.17	*25.79	*0.00
% of Calories											*2.6%	17.4%	33.6%	47.4%	*15.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 03/02/2023																
Elementary Lunch menu	Total	1														
CHICKEN PARM	SERV	1	459	35	1147	2.12	1.83	365.3	1688	9.03	*13	22.64	35.14	25.9	5.83	*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
Snacker Stacker	1 EA	1	438	55	1094	*1.50	*0.36	*0.0	*0	*0.0	*4	21.65	39.05	19.62	8.07	0.00
CAESAR SALAD	1 EA	1	312	22	1079	2.05	1.22	166.4	7617	20.5	*0	12.15	7.72	25.95	*5.22	*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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1524	126	3737	*13.72	*5.59	*998.6	*35956	*77.58	*26	69.14	133.05	79.07	*21.79	*0.00
% of Calories											*6.8%	18.1%	34.9%	46.7%	*12.9%	*0.0%
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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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)
Fri - 03/03/2023																
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
Snacker Stacker	1 EA	1	438	55	1094	*1.50	*0.36	*0.0	*0	*0.0	*4	21.65	39.05	19.62	8.07	0.00
CAESAR SALAD	1 EA	1	312	22	1079	2.05	1.22	166.4	7617	20.5	*0	12.15	7.72	25.95	*5.22	*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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1358	106	3347	*11.20	*5.09	*897.6	*10936	*101.60	*12	62.29	125.47	66.31	*20.31	*0.00
% of Calories											*3.5%	18.3%	37.0%	44.0%	*13.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 03/06/2023																
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
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
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
Goldfish Snack Crackers WG	PKG	1	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	4.0	0.50	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			1387	123	2338	21.83	*6.49	*790.0	*27080	*136.58	*27	74.60	183.56	39.05	10.52	*15.00
% of Calories											*7.8%	21.5%	52.9%	25.3%	6.8%	*9.7%
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 - 03/07/2023																
Elementary Lunch menu	Total	1														
Beef Tacos on WW Soft Tortilla	1 Taco	1	335	59	384	4.75	*2.91	*98.7	*375	*2.27	*1	20.25	24.51	18.03	8.01	*0.54
SOUR CREAM,LIGHT	1 oz.	1	39	10	24	0.00	0.02	40.0	93	0.26	0	0.99	2.01	3.01	1.87	*N/A*
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
Black Beans	1 CUP	1	198	0	410	11.12	4.29	41.0	26	0.68	6	13.22	35.5	0.91	0.24	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
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
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
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
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
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			1452	177	2377	32.74	*13.21	*914.2	*26255	*102.33	*16	97.26	177.80	41.06	17.73	*15.54
% of Calories											*4.4%	26.8%	49.0%	25.5%	11.0%	*9.6%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 03/08/2023																
Elementary Lunch menu	Total	1														
EARLY RELEASE DAY	0	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*
Cereal fun lunch	1 EACH	1	58	0	72	0.39	*2.68	48.9	244	2.33	*5	0.99	11.3	0.91	0.09	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
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			615	21	636	8.44	*4.04	668.6	2843	47.03	*11	25.38	91.02	15.21	6.83	*15.00
% of Calories											*7.3%	16.5%	59.2%	22.3%	10.0%	*22.0%
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)
Thu - 03/09/2023																
Elementary Lunch menu	Total	1														
4-6 grade	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*
Baked Fried Chicken	4 oz	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*
pre-3 grade	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*
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
MIXED VEGETABLES	HALF CUP	1	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	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
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
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			1306	140	2405	39.11	*9.08	833.1	29851	105.09	*9	86.43	157.21	38.13	10.76	*15.00
% of Calories											*2.9%	26.5%	48.1%	26.3%	7.4%	*10.3%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/10/2023																
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
Tossed Salad: no dressing	1 Cup	1	54	0	107	3.81	1.21	45.0	8315	10.01	*3	2.96	9.84	0.95	0.12	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
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
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			1176	123	2416	20.88	*7.22	1069.6	33874	103.79	*14	78.75	140.53	33.41	12.13	*15.00
% of Calories											*4.6%	26.8%	47.8%	25.6%	9.3%	*11.5%
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)
Mon - 03/13/2023																
Elementary Lunch menu	Total	1														
PIZZA DIPPERS AND SAUCE-max	SERV 2 O	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
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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1175	59	2382	13.80	*5.35	*611.6	*7830	*73.70	*10	41.28	122.31	52.38	16.92	*0.00
% of Calories											*3.4%	14.1%	41.6%	40.1%	13.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 03/14/2023																
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
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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1526	71	2942	34.57	*10.52	*663.4	*8110	*74.98	*12	70.94	169.46	66.19	16.35	*0.00
% of Calories											*3.1%	18.6%	44.4%	39.0%	9.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 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)
Wed - 03/15/2023																
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
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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1119	54	2029	11.67	*4.56	*649.8	*19004	*64.12	*36	45.76	134.60	44.08	*13.11	*0.00
% of Calories											*12.8%	16.4%	48.1%	35.5%	*10.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 03/16/2023																
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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1506	106	3148	20.39	*11.56	*844.1	*8383	*68.78	*34	77.08	176.56	57.80	19.24	*0.00
% of Calories											*9.0%	20.5%	46.9%	34.5%	11.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 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)
Fri - 03/17/2023																
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
BAKED CHEEZE IT	.75	1	67	3	100	0.67	0.48	73.3	333	0.0	0	2.0	9.33	2.33	0.67	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			1156	54	2535	11.61	*5.91	*837.9	*8165	*98.32	*13	54.85	116.44	53.61	17.11	*0.00
% of Calories											*4.5%	19.0%	40.3%	41.7%	13.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 03/20/2023																
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
Nacho Nibbler with scoops	SERV	1	168	0	672	2.55	0.90	2382.8	534	10.63	3	1.56	23.85	6.52	2.29	0.00
Chicken Popper salad	6 pieces	1	218	46	681	1.09	2.18	23.9	127	1.09	*N/A*	14.14	14.14	14.14	3.26	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			1134	71	2493	12.97	5.54	*2794.6	*4086	*99.21	*26	39.37	153.38	42.03	9.89	*0.00
% of Calories											*9.3%	13.9%	54.1%	33.4%	7.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 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 - 03/21/2023																
Elementary Lunch menu	Total	1														
Nachos	SERV	1	388	20	998	5.13	1.85	135.8	365	2.84	*3	12.27	49.47	16.19	3.02	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
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
Black Beans	1 CUP	1	198	0	410	11.12	4.29	41.0	26	0.68	6	13.22	35.5	0.91	0.24	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
Nacho Nibbler with scoops	SERV	1	168	0	672	2.55	0.90	2382.8	534	10.63	3	1.56	23.85	6.52	2.29	0.00
Chicken Popper salad	6 pieces	1	218	46	681	1.09	2.18	23.9	127	1.09	*N/A*	14.14	14.14	14.14	3.26	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			1313	76	3292	25.26	11.91	2936.0	3158	65.27	*17	55.07	184.57	43.20	10.74	*0.00
% of Calories											*5.2%	16.8%	56.2%	29.6%	7.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 03/22/2023																
Elementary Lunch menu	Total	1														
MEATBALL SUB jtm/ calise(5)	1 EA	1	363	48	892	4.53	3.25	115.9	696	7.55	*5	19.8	37.96	15.18	4.41	*0.64
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
Nacho Nibbler with scoops	SERV	1	168	0	672	2.55	0.90	2382.8	534	10.63	3	1.56	23.85	6.52	2.29	0.00
Chicken Popper salad	6 pieces	1	218	46	681	1.09	2.18	23.9	127	1.09	*N/A*	14.14	14.14	14.14	3.26	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
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
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			1019	104	2728	12.15	7.55	2880.5	4042	100.37	*12	47.00	121.32	40.76	11.81	*0.64
% of Calories											*4.8%	18.5%	47.6%	36.0%	10.4%	*0.6%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 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 - 03/23/2023																
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
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
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
Nacho Nibbler with scoops	SERV	1	168	0	672	2.55	0.90	2382.8	534	10.63	3	1.56	23.85	6.52	2.29	0.00
Chicken Popper salad	6 pieces	1	218	46	681	1.09	2.18	23.9	127	1.09	*N/A*	14.14	14.14	14.14	3.26	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
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
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			997	94	2610	9.21	6.09	*2775.9	*2390	*144.21	*15	42.52	114.18	42.43	10.71	*0.00
% of Calories											*6.2%	17.1%	45.8%	38.3%	9.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/24/2023																
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
Tossed Salad: no dressing	1 Cup	1	54	0	107	3.81	1.21	45.0	8315	10.01	*3	2.96	9.84	0.95	0.12	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
Nacho Nibbler with scoops	SERV	1	168	0	672	2.55	0.90	2382.8	534	10.63	3	1.56	23.85	6.52	2.29	0.00
Chicken Popper salad	6 pieces	1	218	46	681	1.09	2.18	23.9	127	1.09	*N/A*	14.14	14.14	14.14	3.26	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			1023	71	2741	13.02	7.00	3094.2	10880	66.42	*13	45.52	124.36	40.39	12.00	*0.00
% of Calories											*5.1%	17.8%	48.6%	35.5%	10.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Pembroke Public Schools

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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)
Mon - 03/27/2023																
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
TOMATO SOUP, CAMPBELLS	1 CUP	1	181	0	1400	2.00	1.44	0.0	999	11.9	*N/A*	3.99	40.0	0.0	0.00	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			1244	92	3833	20.39	*6.81	1411.4	45922	92.68	*20	66.18	172.91	33.65	17.60	*15.00
% of Calories											*6.4%	21.3%	55.6%	24.3%	12.7%	*10.9%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 03/28/2023																
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	

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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 - 03/29/2023																
Elementary Lunch menu	Total	1														
EARLY RELEASE DAY	0	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*
Cereal fun lunch	1 EACH	1	58	0	72	0.39	*2.68	48.9	244	2.33	*5	0.99	11.3	0.91	0.09	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
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			615	21	636	8.44	*4.04	668.6	2843	47.03	*11	25.38	91.02	15.21	6.83	*15.00
% of Calories											*7.3%	16.5%	59.2%	22.3%	10.0%	*22.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 03/30/2023																
Elementary Lunch menu	Total	1														
Red Sox Opening Day	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*
Hot Dog smithfield	1 EA	1	170	30	340	0.00	0.54	0.0	0	1.8	0	6.0	2.0	15.0	6.00	0.00
Calise Hot Dog	roll	1	140	0	250	2.00	1.44	40.0	*N/A*	*N/A*	4	5.0	25.0	1.5	0.00	0.00
Smartfood	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
Apple Pie	4 oz	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*
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			1109	92	2012	14.57	*5.86	980.3	*18708	*79.22	*16	55.34	131.62	40.15	17.43	*15.00
% of Calories											*5.7%	20.0%	47.5%	32.6%	14.1%	*12.2%
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)
Fri - 03/31/2023																
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	

Weighted Average			1205	97	2572	*17.61	*7.04	*1333.4	*15690	*87.42	*18	58.95	142.23	45.26	*14.63	*6.57
											*13.5%	19.6%	47.2%	33.8%	*10.9%	*4.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1205		600 - 650	185%			555	Correction Required - Calories too High
Cholesterol (mg)	97							
Sodium 1 (mg)	2572		1230				1342	Correction Required - Sodium too High
Sodium 2 (mg)	2572		935				1637	Correction Required - Sodium too High
Fiber (g)	17.61				Missing			
Iron (mg)	7.04				Missing			
Calcium (mg)	1333.4				Missing			
Vitamin A (IU)	15690				Missing			
Sugars (g)	18	6.00%			Missing			
Vitamin C (mg)	87.42				Missing			
Protein (g)	58.95	19.56%						
Carbohydrate (g)	142.23	47.20%						
Total Fat (g)	45.26	33.79%						
Saturated Fat (g)	14.63	10.92%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	6.57	4.91%			Missing			

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