Pembroke Public Schools

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast Menu

Weighted Values - Detailed

Generated on: 12/28/2022 11:33:21 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)
Tue - 01/03/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

	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 - 01/04/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<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 - 01/05/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

	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 - 01/06/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
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Mon - 01/09/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
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% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
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Tue - 01/10/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
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Wed - 01/11/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
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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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
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Thu - 01/12/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
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Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
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Fri - 01/13/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Mon - 01/16/2023																
PCMS Breakfast 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
Martin Luther King Day	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			400-550		600										<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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Pembroke Public Schools

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast Menu

Weighted Values - Detailed

Generated on: 12/28/2022 11:33:21 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)
Tue - 01/17/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Wed - 01/18/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Pembroke Public Schools

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast Menu

Weighted Values - Detailed

Generated on: 12/28/2022 11:33:21 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 - 01/19/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

	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 - 01/20/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Pembroke Public Schools

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast Menu

Weighted Values - Detailed

Generated on: 12/28/2022 11:33:22 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 - 01/23/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

	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 - 01/24/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Pembroke Public Schools

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast 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 - 01/25/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

	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 - 01/26/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast Menu

Weighted Values - Detailed

Generated on: 12/28/2022 11:33:22 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)
Fri - 01/27/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

	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 - 01/30/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Pembroke Public Schools

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

PCMS Breakfast Menu

Weighted Values - Detailed

Generated on: 12/28/2022 11:33:22 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)
Tue - 01/31/2023																
PCMS Breakfast Menu	Total	1														
HONEY BUN, W/ WH GRAIN	1 EA	1	249	9	273	3.00	1.98	150.0	0	0.0	*N/A*	5.6	39.0	5.7	1.20	0.00
Cinnamon Roll WG	1 OZ	1	86	3	66	1.15	0.60	28.1	*N/A*	*N/A*	7	1.72	15.46	2.0	0.43	0.00
Honey Wheat Bagel	1 EA	1	364	28	480	5.00	2.70	97.8	378	4.8	*4	8.95	54.83	11.95	7.11	0.00
Marshmallow Matteys Cereal	2 oz	1	219	0	378	2.78	17.01	188.8	945	11.34	23	3.93	46.93	2.0	0.41	0.00
Frosted Flakes Cereal	2 oz	1	221	0	256	0.68	6.58	1.7	915	11.0	22	2.41	51.14	0.49	0.06	0.00
Cinnamon Toasters	2 oz	1	241	0	268	2.83	17.01	188.8	945	11.34	19	1.88	44.41	6.84	1.05	0.00
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
JUICE, ASSORTED	HALF CUP	1	64	0	12	0.13	0.00	0.0	0	9.9	13	0.25	14.75	0.0	0.00	0.00
MUFFIN	1 EA	1	150	65	200	1.00	0.90	0.5	1	0.0	*N/A*	1.5	16.0	6.0	1.00	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*
Weighted Daily Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
% of Calories											*20.1%	8.1%	70.3%	19.4%	6.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Weighted Average			1751	114	2068	17.71	47.35	981.7	*3667	*56.41	*88	35.35	307.51	37.69	12.91	*0.00
											*45.3%	8.1%	70.3%	19.4%	6.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1751		400 - 550	318%			1201	Correction Required - Calories too High
Cholesterol (mg)	114							
Sodium 1 (mg)	2068		600				1468	Correction Required - Sodium too High
Sodium 2 (mg)	2068		535				1533	Correction Required - Sodium too High
Fiber (g)	17.71							
Iron (mg)	47.35							
Calcium (mg)	981.7							
Vitamin A (IU)	3667				Missing			
Sugars (g)	88	20.15%			Missing			
Vitamin C (mg)	56.41				Missing			
Protein (g)	35.35	8.08%						
Carbohydrate (g)	307.51	70.26%						
Total Fat (g)	37.69	19.37%						
Saturated Fat (g)	12.91	6.64%	<10.00%					
Trans Fat[1] (g)	0.00	0.00%			Missing			

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