

Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS 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
LETTUCE & TOMATO	SERV	1	17	0	10	1.37	0.43	19.0	672	*2.49	*2	1.04	3.7	0.12	0.02	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 Lays Chips	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
CARROTS,BABY,RAW	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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
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
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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2134	172	3841	46.16	17.17	*1030.8	*19992	*130.48	*65	110.46	292.92	59.40	17.37	*0.00
% of Calories											*12.1%	20.7%	54.9%	25.1%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/02/2023																
PCMS Lunch Menu	Total	1														
Chicken & waffles	1 oz	1	71	9	128	1.10	0.51	14.1	6	0.07	1	2.93	8.12	3.0	0.56	0.01
Syrup - Cup Kraft	1 EA	1	120	0	25	0.00	0.00	0.0	0	0.0	22	0.0	30.02	0.0	0.00	0.00
CARROTS,BABY,RAW	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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
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
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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1802	114	2995	41.89	12.57	*825.9	*18576	*128.06	*78	81.86	272.36	44.78	11.42	*0.01
% of Calories											*17.3%	18.2%	60.5%	22.4%	5.7%	*0.0%
Nutrient Guideline			600-700		1360										<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

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS 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
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
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
Power Pack	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*
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1929	120	3618	42.73	13.41	*1099.9	*8231	*162.19	*56	95.02	266.06	55.81	15.36	*0.00
% of Calories											*11.5%	19.7%	55.2%	26.0%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 03/06/2023																
PCMS Lunch Menu	Total	1														
PIZZA Crunchers, W/G- max	3.9 OZ	1	368	20	898	4.52	1.13	68.0	840	14.24	5	2.75	42.91	13.45	4.58	0.00
Plain Sauce (Marinara Sauce)	1/2 cup	1	51	0	189	1.46	0.79	41.5	874	13.8	*0	1.27	6.88	2.39	0.33	*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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
CHICKEN PATTIE, BRD CN	1 EA	1	251	35	450	0.00	1.20	2.0	98	2.0	*N/A*	15.0	11.8	16.1	3.30	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
Power Pack	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*
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
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*
Condiment Recipe Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1678	128	3168	24.61	9.86	*865.3	*8588	*152.09	*51	69.06	219.46	52.25	15.87	*0.00
% of Calories											*12.2%	16.5%	52.3%	28.0%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (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																
PCMS Lunch Menu	Total	1														
Chipotle Beef	4 oz	1	200	50	230	0.00	2.16	0.0	0	0.0	0	18.0	0.0	14.0	6.00	0.00
RICE	HALF CUP	1	100	0	3	0.00	1.00	17.0	0	0.0	*N/A*	2.0	21.0	0.0	0.00	0.00
Salsa & Sour Cream	1 EA	1	59	10	87	0.77	1.28	46.8	404	2.52	*0	1.84	5.97	3.12	1.89	*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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2007	165	3096	41.06	16.13	*850.8	*7415	*131.16	*53	102.31	269.95	59.33	18.81	*0.00
% of Calories											*10.5%	20.4%	53.8%	26.6%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 03/08/2023																
PCMS 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*
Breakfast only	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			600-700		1360										<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																
PCMS 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
LETTUCE & TOMATO	SERV	1	17	0	10	1.37	0.43	19.0	672	*2.49	*2	1.04	3.7	0.12	0.02	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 Lays Chips	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
CARROTS,BABY,RAW	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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
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
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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2134	172	3841	46.16	17.17	*1030.8	*19992	*130.48	*65	110.46	292.92	59.40	17.37	*0.00
% of Calories											*12.1%	20.7%	54.9%	25.1%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/10/2023																
PCMS 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
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
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
Power Pack	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*
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1929	120	3618	42.73	13.41	*1099.9	*8231	*162.19	*56	95.02	266.06	55.81	15.36	*0.00
% of Calories											*11.5%	19.7%	55.2%	26.0%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<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																
PCMS Lunch Menu	Total	1														
Egg and Cheese on Croissant	sandwich	1	210	87	415	1.00	*0.00	*200.0	*750	*0.0	2	8.5	18.0	12.0	5.00	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
Yogurt, Trix Variety	1 EA	1	100	5	50	0.00	0.00	100.4	502	0.0	*N/A*	3.01	20.07	0.5	0.50	0.00
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
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
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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2002	197	3520	40.32	*11.48	*1084.9	*8100	*125.78	*54	90.86	277.29	60.17	17.34	*0.00
% of Calories											*10.8%	18.2%	55.4%	27.0%	7.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/14/2023																
PCMS 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
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
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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
CHICKEN PATTIE, BRD CN	1 EA	1	251	35	450	0.00	1.20	2.0	98	2.0	*N/A*	15.0	11.8	16.1	3.30	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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1728	138	4547	21.76	10.04	*1148.0	*20467	*133.49	*52	85.89	234.41	50.34	17.44	*0.00
% of Calories											*12.1%	19.9%	54.3%	26.2%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<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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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS Lunch Menu	Total	1														
Popcorn Chicken Bites, WG Home	SERV	1	230	30	240	2.00	1.44	20.0	100	0.0	0	12.0	14.0	14.0	2.50	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
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
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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
CHICKEN PATTIE, ON A BUN	1 SAND	1	333	70	510	1.00	2.30	49.0	*130	*1.0	*1	18.0	28.0	16.0	3.00	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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1855	176	2889	24.26	10.99	*801.7	*18147	*125.59	*59	82.40	244.28	60.11	14.35	*0.00
% of Calories											*12.7%	17.8%	52.7%	29.2%	7.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Thu - 03/16/2023																
PCMS 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
LETTUCE & TOMATO	SERV	1	17	0	10	1.37	0.43	19.0	672	*2.49	*2	1.04	3.7	0.12	0.02	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 Lays Chips	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
CARROTS,BABY,RAW	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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
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
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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2134	172	3841	46.16	17.17	*1030.8	*19992	*130.48	*65	110.46	292.92	59.40	17.37	*0.00
% of Calories											*12.1%	20.7%	54.9%	25.1%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS 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
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
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
Power Pack	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*
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1929	120	3618	42.73	13.41	*1099.9	*8231	*162.19	*56	95.02	266.06	55.81	15.36	*0.00
% of Calories											*11.5%	19.7%	55.2%	26.0%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 03/20/2023																
PCMS Lunch Menu	Total	1														
PIZZA Crunchers, W/G- max	3.9 OZ	1	368	20	898	4.52	1.13	68.0	840	14.24	5	2.75	42.91	13.45	4.58	0.00
Plain Sauce (Marinara Sauce)	1/2 cup	1	51	0	189	1.46	0.79	41.5	874	13.8	*0	1.27	6.88	2.39	0.33	*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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
CHICKEN PATTIE, BRD CN	1 EA	1	251	35	450	0.00	1.20	2.0	98	2.0	*N/A*	15.0	11.8	16.1	3.30	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
Power Pack	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*
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
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*
Condiment Recipe Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1672	128	3168	24.03	9.43	*840.7	*8891	*184.31	*53	70.23	217.12	52.18	15.85	*0.00
% of Calories											*12.6%	16.8%	51.9%	28.1%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS Lunch Menu	Total	1														
Chipotle Beef	4 oz	1	200	50	230	0.00	2.16	0.0	0	0.0	0	18.0	0.0	14.0	6.00	0.00
RICE	HALF CUP	1	100	0	3	0.00	1.00	17.0	0	0.0	*N/A*	2.0	21.0	0.0	0.00	0.00
Salsa & Sour Cream	1 EA	1	59	10	87	0.77	1.28	46.8	404	2.52	*0	1.84	5.97	3.12	1.89	*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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2007	165	3096	41.06	16.13	*850.8	*7415	*131.16	*53	102.31	269.95	59.33	18.81	*0.00
% of Calories											*10.5%	20.4%	53.8%	26.6%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 03/22/2023																
PCMS Lunch Menu	Total	1														
Popcorn Chicken Bites, WG Home	SERV	1	230	30	240	2.00	1.44	20.0	100	0.0	0	12.0	14.0	14.0	2.50	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
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
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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2069	135	3397	46.29	14.13	*831.8	*18670	*132.19	*54	94.43	283.22	63.65	14.23	*0.00
% of Calories											*10.5%	18.3%	54.8%	27.7%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS 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
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
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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
CHICKEN PATTIE, WH GRAIN BREAD	1 EA	1	350	25	560	4.00	2.80	70.0	*100	*0.0	2	19.0	32.0	16.0	2.50	0.00
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1721	146	3083	27.15	12.78	*939.7	*7571	*129.60	*53	88.85	227.83	51.49	14.57	*0.64
% of Calories											*12.4%	20.7%	53.0%	26.9%	7.6%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/24/2023																
PCMS 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
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
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
Power Pack	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*
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1929	120	3618	42.73	13.41	*1099.9	*8231	*162.19	*56	95.02	266.06	55.81	15.36	*0.00
% of Calories											*11.5%	19.7%	55.2%	26.0%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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																
PCMS 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
SYRUP	1 OZ	1	66	0	23	0.00	0.01	0.9	0	0.0	6	0.0	17.43	0.0	0.00	*N/A*
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
Cheese stick	1 EA	1	60	10	190	0.00	0.00	200.0	300	0.0	0	7.0	1.0	3.0	2.00	0.00
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
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
Power Pack	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*
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2178	130	3658	42.32	12.30	*1000.4	*8040	*131.68	*75	95.34	314.59	61.16	15.34	*0.00
% of Calories											*13.9%	17.5%	57.8%	25.3%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/28/2023																
PCMS Lunch Menu	Total	1														
General Tso Chicken	4 oz	1	336	56	977	3.09	*1.86	*15.8	*156	*0.93	15	*16.74	37.12	13.25	2.81	*0.00
RICE	HALF CUP	1	100	0	3	0.00	1.00	17.0	0	0.0	*N/A*	2.0	21.0	0.0	0.00	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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*0.00
CHICKEN PATTIE, BRD CN	1 EA	1	251	35	450	0.00	1.20	2.0	98	2.0	*N/A*	15.0	11.8	16.1	3.30	0.00
Yogurt Parfait	8 oz	1	2472	40	1256	31.98	10.04	*239.9	*0	*335.93	264	55.99	503.93	24.0	4.00	0.00
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			3845	198	4184	50.60	*19.38	*986.3	*10295	*416.63	*284	*132.81	663.89	70.62	17.26	*0.00
% of Calories											*29.6%	*13.8%	69.1%	16.5%	4.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PCMS 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 - 03/29/2023																
PCMS 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*
Breakfast only	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			600-700		1360											<10.00

Thu - 03/30/2023																
PCMS 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
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
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
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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
Power Pack	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*
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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			2167	172	3850	43.32	16.16	*984.6	*7599	*125.78	*59	109.88	290.22	64.16	17.84	*0.00
% of Calories											*10.9%	20.3%	53.6%	26.7%	7.4%	*0.0%
Nutrient Guideline			600-700		1360											<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																
PCMS 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
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
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
Power Pack	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*
SALAD BAR	SERV	1	430	58	1132	8.91	3.60	346.0	4434	29.87	*1	30.63	44.78	13.73	5.38	*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 Secondary	1 EA	1	23	0	177	0.05	0.05	1.5	149	0.55	*0	0.1	4.52	0.56	0.06	*0.00
Weighted Daily Average			1929	120	3618	42.73	13.41	*1099.9	*8231	*162.19	*56	95.02	266.06	55.81	15.36	*0.00
% of Calories											*11.5%	19.7%	55.2%	26.0%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			2037	148	3536	39.09	*13.81	*981.1	*11948	*154.76	*69	*95.84	285.41	57.47	16.10	*0.03
											*30.5%	*18.8%	56.0%	25.4%	7.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2037		600 - 700	291%			1337	Correction Required - Calories too High
Cholesterol (mg)	148							
Sodium 1 (mg)	3536		1360				2176	Correction Required - Sodium too High
Sodium 2 (mg)	3536		1035				2501	Correction Required - Sodium too High
Fiber (g)	39.09							
Iron (mg)	13.81				Missing			
Calcium (mg)	981.1				Missing			
Vitamin A (IU)	11948				Missing			
Sugars (g)	69	13.56%			Missing			
Vitamin C (mg)	154.76				Missing			
Protein (g)	95.84	18.82%			Missing			
Carbohydrate (g)	285.41	56.04%						
Total Fat (g)	57.47	25.39%						
Saturated Fat (g)	16.10	7.11%	<10.00%					
Trans Fat ¹ (g)	0.03	0.01%			Missing			

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