

Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PCMS Lunch Menu

Weighted Values - Detailed

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Generated on: 3/28/2023 10:55:13 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 - 04/03/2023																
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
Warm Apple , Sliced	HALF CUP	1	36	0	5	0.99	1.43	0.0	0	1.19	*N/A*	0.0	8.93	0.0	0.00	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			2153	120	3473	43.31	13.73	*800.4	*7740	*132.87	*75	88.34	322.51	58.16	13.34	*0.00
% of Calories											*14.0%	16.4%	59.9%	24.3%	5.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 04/04/2023																
PCMS Lunch Menu	Total	1														
Chicken Nuggets, Goldkist	SERV	1	190	35	380	2.00	1.80	20.0	79	87.0	1	15.0	13.0	9.0	2.00	0.00
Dipping Sauces	1 EA	1	58	3	137	0.00	0.12	6.7	47	0.8	7	0.0	9.67	2.0	0.33	0.00
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
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			2087	143	3673	46.29	14.61	*838.4	*18696	*219.99	*63	97.43	291.89	60.65	14.07	*0.00
% of Calories											*12.0%	18.7%	55.9%	26.2%	6.1%	*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

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PCMS Lunch Menu

Weighted Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2023																
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 - 04/06/2023																
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

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Base Menu Spreadsheet

PCMS Lunch Menu

Weighted Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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	

Fri - 04/07/2023																
PCMS Lunch Menu	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Good Friday	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 04/10/2023																
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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Base Menu Spreadsheet

PCMS Lunch Menu

Weighted Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2023																
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 - 04/12/2023																
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	

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

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Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PCMS Lunch Menu

Weighted Values - Detailed

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Generated on: 3/28/2023 10:55:13 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 - 04/13/2023																
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 - 04/14/2023																
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	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/17/2023																
PCMS Lunch Menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	
Tue - 04/18/2023																
PCMS Lunch Menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	
Wed - 04/19/2023																
PCMS Lunch Menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	
Thu - 04/20/2023																
PCMS Lunch Menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		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

Apr 1, 2023 thru Apr 30, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/21/2023																
PCMS Lunch Menu	Total	1														
April Vacation	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 04/24/2023																
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

Apr 1, 2023 thru Apr 30, 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 - 04/25/2023																
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 - 04/26/2023																
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

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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Base Menu Spreadsheet

PCMS Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			2134	172	3841	46.16	17.17	*1030.8	*19992	*130.48	*65 *12.1%	110.46 20.7%	292.92 54.9%	59.40 25.1%	17.37 7.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 04/27/2023																
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 B READ	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 % of Calories			1721	146	3083	27.15	12.78	*939.7	*7571	*129.60	*53 *12.4%	88.85 20.7%	227.83 53.0%	51.49 26.9%	14.57 7.6%	*0.64 *0.3%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 04/28/2023																
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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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			1966	148	3475	39.61	*13.99	*961.7	*11363	*148.93	*58	94.70	269.50	57.09	16.20	*0.05
											*26.7%	19.3%	54.8%	26.1%	7.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1966		600 - 700	281%			1266	Correction Required - Calories too High
Cholesterol (mg)	148							
Sodium 1 (mg)	3475		1360				2115	Correction Required - Sodium too High
Sodium 2 (mg)	3475		1035				2440	Correction Required - Sodium too High
Fiber (g)	39.61							
Iron (mg)	13.99				Missing			
Calcium (mg)	961.7				Missing			
Vitamin A (IU)	11363				Missing			
Sugars (g)	58	11.86%			Missing			
Vitamin C (mg)	148.93				Missing			
Protein (g)	94.70	19.27%						
Carbohydrate (g)	269.50	54.85%						
Total Fat (g)	57.09	26.14%						
Saturated Fat (g)	16.20	7.42%	<10.00%					
Trans Fat ¹ (g)	0.05	0.02%			Missing			

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