

Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PCMS Gluten Free 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 - 04/04/2023																
PCMS Gluten Free Menu	Total	1														
GF Chicken Strips	SERV	1	210	45	510	1.00	0.72	0.0	0	0.0	0	12.0	13.0	13.0	3.00	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
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
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
MILK,LOWFAT,FLUID,1% MILKF AT,W	1 CUP	1	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*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			3547	216	3966	48.48	17.15	*1300.6	*19251	*414.82	*283	120.41	603.47	71.28	20.37	*0.08
% of Calories											*31.9%	13.6%	68.1%	18.1%	5.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 04/05/2023																
PCMS Gluten Free 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
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
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
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			1412	140	2425	18.29	9.16	*898.8	*6899	*117.38	*51	73.85	186.61	40.62	14.62	*0.00
% of Calories											*14.4%	20.9%	52.9%	25.9%	9.3%	*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 Gluten Free Menu

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2023																
PCMS Gluten Free Menu	Total	1														
GF Pizza - Mr. Sips	1 EA	1	480	45	370	3.00	1.08	350.0	400	0.0	1	13.0	59.0	21.0	9.00	0.00
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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
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			1621	178	2664	21.26	8.56	*1437.7	*19633	*124.14	*51	72.99	210.37	53.56	22.47	*0.08
% of Calories											*12.6%	18.0%	51.9%	29.7%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 04/07/2023																
PCMS Gluten Free 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 Gluten Free Menu	Total	1														
GF Pizza - Mr. Sips	1 EA	1	480	45	370	3.00	1.08	350.0	400	0.0	1	13.0	59.0	21.0	9.00	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
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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			3743	213	3765	49.48	17.39	*1667.6	*19633	*417.54	*271	121.10	641.82	74.56	25.97	*0.08
% of Calories											*29.0%	12.9%	68.6%	17.9%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

PCMS Gluten Free 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 - 04/11/2023																
PCMS Gluten Free Menu	Total	1														
Chipotle Beef	1 oz	1	50	12	57	0.00	0.54	0.0	0	0.0	0	4.5	0.0	3.5	1.50	0.00
Salsa	SERV	1	18	0	62	1.77	0.64	0.0	177	8.5	2	0.0	3.54	0.0	0.00	0.00
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*
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 Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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			1247	155	2437	20.03	8.68	*1127.7	*19503	*132.90	*52	65.48	156.93	39.07	16.85	*0.08
% of Calories											*16.7%	21.0%	50.3%	28.2%	12.2%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 04/12/2023																
PCMS Gluten Free Menu	Total	1														
GF Egg, Cheese, on a Bagel	1 EA	1	436	130	1121	3.01	0.72	260.1	950	0.0	*5	18.02	51.11	17.02	5.00	0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
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
GF Chicken Strips	SERV	1	210	45	510	1.00	0.72	0.0	0	0.0	0	12.0	13.0	13.0	3.00	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
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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			4139	343	5070	56.98	18.92	*1613.7	*24075	*425.68	*278	142.79	681.08	92.76	25.73	*0.11
% of Calories											*26.9%	13.8%	65.8%	20.2%	5.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

PCMS Gluten Free Menu

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2023																
PCMS Gluten Free 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
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
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
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			1412	140	2425	18.29	9.16	*898.8	*6899	*117.38	*51	73.85	186.61	40.62	14.62	*0.00
% of Calories											*14.4%	20.9%	52.9%	25.9%	9.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 04/14/2023																
PCMS Gluten Free Menu	Total	1														
GF Pizza - Mr. Sips	1 EA	1	480	45	370	3.00	1.08	350.0	400	0.0	1	13.0	59.0	21.0	9.00	0.00
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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
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			1621	178	2664	21.26	8.56	*1437.7	*19633	*124.14	*51	72.99	210.37	53.56	22.47	*0.08
% of Calories											*12.6%	18.0%	51.9%	29.7%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 04/17/2023																
PCMS Gluten Free 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	

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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)
Tue - 04/18/2023																
PCMS Gluten Free 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 Gluten Free 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 Gluten Free 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	

Fri - 04/21/2023																
PCMS Gluten Free 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	

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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 - 04/24/2023																
PCMS Gluten Free Menu	Total	1														
GF Pizza - Mr. Sips	1 EA	1	480	45	370	3.00	1.08	350.0	400	0.0	1	13.0	59.0	21.0	9.00	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
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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			3743	213	3765	49.48	17.39	*1667.6	*19633	*417.54	*271	121.10	641.82	74.56	25.97	*0.08
% of Calories											*29.0%	12.9%	68.6%	17.9%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 04/25/2023																
PCMS Gluten Free Menu	Total	1														
Chipotle Beef	1 oz	1	50	12	57	0.00	0.54	0.0	0	0.0	0	4.5	0.0	3.5	1.50	0.00
Salsa	SERV	1	18	0	62	1.77	0.64	0.0	177	8.5	2	0.0	3.54	0.0	0.00	0.00
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*
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 Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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			1247	155	2437	20.03	8.68	*1127.7	*19503	*132.90	*52	65.48	156.93	39.07	16.85	*0.08
% of Calories											*16.7%	21.0%	50.3%	28.2%	12.2%	*0.1%
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 Gluten Free Menu

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2023																
PCMS Gluten Free 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
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
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
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			1412	140	2425	18.29	9.16	*898.8	*6899	*117.38	*51	73.85	186.61	40.62	14.62	*0.00
% of Calories											*14.4%	20.9%	52.9%	25.9%	9.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 04/27/2023																
PCMS Gluten Free Menu	Total	1														
GF Meatball Marinara Sub	1 6" sub	1	376	40	713	4.58	2.36	51.6	174	4.68	8	17.58	43.81	16.32	4.58	0.00
Tater Tots Baked	3 oz	1	170	0	230	1.00	0.36	*N/A*	*N/A*	*N/A*	0	2.0	19.0	9.0	1.50	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
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
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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			3841	208	4348	55.39	20.02	*1424.3	*20034	*426.90	*279	129.37	652.88	79.07	23.10	*0.08
% of Calories											*29.0%	13.5%	68.0%	18.5%	5.4%	*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 Gluten Free Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2023																
PCMS Gluten Free Menu	Total	1														
GF Pizza - Mr. Sips	1 EA	1	480	45	370	3.00	1.08	350.0	400	0.0	1	13.0	59.0	21.0	9.00	0.00
Salad Assorted	1 salad	1	594	118	1805	11.88	5.33	734.9	17518	36.62	*5	42.26	45.54	26.17	11.24	0.08
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
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			1621	178	2664	21.26	8.56	*1437.7	*19633	*124.14	*51	72.99	210.37	53.56	22.47	*0.08
% of Calories											*12.6%	18.0%	51.9%	29.7%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			2354	189	3158	32.19	12.42	*1303.0	*17017	*237.91	*138	92.79	363.53	57.92	20.47	*0.06
											*52.7%	15.8%	61.8%	22.1%	7.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2354		600 - 700	336%			1654	Correction Required - Calories too High
Cholesterol (mg)	189							
Sodium 1 (mg)	3158		1360				1798	Correction Required - Sodium too High
Sodium 2 (mg)	3158		1035				2123	Correction Required - Sodium too High
Fiber (g)	32.19							
Iron (mg)	12.42							
Calcium (mg)	1303.0				Missing			
Vitamin A (IU)	17017				Missing			
Sugars (g)	138	23.43%			Missing			
Vitamin C (mg)	237.91				Missing			
Protein (g)	92.79	15.76%						
Carbohydrate (g)	363.53	61.77%						
Total Fat (g)	57.92	22.14%						
Saturated Fat (g)	20.47	7.83%	<10.00%					
Trans Fat ¹ (g)	0.06	0.02%			Missing			

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