

Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS Gluten Free Menu

Weighted Values - Detailed

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Generated on: 3/24/2023 11:08:32 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																
PHS 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
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
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			1636	263	3447	25.27	8.95	*1370.5	*24075	*127.05	*58	80.61	214.39	49.72	18.50	*0.08
% of Calories											*14.2%	19.7%	52.4%	27.4%	10.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/04/2023																
PHS Gluten Free Menu	Total	1														
GF Pancakes	SERV	1	200	0	270	1.00	1.08	20.0	0	0.0	3	3.0	39.0	4.0	0.00	0.00
Sausage Patty	2 OZ	1	68	14	175	0.00	0.00	9.1	32	0.0	*N/A*	3.42	0.57	5.7	2.17	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
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 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
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			1381	86	2356	20.05	7.57	*758.3	*7111	*154.27	*52	58.59	207.10	35.94	10.80	*0.00
% of Calories											*15.0%	17.0%	60.0%	23.4%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<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

PHS Gluten Free 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																
PHS Gluten Free Menu	Total	1														
GF Cheeseburger on Bun	1 EACH	1	445	55	771	5.68	2.17	157.0	160	0.0	*6	19.73	45.22	21.9	7.37	0.61
BAKED CHIPS	1 EA	1	100	0	115	2.00	0.00	0.0	0	1.2	*N/A*	2.0	20.0	1.5	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
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			1703	188	3203	27.35	9.97	*1260.0	*20476	*161.75	*57	82.35	220.45	56.10	20.86	*0.69
% of Calories											*13.5%	19.3%	51.8%	29.6%	11.0%	*0.4%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 04/06/2023																
PHS 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			750-850		1420										<10.00	

Fri - 04/07/2023																
PHS 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			750-850		1420										<10.00	

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Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS 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)
Mon - 04/10/2023																
PHS 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
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
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			1488	118	2001	21.63	7.81	*1103.9	*7176	*122.05	*47	63.04	216.87	41.31	16.66	*0.00
% of Calories											*12.7%	16.9%	58.3%	25.0%	10.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Tue - 04/11/2023																
PHS Gluten Free Menu	Total	1														
BBQ Pork Sandwich	1 SAND	1	243	44	676	4.00	1.90	68.0	371	6.2	10	20.0	27.0	6.0	2.10	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
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,LOWFAT,FLUID,1% MILK	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*
FAT,W																
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			1605	180	3261	25.76	9.95	*1138.6	*19622	*131.81	*73	82.80	213.03	46.15	16.34	*0.08
% of Calories											*18.2%	20.6%	53.1%	25.9%	9.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS 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 - 04/12/2023																
PHS Gluten Free Menu	Total	1														
GF Beef Nachos	SERV	1	518	62	361	4.06	2.96	217.1	2735	5.04	*2	20.99	42.99	29.33	9.19	*0.58
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			1715	205	2740	24.09	11.10	*1344.7	*22238	*137.94	*54	81.98	199.92	64.90	24.54	*0.66
% of Calories											*12.5%	19.1%	46.6%	34.0%	12.9%	*0.3%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 04/13/2023																
PHS Gluten Free Menu	Total	1														
GF Cheeseburger on Bun	1 EACH	1	445	55	771	5.68	2.17	157.0	160	0.0	*6	19.73	45.22	21.9	7.37	0.61
BAKED CHIPS	1 EA	1	100	0	115	2.00	0.00	0.0	0	1.2	*N/A*	2.0	20.0	1.5	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
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			1703	188	3203	27.35	9.97	*1260.0	*20476	*161.75	*57	82.35	220.45	56.10	20.86	*0.69
% of Calories											*13.5%	19.3%	51.8%	29.6%	11.0%	*0.4%
Nutrient Guideline			750-850		1420										<10.00	

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PHS 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)
Fri - 04/14/2023																
PHS 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			750-850		1420										<10.00	

Mon - 04/17/2023																
PHS 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			750-850		1420										<10.00	

Tue - 04/18/2023																
PHS 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			750-850		1420										<10.00	

Wed - 04/19/2023																
PHS 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			750-850		1420										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS 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 - 04/20/2023																
PHS 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			750-850		1420										<10.00	
Fri - 04/21/2023																
PHS 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			750-850		1420										<10.00	
Mon - 04/24/2023																
PHS Gluten Free Menu	Total	1														
GF Grilled Cheese Sandwich WW	1 SAND	1	296	*15	638	2.45	0.56	317.0	*423	*0.0	*5	9.63	26.54	16.5	5.30	0.01
	WICH															
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
BAKED CHIPS	1 EA	1	100	0	115	2.00	0.00	0.0	0	1.2	*N/A*	2.0	20.0	1.5	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
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			1049	*83	2229	18.73	5.65	1036.2	*7502	*112.95	*9	54.95	129.60	35.24	12.44	*0.01
% of Calories											*3.3%	21.0%	49.4%	30.2%	10.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS 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 - 04/25/2023																
PHS Gluten Free Menu	Total	1														
GF Beef Nachos	SERV	1	518	62	361	4.06	2.96	217.1	2735	5.04	*2	20.99	42.99	29.33	9.19	*0.58
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			1715	205	2740	24.09	11.10	*1344.7	*22238	*137.94	*54	81.98	199.92	64.90	24.54	*0.66
% of Calories											*12.5%	19.1%	46.6%	34.0%	12.9%	*0.3%
Nutrient Guideline			750-850		1420										<10.00	
Wed - 04/26/2023																
PHS Gluten Free Menu	Total	1														
Baked Fried Chicken	4 oz	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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			659	68	1476	14.86	5.51	743.9	6776	79.53	*2	42.16	85.38	17.31	7.16	*0.00
% of Calories											*1.5%	25.6%	51.9%	23.7%	9.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS 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 - 04/27/2023																
PHS Gluten Free Menu	Total	1														
GF Cheeseburger on Bun	1 EACH	1	445	55	771	5.68	2.17	157.0	160	0.0	*6	19.73	45.22	21.9	7.37	0.61
BAKED CHIPS	1 EA	1	100	0	115	2.00	0.00	0.0	0	1.2	*N/A*	2.0	20.0	1.5	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
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			1703	188	3203	27.35	9.97	*1260.0	*20476	*161.75	*57	82.35	220.45	56.10	20.86	*0.69
% of Calories											*13.5%	19.3%	51.8%	29.6%	11.0%	*0.4%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/28/2023																
PHS 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			750-850		1420										<10.00	

Weighted Average			1516	*165	2704	22.88	8.80	*1209.6	*16933	*132.94	*48	72.30	197.05	48.89	18.64	*0.27
											*28.6%	19.1%	52.0%	29.0%	11.1%	*0.2%

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Pembroke Public Schools

Apr 1, 2023 thru Apr 30, 2023

Base Menu Spreadsheet

PHS 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-Fat¹ (g)			
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)												
Calories	1516		750 - 850	178%	Missing		666	Correction Required - Calories too High												
Cholesterol (mg)	165																			
Sodium 1 (mg)	2704		1420							1284	Correction Required - Sodium too High									
Sodium 2 (mg)	2704		1080							1624	Correction Required - Sodium too High									
Fiber (g)	22.88																			
Iron (mg)	8.80				Missing															
Calcium (mg)	1209.6																			
Vitamin A (IU)	16933																			
Sugars (g)	48	12.70%																		
Vitamin C (mg)	132.94																			
Protein (g)	72.30	19.08%			Missing															
Carbohydrate (g)	197.05	52.00%																		
Total Fat (g)	48.89	29.03%																		
Saturated Fat (g)	18.64	11.07%	<10.00%								Correction Required - Sat. Fat too High									
Trans Fat¹ (g)	0.27	0.16%																		

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