

Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS Lunch Menu

Weighted Values - Detailed

Page 1

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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 - 04/01/2022																
PHS Lunch Menu	Total	1														
PIZZA, CHEESE WG	1 PIECE	1	270	10	750	4.00	4.50	250.0	500	0.0	*N/A*	15.0	33.0	9.0	3.00	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
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1878	237	3892	29.54	17.29	1832.7	21987	133.38	*17	109.98	205.83	69.22	25.84	*0.08
% of Calories											*3.5%	23.4%	43.9%	33.2%	12.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 04/04/2022																
PHS Lunch Menu	Total	1														
French Toast made with whl gra	SERV	1	207	95	330	2.00	0.47	23.0	140	0.0	*N/A*	8.0	36.63	3.5	1.00	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
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 SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			2028	332	3651	28.63	13.37	1803.7	20845	102.20	*16	111.41	228.85	75.62	26.54	*0.11
% of Calories											*3.1%	22.0%	45.1%	33.6%	11.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS 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)
Tue - 04/05/2022																
PHS Lunch Menu	Total	1														
NACHOS W/ Buffalo Chicken	SERV	1	419	56	773	3.00	6.28	195.8	140	*0.0	*2	20.19	40.34	19.2	2.72	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
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*
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
Chicken Sandwich Variety - PHS	1 EA	1	411	25	718	6.00	4.05	100.0	750	8.4	*1	21.5	45.5	16.51	2.75	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 PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1780	220	3572	27.85	17.90	1475.5	20427	*107.98	*16	99.02	192.57	69.24	20.72	*0.08
% of Calories											*3.6%	22.2%	43.3%	35.0%	10.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 04/06/2022																
PHS Lunch Menu	Total	1														
CHICKEN TENDERS, BRD	1 EACH	1	76	18	156	0.50	0.54	0.0	0	0.0	*N/A*	7.06	4.54	3.53	0.50	0.00
DIP 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
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
POTATO PUFFS	1 CUP	1	115	0	278	1.20	0.35	8.4	3	2.4	0	1.28	16.37	5.43	0.99	*N/A*
Chicken Sandwich Variety - PHS	1 EA	1	411	25	718	6.00	4.05	100.0	750	8.4	*1	21.5	45.5	16.51	2.75	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1914	210	3733	29.59	14.85	1632.7	21234	136.45	*25	105.94	209.41	73.56	24.89	*0.08
% of Calories											*5.3%	22.1%	43.8%	34.6%	11.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Base Menu Spreadsheet

PHS 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 - 04/07/2022																
PHS Lunch Menu	Total	1														
Cheeseburger or Hamburger	1 EACH	1	332	53	540	3.00	*3.24	*80.0	*700	*8.4	*1	20.53	31.01	14.07	6.03	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
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
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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 PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1652	245	3400	27.60	*13.77	*1324.6	*32426	*108.78	*13	98.42	184.01	59.75	21.86	*0.08
% of Calories											*3.1%	23.8%	44.6%	32.6%	11.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/08/2022																
PHS Lunch Menu	Total	1														
PIZZA, CHEESE WG	1 PIECE	1	270	10	750	4.00	4.50	250.0	500	0.0	*N/A*	15.0	33.0	9.0	3.00	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
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1878	237	3892	29.54	17.29	1832.7	21987	133.38	*17	109.98	205.83	69.22	25.84	*0.08
% of Calories											*3.5%	23.4%	43.9%	33.2%	12.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

PHS Lunch Menu

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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 - 04/11/2022																
PHS Lunch Menu	Total	1														
PIZZA DIPPERS AND SAUCE	SERV 2 OZ	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CELERY STICKS	1 CUP	1	17	0	96	1.92	0.24	48.0	539	3.72	2	0.83	3.56	0.2	0.05	0.00
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1607	227	3215	26.06	12.72	1615.4	20943	100.69	*17	95.17	172.55	60.28	22.86	*0.08
% of Calories											*4.2%	23.7%	42.9%	33.8%	12.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/12/2022																
PHS Lunch Menu	Total	1														
Chicken Sandwich w/ Bacon	1 EA	1	411	25	718	6.00	4.05	100.0	750	8.4	*1	21.5	45.5	16.51	2.75	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
Chicken Sandwich Variety - PHS	1 EA	1	411	25	718	6.00	4.05	100.0	750	8.4	*1	21.5	45.5	16.51	2.75	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 PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1667	179	3440	28.49	15.06	1356.3	21276	*107.25	*12	98.29	180.12	63.12	18.81	*0.08
% of Calories											*2.9%	23.6%	43.2%	34.1%	10.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Wed - 04/13/2022																
PHS Lunch Menu	Total	1														
Meatball Marinara Sub	1 6" sub	1	332	40	681	3.58	3.44	91.6	874	13.08	*3	19.58	38.81	12.83	4.58	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
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
Chicken Sandwich Variety - PHS	1 EA	1	411	25	718	6.00	4.05	100.0	750	8.4	*1	21.5	45.5	16.51	2.75	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 PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1701	194	3574	29.17	14.78	1356.1	32450	112.86	*17	97.88	196.73	60.93	20.65	*0.08
% of Calories											*4.0%	23.0%	46.3%	32.2%	10.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 04/14/2022																
PHS Lunch Menu	Total	1														
PIZZA, CHEESE WG	1 PIECE	1	270	10	750	4.00	4.50	250.0	500	0.0	*N/A*	15.0	33.0	9.0	3.00	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
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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 PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1478	202	3452	25.54	14.58	1482.7	21587	133.38	*10	90.98	162.83	53.22	18.84	*0.08
% of Calories											*2.6%	24.6%	44.1%	32.4%	11.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/15/2022																
PHS 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

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Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS 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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 04/18/2022																
PHS 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

Tue - 04/19/2022																
PHS 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

Wed - 04/20/2022																
PHS 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

Thu - 04/21/2022																
PHS 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			750-850		1420											<10.00

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Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS 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 - 04/22/2022																
PHS 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			750-850		1420										<10.00	

Mon - 04/25/2022																
PHS Lunch Menu	Total	1														
Ham, Egg & Cheese Croissant	1 EA	1	432	401	1249	2.00	2.90	218.0	1050	0.0	*4	23.59	29.65	24.34	*6.66	*0.00
POTATO PUFFS	1 CUP	1	115	0	278	1.20	0.35	8.4	3	2.4	0	1.28	16.37	5.43	0.99	*N/A*
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			2138	628	4646	27.34	15.73	1793.8	21458	99.37	*20	119.21	215.01	89.84	*30.46	*0.08
% of Calories											*3.7%	22.3%	40.2%	37.8%	*12.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS 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 - 04/26/2022																
PHS Lunch Menu	Total	1														
Twin Taco	2 OZ	1	134	33	245	1.11	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	13.36	4.45	6.68	2.23	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*
SALSA	2 OZ	1	22	0	69	0.84	1.38	7.4	340	2.48	*N/A*	0.93	4.33	0.12	0.02	0.00
BEANS, CANNED, BLACK (TUR TLE),	1 OZ	1	26	0	33	1.96	0.54	9.9	1	0.76	*N/A*	1.71	4.69	0.08	0.02	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
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1877	271	3491	30.01	*14.80	*1627.2	*21002	*103.32	*18	113.42	200.23	70.51	27.03	*0.08
% of Calories											*3.8%	24.2%	42.7%	33.8%	13.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 04/27/2022																
PHS Lunch Menu	Total	1														
Popcorn Chicken Bowl	1 EA	1	314	42	897	2.65	2.83	37.3	269	7.36	*N/A*	15.87	33.24	16.44	3.61	*0.00
MASHED POTATOES	SERV	1	80	0	310	1.00	0.36	20.0	0	0.0	1	2.0	17.0	1.0	0.00	0.50
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
GRAVY	2 OZ	1	18	1	247	0.23	0.06	8.5	0	0.57	0	0.57	3.13	0.42	0.11	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
CHICKEN PATTIE, WH GRAIN B READ	1 EA	1	260	25	400	3.00	1.80	40.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt Parfait	8 oz	1	288	5	120	3.53	1.15	*33.0	*1	*42.22	*27	7.21	60.03	2.91	0.80	*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
Weighted Daily Average			2195	235	4378	30.80	15.49	*1567.5	*20017	*134.06	*45	114.74	262.52	81.32	27.01	*0.58
% of Calories											*8.2%	20.9%	47.8%	33.4%	11.1%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS 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 - 04/28/2022																
PHS Lunch Menu	Total	1														
Ham, Egg & Cheese Croissant	1 EA	1	432	401	1249	2.00	2.90	218.0	1050	0.0	*4	23.59	29.65	24.34	*6.66	*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
CARROTS	1 cup	1	54	0	86	4.82	0.77	51.1	24715	3.36	6	0.85	11.29	0.99	0.18	0.00
CHICKEN PATTIE, ON A BUN	1 SAND	1	383	70	590	1.00	2.74	59.0	130	1.0	*N/A*	20.0	39.0	16.0	3.00	0.00
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait	Serving	1	36	1	15	0.44	0.14	*4.1	*0	*5.28	*3	0.9	7.5	0.36	0.10	*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
Weighted Daily Average			2174	634	4457	28.70	15.47	*1758.4	*45379	*91.90	*27	118.35	224.81	88.20	*29.84	*0.08
% of Calories											*4.9%	21.8%	41.4%	36.5%	*12.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Fri - 04/29/2022																
PHS Lunch Menu	Total	1														
PIZZA, CHEESE WG	1 PIECE	1	270	10	750	4.00	4.50	250.0	500	0.0	*N/A*	15.0	33.0	9.0	3.00	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
CHICKEN SANDWICH VARIETY - HS	1 EA	1	362	63	685	5.01	3.25	80.1	901	9.01	*0	21.09	40.57	14.1	2.52	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
PIZZA SLICE CHEESE PHS	1 EA	1	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	0.00
Yogurt Parfait PCMS & HS	Serving	1	59	2	31	0.68	0.32	61.1	20	6.9	*2	2.25	11.05	0.97	0.38	*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
Weighted Daily Average			1878	237	3892	29.54	17.29	1832.7	21987	133.38	*17	109.98	205.83	69.22	25.84	*0.08
% of Calories											*3.5%	23.4%	43.9%	33.2%	12.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average																
			1856	286	3779	28.56	*15.36	*1619.5	*24334	*115.89	*19 *9.2%	106.18 22.9%	203.14 43.8%	70.22 34.0%	*24.47 *11.9%	*0.11 *0.1%

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Pembroke Public Schools

Apr 1, 2022 thru Apr 30, 2022

Base Menu Spreadsheet

PHS 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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1856		750 - 850	218%			1006	Correction Required - Calories too High
Cholesterol (mg)	286							
Sodium 1 (mg)	3779		1420				2359	Correction Required - Sodium too High
Sodium 2 (mg)	3779		1080				2699	Correction Required - Sodium too High
Fiber (g)	28.56							
Iron (mg)	15.36				Missing			
Calcium (mg)	1619.5				Missing			
Vitamin A (IU)	24334				Missing			
Sugars (g)	19	4.08%			Missing			
Vitamin C (mg)	115.89				Missing			
Protein (g)	106.18	22.88%						
Carbohydrate (g)	203.14	43.78%						
Total Fat (g)	70.22	34.05%						
Saturated Fat (g)	24.47	11.86%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.11	0.06%			Missing			

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