

Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PHS Lunch Menu

Weighted Values - Detailed

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Generated on: 2/23/2023 10:50:49 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)
Wed - 03/01/2023																
PHS 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
Waffle Tasty Brands	2 each	1	1040	60	440	8.00	7.20	160.0	0	0.0	64	16.0	144.0	48.0	14.00	0.00
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
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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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
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			2722	230	2801	43.16	18.39	*765.2	*3585	*135.00	*135	95.26	381.87	96.86	24.04	*0.01
% of Calories											*19.8%	14.0%	56.1%	32.0%	7.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 03/02/2023																
PHS 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2438	265	4553	49.14	20.09	*1147.1	*20132	*132.67	*67	133.11	326.42	68.21	19.44	*0.01
% of Calories											*11.0%	21.8%	53.5%	25.2%	7.2%	*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

Mar 1, 2023 thru Mar 31, 2023

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 - 03/03/2023																
PHS 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2234	213	4330	45.72	16.33	*1216.2	*8371	*164.38	*58	117.67	299.56	64.62	17.43	*0.01
% of Calories											*10.3%	21.1%	53.6%	26.0%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 03/06/2023																
PHS Lunch Menu	Total	1														
Pancakes, WG 2 each	SERV	1	180	10	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	10	4.0	30.0	4.0	*N/A*	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
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
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
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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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
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			2521	256	4342	49.07	*16.22	*1290.3	*8350	*164.86	*68	125.27	324.21	80.29	*23.09	*0.01
% of Calories											*10.8%	19.9%	51.5%	28.7%	*8.2%	*0.0%
Nutrient Guideline			750-850		1420										<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)
Tue - 03/07/2023																
PHS Lunch Menu	Total	1														
CHICKEN TENDERS	SERV	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	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
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, 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
PIZZA, CHEESE WG- NARDONE	1 PIECE	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			4682	303	5618	64.00	24.58	*1459.4	*10688	*420.89	*285	177.22	754.13	103.95	24.43	*0.01
% of Calories											*24.3%	15.1%	64.4%	20.0%	4.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/08/2023																
PHS 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			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)
Thu - 03/09/2023																
PHS Lunch Menu	Total	1														
Bacon Cheeseburger	1 EACH	1	250	82	610	0.00	1.80	200.0	750	0.0	1	21.49	1.0	16.99	8.00	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
Onion ring	2.69	1	100	0	100	1.50	0.54	50.0	*N/A*	*N/A*	2	1.5	14.0	4.0	0.75	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
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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2404	280	4477	46.18	18.44	*1169.9	*8410	*130.46	*61	131.07	306.42	73.60	21.67	*0.01
% of Calories											*10.2%	21.8%	51.0%	27.6%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/10/2023																
PHS 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2234	213	4330	45.72	16.33	*1216.2	*8371	*164.38	*58	117.67	299.56	64.62	17.43	*0.01
% of Calories											*10.3%	21.1%	53.6%	26.0%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<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																
PHS Lunch Menu	Total	1														
Egg& Ham on Sandwich	sandwich	1	303	134	565	2.00	1.80	89.1	532	0.0	*3	11.42	27.57	16.7	6.67	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 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2249	331	4084	47.32	16.77	*1012.7	*11412	*130.88	*58	115.06	300.19	67.32	19.60	*0.01
% of Calories											*10.4%	20.5%	53.4%	26.9%	7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 03/14/2023																
PHS Lunch 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
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
PASTA SALAD	3/8 CUP	1	74	0	293	1.79	0.76	18.5	1005	5.88	1	3.0	14.89	0.28	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 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2331	241	4550	49.05	18.27	*985.9	*8216	*139.50	*68	129.93	325.08	58.20	15.00	*0.01
% of Calories											*11.6%	22.3%	55.8%	22.5%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

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)
Wed - 03/15/2023																
PHS Lunch Menu	Total	1														
FRENCH TST STICKS, WH GRAIN	3 STICKS	1	279	95	305	2.00	0.46	20.0	140	0.0	*21	8.0	54.66	3.5	1.00	0.00
Cheese stick	1 OZ	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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 SANDWICH VARIET Y - 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 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 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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
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	371	3793	27.19	15.67	1523.5	7895	94.14	*35	120.82	270.91	66.19	23.68	*0.01
% of Calories											*6.4%	22.4%	50.3%	27.7%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 03/16/2023																
PHS 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 BEANS	HALF CUP	1	160	0	455	5.85	2.09	66.5	223	2.2	*18	6.68	36.7	0.66	0.11	*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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2599	265	5008	55.00	22.18	*1213.5	*20355	*134.87	*85	139.79	363.12	68.87	19.55	*0.01
% of Calories											*13.0%	21.5%	55.9%	23.8%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/17/2023																
PHS 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2234	213	4330	45.72	16.33	*1216.2	*8371	*164.38	*58	117.67	299.56	64.62	17.43	*0.01
% of Calories											*10.3%	21.1%	53.6%	26.0%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 03/20/2023																
PHS 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
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
CHICKEN SANDWICH VARIET Y - 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 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
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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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
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			2170	290	5669	29.97	16.43	1746.6	11038	141.75	*17	129.30	268.16	66.12	25.10	*0.01
% of Calories											*3.2%	23.8%	49.4%	27.4%	10.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/21/2023																
PHS Lunch Menu	Total	1														
NACHOS, WITH BEEF	SERV	1	421	52	557	4.78	*0.55	*30.4	*0	*0.0	*0	23.91	37.36	19.55	5.00	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*
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
Black Bean & Corn Salad	1/4 Cup	1	62	0	123	2.43	0.76	12.8	55	2.94	*0	2.3	8.65	2.44	0.35	*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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2431	260	4260	49.36	*16.93	*991.5	*7476	*133.65	*53	129.16	313.06	75.61	20.15	*0.01
% of Calories											*8.7%	21.3%	51.5%	28.0%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/22/2023																
PHS Lunch Menu	Total	1														
CHICKEN NUGGETS W/G	4 EACH	1	140	30	330	1.00	2.70	80.0	100	0.0	*N/A*	17.0	8.0	5.0	1.50	0.00
SAUCE, ASSORTED DIPPING	1 OZ	1	33	0	113	0.27	0.18	*8.7	37	0.4	*3	0.0	6.59	0.55	0.00	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
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	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
BREAD																
PIZZA, CHEESE WG- NARDONE	1 PIECE	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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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Mar 1, 2023 thru Mar 31, 2023

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)
Weighted Daily Average % of Calories			4427	270	5487	55.76	25.33	*1503.7	*6825	*413.38	*278 *25.1%	173.12 15.6%	716.14 64.7%	94.49 19.2%	23.19 4.7%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 03/23/2023																
PHS Lunch Menu	Total	1														
Bacon Cheeseburger	1 EACH	1	250	82	610	0.00	1.80	200.0	750	0.0	1	21.49	1.0	16.99	8.00	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
PASTA SALAD	3/8 CUP	1	74	0	293	1.79	0.76	18.5	1005	5.88	1	3.0	14.89	0.28	0.05	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
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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2378	280	4670	46.47	18.66	*1138.4	*9415	*136.35	*60 *10.1%	132.57 22.3%	307.31 51.7%	69.88 26.4%	20.98 7.9%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/24/2023																
PHS 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
Tossed Salad: no dressing	1 Cup	1	54	0	107	3.81	1.21	45.0	8315	10.01	*3	2.96	9.84	0.95	0.12	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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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

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Pembroke Public Schools

Mar 1, 2023 thru Mar 31, 2023

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)
Weighted Daily Average % of Calories			2271	213	4414	48.12	17.23	*1245.8	*15603	*137.98	*59 *10.5%	119.99 21.1%	305.56 53.8%	65.44 25.9%	17.53 6.9%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 03/27/2023																
PHS 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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 % of Calories			2482	223	4370	45.31	15.22	*1116.7	*8180	*133.87	*78 *12.5%	117.99 19.0%	348.08 56.1%	69.97 25.4%	17.41 6.3%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 03/28/2023																
PHS Lunch 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*
calise Dinner Roll	roll	1	90	0	15	1.00	1.08	*N/A*	*N/A*	*N/A*	0	4.0	18.0	0.0	0.00	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
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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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

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)
Weighted Daily Average % of Calories			2008	198	3512	45.65	16.29	*955.9	*7615	*132.64	*53 *10.5%	106.72 21.3%	285.97 57.0%	50.66 22.7%	12.96 5.8%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/29/2023																
PHS 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420										<10.00	

Thu - 03/30/2023																
PHS Lunch Menu	Total	1														
Red Sox Opening Day	1	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*
Hot Dog smithfield	1 EA	1	170	30	340	0.00	0.54	0.0	0	1.8	0	6.0	2.0	15.0	6.00	0.00
Calise Hot Dog	roll	1	140	0	250	2.00	1.44	40.0	*N/A*	*N/A*	4	5.0	25.0	1.5	0.00	0.00
Smartfood	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
BAKED BEANS	HALF CUP	1	160	0	455	5.85	2.09	66.5	223	2.2	*18	6.68	36.7	0.66	0.11	*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 Tyson	PATTY	1	309	32	567	18.03	2.32	25.8	0	0.0	0	18.03	20.61	18.03	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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2211	228	4214	46.17	16.49	*947.3	*6512	*123.57	*74 *13.4%	112.71 20.4%	295.41 53.4%	66.13 26.9%	19.02 7.7%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<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																
PHS 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
DELI SANDWICHES ASSORTED	1 Sandwich	1	305	93	712	2.99	2.92	116.3	140	2.19	*2	22.65	33.5	8.81	2.07	*0.01
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			2234	213	4330	45.72	16.33	*1216.2	*8371	*164.38	*58	117.67	299.56	64.62	17.43	*0.01
% of Calories											*10.3%	21.1%	53.6%	26.0%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			2543	255	4435	46.66	*18.02	*1194.2	*9771	*166.38	*84 *29.7%	126.65 19.9%	351.92 55.3%	71.44 25.3%	*19.84 *7.0%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2543		750 - 850	299%			1693	Correction Required - Calories too High
Cholesterol (mg)	255							
Sodium 1 (mg)	4435		1420				3015	Correction Required - Sodium too High
Sodium 2 (mg)	4435		1080				3355	Correction Required - Sodium too High
Fiber (g)	46.66							
Iron (mg)	18.02							
Calcium (mg)	1194.2							
Vitamin A (IU)	9771							
Sugars (g)	84	13.20%			Missing			
Vitamin C (mg)	166.38				Missing			
Protein (g)	126.65	19.92%			Missing			
Carbohydrate (g)	351.92	55.35%			Missing			
Total Fat (g)	71.44	25.28%						
Saturated Fat (g)	19.84	7.02%	<10.00%		Missing			
Trans Fat ¹ (g)	0.01	0.00%			Missing			

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