

Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/01/2021																
Evesham ES Lunch	Total	580														
Pizza, Cheese Cruncher ES	4 piece	524	400	30	800	4.00	1.70	428.0	498	2.38	2	20.0	40.0	18.0	8.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	56	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Garden, Tossed	1 cup	300	24	0	10	1.50	0.54	25.7	648	7.17	3	1.29	5.39	0.22	0.04	0.00
Cucus & Broccoli, raw	1/2 cup	69	10	0	6	0.59	0.20	12.5	138	16.56	1	0.67	2.12	0.09	0.03	0.00
Pears: canned,light syrup	1/2 cup	117	90	0	8	2.53	0.44	7.9	0	1.11	19	0.3	23.99	0.05	0.00	0.00
Fruit Choice Lunch	1 piece	338	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	4	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	134	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	13	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	218	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	35	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	44	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	69	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	15	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	15	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	10	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	300	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			605	38	1017	7.07	2.29	652.8	1266	22.02	*29	26.85	73.66	23.23	8.98	*0.01
% of Calories											*19.4%	17.8%	48.7%	34.6%	13.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Evesham ES Lunch

Portion 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 - 04/02/2021																
Evesham ES Lunch	Total	380														
Toasted Cheese S.W.	1 EACH	281	331	40	1049	4.00	1.44	383.7	649	4.8	4	14.12	30.07	17.09	8.52	0.00
Hot Dog w/Bun & Chips NP	sandwich	99	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	300	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Cucumbers and Celery	3/4 cup	62	14	0	45	1.09	0.22	28.5	291	2.82	1	0.64	3.07	0.14	0.04	0.00
Apples,Fresh	1 EACH	143	55	0	1	2.54	0.13	6.4	57	4.88	11	0.28	14.64	0.18	0.03	0.00
Fruit Choice Lunch	1 piece	268	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	53	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	39	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	168	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	25	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	32	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	31	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	49	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	49	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	29	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			640	45	1274	8.36	2.44	590.0	1084	22.52	*34	23.10	81.40	25.20	9.41	*0.00
% of Calories											*21.0%	14.4%	50.9%	35.5%	13.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Mon - 04/05/2021																
Evesham ES Lunch	Total	470														
Turkey & Cheese Sandwich	sandwich	408	246	40	1113	4.00	1.99	155.0	150	4.8	4	21.69	27.02	5.5	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	367	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Cheese Stick	serving	200	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Carrot & Cauliflower Stix, raw	3/4 cup	99	28	0	54	2.33	0.64	25.7	7506	19.49	3	1.07	6.35	0.18	0.06	0.00
Peaches: canned, LS	1/2 CUP	239	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Fruit Choice Lunch	1 piece	83	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	11	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	167	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	45	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	99	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	31	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Club Condiments	serving	162	21	1	45	1.50	0.63	21.8	5046	4.99	1	0.94	3.01	0.88	0.17	0.00
Weighted Daily Average			556	50	1419	7.48	3.18	443.9	4084	16.27	*29	31.16	70.24	17.04	5.25	*0.00
% of Calories											*20.5%	22.4%	50.5%	27.6%	8.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Tue - 04/06/2021																
Evesham ES Lunch	Total	482														
Chicken Nuggets E.S.	5 nuggets	424	184	33	380	2.00	2.00	20.0	79	87.0	0	15.0	13.0	8.0	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	58	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	300	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Potatoes, French Fries	1/2 cup	150	87	0	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	3.0	1.00	0.00
Green Beans:canned,cooked	1/2 cup	105	53	0	355	2.47	1.17	33.8	591	5.6	*0	1.56	5.86	3.13	1.39	*0.00
Carrot & Celery Stix, raw	1/2 cup	98	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	0.00
Pineapple Chunks, canned	1/2 cup	199	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	277	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	4	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	78	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	42	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	210	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	33	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	40	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	49	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	29	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	29	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	17	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Dips for Nuggets/Tenders	serving	378	64	0	127	0.02	0.05	0.7	0	0.64	16	0.03	16.15	0.0	0.00	*0.00
Weighted Daily Average			525	39	874	6.82	*3.29	*307.7	*1784	*96.13	*42	24.87	77.92	13.57	3.72	*0.00
% of Calories											*32.2%	19.0%	59.4%	23.3%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Wed - 04/07/2021																
Evesham ES Lunch	Total	450														
French Toast Sticks ES	4 stick serving	388	280	0	200	2.00	1.80	250.0	0	0.0	8	6.0	35.0	12.0	2.00	0.00
Hot Dog w/Bun & Chips NP	1 each	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Sausage Patty, Cooked	1 patty	289	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Potato, Rounds	1/2 cup	375	110	0	235	1.50	0.09	0.0	0	2.1	0	1.5	15.0	4.75	0.50	0.00
Apples w/ Cinnamon & Sugar	1/2 cup	153	53	0	5	1.62	1.46	13.1	4	1.17	*4	0.05	13.68	0.02	0.00	*0.00
Carrot sticks, raw	1/2 cup	100	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Fruit Choice Lunch	1 piece	304	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	110	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	11	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	187	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	30	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	38	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	100	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	431	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Syrup, Table, PFMA	1 OZ	358	73	0	3	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.67	0.0	0.00	0.00
Weighted Daily Average			720	29	802	6.62	2.67	510.7	3833	19.56	*34	19.61	99.65	26.41	6.23	*0.00
% of Calories											*19.1%	10.9%	55.3%	33.0%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Thu - 04/08/2021																
Evesham ES Lunch	Total	424														
Spaghetti w/ Meatballs (E.S.)	serving	311	251	27	298	3.70	3.27	81.3	409	5.46	*1	13.88	31.33	8.18	2.88	0.00
Hot Dog w/Bun & Chips NP	sandwich	113	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	149	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Green Beans:canned,cooked	1/2 cup	150	53	0	355	2.47	1.17	33.8	591	5.6	*0	1.56	5.86	3.13	1.39	*0.00
Broccoli & Carrots, raw	1/2 cup	55	19	0	27	1.32	0.22	18.4	5206	17.63	2	0.78	4.1	0.14	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	74	95	0	10	1.67	0.48	10.0	347	3.17	23	0.67	24.93	0.12	0.02	0.00
Fruit Choice Lunch	1 piece	221	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	64	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	40	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	186	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	28	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	36	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	27	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	66	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	66	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			508	35	758	7.43	4.13	359.6	1742	21.52	*29	22.85	72.46	15.22	5.12	*0.00
% of Calories											*23.2%	18.0%	57.0%	26.9%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/09/2021																
Evesham ES Lunch	Total	623														
Pizza, French Bread	slice	561	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cucus & Broccoli, raw	1/2 cup	132	10	0	6	0.59	0.20	12.5	138	16.56	1	0.67	2.12	0.09	0.03	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	325	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Pears: canned,light syrup	1/2 cup	295	90	0	8	2.53	0.44	7.9	0	1.11	19	0.3	23.99	0.05	0.00	0.00
Fruit Choice Lunch	1 piece	180	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	6	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	180	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	48	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	36	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	132	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	31	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	295	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			481	26	804	6.43	3.51	496.8	4561	18.60	*28	21.83	64.64	16.74	5.53	*0.01
% of Calories											*23.5%	18.1%	53.7%	31.3%	10.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Mon - 04/12/2021																
Evesham ES Lunch	Total	417														
Chicken Patty/Wht Bun	sandwich	322	334	33	658	4.00	2.16	260.0	4000	52.2	3	21.0	41.0	10.0	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	95	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Potatoes, French Fries	1/2 cup	325	87	0	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	3.0	1.00	0.00
Corn: canned, cooked	1/2 cup	125	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Broccoli & Carrots, raw	1/2 cup	87	19	0	27	1.32	0.22	18.4	5206	17.63	2	0.78	4.1	0.14	0.03	0.00
Applesauce, cnd, plain PFMA	1/2 cup	122	54	0	3	1.40	0.29	5.1	37	27.05	12	0.22	14.38	0.13	0.01	0.00
Fruit Choice Lunch	1 piece	287	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	102	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	172	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	28	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	35	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Chicken Patty Condiments	sandwich	200	10	0	64	0.00	0.00	1.7	20	0.92	1	0.0	1.02	0.67	0.13	*0.01
Ranch Dip for veggies	1 tbsp	85	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	345	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	45	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	28	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			639	41	1066	8.19	*2.64	*490.1	*4759	*69.42	*34	28.36	92.44	19.03	5.07	*0.00
% of Calories											*21.0%	17.7%	57.8%	26.8%	7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/13/2021																
Evesham ES Lunch	Total	391														
Hot Dog w/Bun & Chips NP	sandwich	391	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	337	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
BEANS, BAKED	1/2 CUP	125	142	0	495	7.21	2.80	84.2	206	0.0	8	7.21	28.87	0.0	0.00	*0.00
Broccoli/Cauliflower, raw	1/2 cup	50	12	0	13	0.96	0.23	13.8	111	27.88	1	0.98	2.42	0.14	0.05	0.00
Applesauce, cnd, plain PFMA	1/2 cup	101	54	0	3	1.40	0.29	5.1	37	27.05	12	0.22	14.38	0.13	0.01	0.00
Fruit Choice Lunch	1 piece	250	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Cookie, Choc. Chip, 1oz, WG	cookie	250	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	1.00	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	2	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	56	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	39	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	173	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	26	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	25	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	40	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	40	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	24	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Ketchup	2 tsp	350	13	0	107	0.00	0.00	0.0	67	0.8	3	0.0	3.33	0.0	0.00	0.00
Weighted Daily Average			839	44	1387	10.86	6.07	399.8	1010	26.51	*43	26.01	112.00	33.99	9.92	*0.00
% of Calories											*20.5%	12.4%	53.4%	36.5%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Wed - 04/14/2021																
Evesham ES Lunch	Total	434														
Macaroni & Cheese, PFMA	1 CUP	336	298	47	749	2.00	0.00	355.0	659	0.0	3	16.0	26.0	15.0	8.50	0.60
Hot Dog w/Bun & Chips NP	sandwich	98	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	411	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Mixed Vegetables: canned,ckd	1/2 cup	125	67	0	41	4.00	0.75	22.8	3934	2.91	3	2.6	11.91	1.05	0.44	0.00
Cucumbers & Carrots, raw	1/2 cup	72	22	0	31	1.36	0.20	18.7	7368	3.32	3	0.58	5.15	0.13	0.02	0.00
Strawberries: frozen	1/2 cup	112	122	0	4	2.42	0.75	14.0	31	52.79	31	0.68	33.05	0.17	0.01	0.00
Fruit Choice Lunch	1 piece	301	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	66	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	41	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	190	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	29	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	36	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	72	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	49	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	49	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	29	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			618	50	1059	8.43	2.21	570.8	3389	31.42	*38	26.62	86.19	20.25	8.97	*0.46
% of Calories											*24.9%	17.2%	55.8%	29.5%	13.1%	*0.7%
Nutrient Guideline			550-650		1230										<10.00	

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Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Thu - 04/15/2021																
Evesham ES Lunch	Total	449														
Hoagie Sandwich ES	sandwich	332	263	60	775	2.66	2.15	121.7	559	7.4	3	19.52	26.5	8.36	3.27	0.00
Hot Dog w/Bun & Chips NP	sandwich	117	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	440	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Broccoli/Cauliflower, raw	3/4 cup	75	18	0	20	1.44	0.35	20.8	166	41.82	1	1.47	3.63	0.2	0.08	0.00
Pears: canned,light syrup	1/2 cup	151	90	0	8	2.53	0.44	7.9	0	1.11	19	0.3	23.99	0.05	0.00	0.00
Fruit Choice Lunch	1 piece	215	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Pudding, Assorted	1 each	200	120	0	122	0.00	0.00	60.0	750	0.0	15	2.0	19.33	3.83	0.17	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	104	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	172	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	27	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	34	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Hoagie/Club Condiments	sandwich	200	23	1	179	0.30	0.07	2.9	192	3.18	1	0.22	2.03	1.65	0.31	0.00
Ranch Dip for veggies	1 tbsp	70	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	58	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	58	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	44	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			672	61	1234	7.08	3.20	404.0	1341	25.89	*38	27.95	88.94	22.93	6.07	*0.00
% of Calories											*22.8%	16.6%	53.0%	30.7%	8.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/16/2021																
Evesham ES Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	1 serving	404	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
Hot Dog w/Bun & Chips NP	1 each	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	311	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Carrot sticks, raw	1/2 cup	145	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	270	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	200	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	19	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	189	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	145	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	54	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	54	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			545	25	800	7.84	3.50	488.4	8780	20.33	*35	22.17	70.60	19.71	5.76	*0.01
% of Calories											*25.4%	16.3%	51.8%	32.5%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Mon - 04/19/2021																
Evesham ES Lunch	Total	391														
Cheeseburger	sandwich	310	341	62	533	2.00	1.80	135.0	150	0.0	3	24.5	29.5	13.5	5.00	1.00
Hot Dog w/Bun & Chips NP	sandwich	81	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Lettuce & Tomato	1 lf,2 slc	100	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01	0.00
Potatoes, Sweet, Fries,	1/2 cup	337	170	0	240	2.00	0.36	20.0	3000	6.0	8	1.0	25.0	7.0	1.00	0.00
Celery Stix & Cucumber, raw	12 Cup	50	218	0	726	17.38	3.53	456.4	4657	45.1	22	10.21	49.12	2.2	0.61	0.00
Applesauce, cnd, plain PFMA	1/2 cup	101	54	0	3	1.40	0.29	5.1	37	27.05	12	0.22	14.38	0.13	0.01	0.00
Fruit Choice Lunch	1 piece	250	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	2	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	56	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	39	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	173	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	26	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	25	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	40	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	40	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	24	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Pickle Chips, Kosher Dill	4 slices	200	6	0	386	0.48	0.12	27.2	60	1.1	1	0.24	1.15	0.14	0.04	0.00
Ketchup	2 tsp	350	13	0	107	0.00	0.00	0.0	67	0.8	3	0.0	3.33	0.0	0.00	0.00
Weighted Daily Average			715	62	1326	9.02	3.04	479.0	4000	35.88	*43	31.95	95.23	23.34	6.94	*0.79
% of Calories											*24.0%	17.9%	53.3%	29.4%	8.7%	*1.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Tue - 04/20/2021																
Evesham ES Lunch	Total	481														
Chicken, Tenders, WG, 3.06oz,	serving	423	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	58	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	300	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	200	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Green Beans:canned,cooked	1/2 cup	157	53	0	355	2.47	1.17	33.8	591	5.6	*0	1.56	5.86	3.13	1.39	*0.00
Broccoli/Cauliflower, raw	1/2 cup	155	12	0	13	0.96	0.23	13.8	111	27.88	1	0.98	2.42	0.14	0.05	0.00
Applesauce, cnd, plain PFMA	1/2 cup	247	54	0	3	1.40	0.29	5.1	37	27.05	12	0.22	14.38	0.13	0.01	0.00
Fruit Choice Lunch	1 piece	183	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	20	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	6	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	9	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	193	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	39	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	155	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	6	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	6	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	3	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Dips for Nuggets/Tenders	serving	360	64	0	127	0.02	0.05	0.7	0	0.64	16	0.03	16.15	0.0	0.00	*0.00
Weighted Daily Average			607	31	945	7.94	3.53	273.1	723	34.43	*39	24.08	79.02	22.60	4.28	*0.00
% of Calories											*25.6%	15.9%	52.1%	33.5%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/21/2021																
Evesham ES Lunch	Total	407														
Ham & Cheese/Bun, HOT ES	sandwich	284	302	53	1122	2.00	2.34	221.9	304	0.6	5	18.1	31.54	11.35	4.80	0.00
Hot Dog w/Bun & Chips NP	1 each	123	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Potato, Rounds	1/2 cup	125	110	0	235	1.50	0.09	0.0	0	2.1	0	1.5	15.0	4.75	0.50	0.00
Carrot sticks, raw	1/2 cup	59	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Tropical Fruit Salad	1/2 cup	100	61	0	2	1.90	0.27	15.5	266	16.65	*8	0.71	15.73	0.12	0.02	*0.00
Fruit Choice Lunch	1 piece	223	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	100	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	169	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	27	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	59	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	61	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	61	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	36	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Deli Sandwich Condiments	serving	5	15	1	58	0.02	0.04	1.7	0	0.0	*0	0.09	0.66	1.29	0.27	*0.00
Weighted Daily Average			546	55	1264	5.59	2.70	450.3	2907	19.15	*29	24.74	70.44	18.82	6.53	*0.00
% of Calories											*21.6%	18.1%	51.6%	31.0%	10.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion Values - Detailed

	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)
Thu - 04/22/2021																
Evesham ES Lunch	Total	451														
Pancakes, Mini Pillsbury Pouch	pouch (8 each)	410	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	41	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad Platter w/Cheese ES	salad	3	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Turkey&Chs w/ L,T NPri	sandwich	3	279	40	1088	4.61	1.97	236.0	1156	10.52	5	19.55	29.77	9.1	4.01	0.00
Sausage Patty, Cooked	1 patty	295	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Potato, Rounds	1/2 cup	400	110	0	235	1.50	0.09	0.0	0	2.1	0	1.5	15.0	4.75	0.50	0.00
Carrot sticks, raw	1/2 cup	65	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Apples w/ Cinnamon & Sugar	1/2 cup	222	53	0	5	1.62	1.46	13.1	4	1.17	*4	0.05	13.68	0.02	0.00	*0.00
Fruit Choice Lunch	1 piece	238	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	4	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	71	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	41	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	197	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	30	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	38	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbs	65	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	20	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	20	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	12	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Salad Platter Dressing Choice	2 tbs	3	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Deli Sandwich Condiments	serving	3	15	1	58	0.02	0.04	1.7	0	0.0	*0	0.09	0.66	1.29	0.27	*0.00
Syrup, Table, PFMA	1 OZ	384	73	0	3	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.67	0.0	0.00	0.00
Weighted Daily Average			660	27	688	7.19	1.86	310.0	2688	16.11	*36	17.66	103.06	20.20	4.53	*0.00
% of Calories											*21.7%	10.7%	62.4%	27.5%	6.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/23/2021																
Evesham ES Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	1 serving	404	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
Hot Dog w/Bun & Chips NP	1 each	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	311	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Carrot sticks, raw	1/2 cup	145	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	270	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	200	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	19	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	189	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	145	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	54	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	54	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			545	25	800	7.84	3.50	488.4	8780	20.33	*35	22.17	70.60	19.71	5.76	*0.01
% of Calories											*25.4%	16.3%	51.8%	32.5%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Mon - 04/26/2021																
Evesham ES Lunch	Total	472														
Corn Dog Bites, Chicken	6 nuggets	384	310	50	490	3.00	1.44	20.0	100	0.0	6	14.0	26.0	16.0	3.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	88	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	125	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
BEANS, BAKED	1/2 CUP	200	142	0	495	7.21	2.80	84.2	206	0.0	8	7.21	28.87	0.0	0.00	*0.00
Cucumbers and Celery	1/2 cup	74	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	110	95	0	10	1.67	0.48	10.0	347	3.17	23	0.67	24.93	0.12	0.02	0.00
Fruit Choice Lunch	1 piece	289	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	109	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	11	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	184	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	30	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	36	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	74	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	244	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	44	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	26	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			601	54	972	8.95	3.26	323.9	775	15.70	*37	24.55	78.34	21.10	5.10	*0.00
% of Calories											*24.9%	16.3%	52.1%	31.6%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Tue - 04/27/2021																
Evesham ES Lunch	Total	461														
Meatballs on Torpedo w/Sce ES	Sandwich	339	269	32	364	2.75	2.88	143.5	167	1.98	*3	15.05	29.86	9.43	3.47	0.05
Hot Dog w/Bun & Chips NP	sandwich	122	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cheese Stick	serving	100	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Broccoli/Cauliflower, raw	3/4 cup	85	18	0	20	1.44	0.35	20.8	166	41.82	1	1.47	3.63	0.2	0.08	0.00
Tropical Fruit Salad	1/2 cup	118	61	0	2	1.90	0.27	15.5	266	16.65	*8	0.71	15.73	0.12	0.02	*0.00
Fruit Choice Lunch	1 piece	223	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	3	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	113	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	11	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	191	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	31	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	39	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	85	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	412	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	50	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			502	43	706	5.33	3.08	441.0	765	25.51	*28	23.90	63.93	16.85	6.08	*0.04
% of Calories											*22.0%	19.1%	51.0%	30.2%	10.9%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Wed - 04/28/2021																
Evesham ES Lunch	Total	470														
Turkey & Cheese Sandwich	sandwich	408	246	40	1113	4.00	1.99	155.0	150	4.8	4	21.69	27.02	5.5	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	367	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Carrot & Cauliflower Stix, raw	1/2 cup	99	19	0	36	1.55	0.43	17.1	5004	12.99	2	0.71	4.23	0.12	0.04	0.00
Apples,Fresh	1 EACH	239	55	0	1	2.54	0.13	6.4	57	4.88	11	0.28	14.64	0.18	0.03	0.00
Fruit Choice Lunch	1 piece	83	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	11	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	167	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	45	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	99	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	31	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Deli Sandwich Condiments	serving	6	15	1	58	0.02	0.04	1.7	0	0.0	*0	0.09	0.66	1.29	0.27	*0.00
Weighted Daily Average			505	44	1334	7.27	2.73	347.8	1559	14.14	*25	27.48	66.49	14.40	3.68	*0.00
% of Calories											*19.8%	21.8%	52.7%	25.7%	6.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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)
Thu - 04/29/2021																
Evesham ES Lunch	Total	548														
Chicken - Roasted	serving	496	281	94	101	1.07	1.29	72.7	94	0.33	*2	24.23	9.3	16.04	3.53	*0.04
Hot Dog w/Bun & Chips NP	sandwich	52	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Pasta side	1/2 CUP	250	207	0	45	3.86	1.43	19.3	201	0.0	*0	7.19	35.82	5.07	2.15	0.00
Corn: canned, cooked	1/2 cup	271	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Cucumbers and Celery	1/2 cup	139	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	274	95	0	10	1.67	0.48	10.0	347	3.17	23	0.67	24.93	0.12	0.02	0.00
Fruit Choice Lunch	1 piece	165	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	183	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	49	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	139	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	26	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	26	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	16	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			584	92	435	6.11	2.56	262.7	767	10.71	*32	32.83	66.55	22.21	5.59	*0.03
% of Calories											*21.6%	22.5%	45.6%	34.2%	8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 04/30/2021																
Evesham ES Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	1 serving	404	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
Hot Dog w/Bun & Chips NP	1 each	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	311	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Carrot sticks, raw	1/2 cup	145	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	270	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	200	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	19	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	189	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	145	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	54	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	54	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			545	25	800	7.84	3.50	488.4	8780	20.33	*35	22.17	70.60	19.71	5.76	*0.01
% of Calories											*25.4%	16.3%	51.8%	32.5%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			598	43	989	7.53	*3.13	*435.4	*3153	*27.38	*34	25.13	79.75	20.56	6.10	*0.06
											*51.4%	16.8%	53.3%	30.9%	9.2%	*0.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Princeton Food Management Associates

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	598		550 - 650	100%														
Cholesterol (mg)	43																	
Sodium 1 (mg)	989		1230															
Sodium 2 (mg)	989		935						54	Correction Required - Sodium too High								
Fiber (g)	7.53																	
Iron (mg)	3.13					Missing												
Calcium (mg)	435.4					Missing												
Vitamin A (IU)	3153					Missing												
Sugars (g)	34	22.84%				Missing												
Vitamin C (mg)	27.38					Missing												
Protein (g)	25.13	16.81%																
Carbohydrate (g)	79.75	53.34%																
Total Fat (g)	20.56	30.94%																
Saturated Fat (g)	6.10	9.18%	<10.00%															
Trans Fat ¹ (g)	0.06	0.09%				Missing												

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