

Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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)
Mon - 02/01/2021																
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
Peas, canned, cooked	1/2 CUP	105	130	0	473	8.18	1.97	38.4	1527	7.01	5	7.46	18.97	3.17	1.07	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			541	39	900	8.07	*3.46	*308.7	*1988	*96.44	*43	26.16	80.78	13.58	3.65	*0.00
% of Calories											*32.0%	19.3%	59.7%	22.6%	6.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 2021

Base Menu Spreadsheet

Evesham ES Lunch

Portion 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 - 02/02/2021																
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
BEANS, BAKED	1/2 CUP	150	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	75	12	0	13	0.96	0.23	13.8	111	27.88	1	0.98	2.42	0.14	0.05	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
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
Deli Sandwich Condiments	serving	7	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			665	61	1345	9.41	4.12	404.2	1067	23.56	*34	29.39	89.78	21.23	5.99	*0.00
% of Calories											*20.5%	17.7%	54.0%	28.7%	8.1%	*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)
Wed - 02/03/2021																
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 Sticks, raw	3/4 CUP	99	54	0	91	3.69	0.40	43.5	22023	7.78	6	1.23	12.63	0.32	0.04	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
Cookie, Choc. Chip, 1oz, WG	cookie	470	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	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			625	49	1443	8.77	5.80	359.5	7579	13.81	*37	29.06	88.10	18.15	4.72	*0.00
% of Calories											*23.8%	18.6%	56.4%	26.1%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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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 - 02/04/2021																
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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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 - 02/05/2021																
Evesham ES Lunch	Total	623														
Pizza, 4 x 6 Tony's 50/50	serving	561	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	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	1	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			471	20	623	7.33	3.42	456.2	3979	15.24	*31	20.88	65.69	14.05	4.66	*0.00
% of Calories											*26.6%	17.7%	55.7%	26.8%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<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 - 02/08/2021																
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
Cucumbers & Carrots, raw	3/4 cup	72	33	0	46	2.04	0.31	28.0	11052	4.98	4	0.87	7.73	0.2	0.04	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			600	50	1050	7.39	2.01	565.8	2867	30.86	*38	25.92	83.19	19.96	8.85	*0.46
% of Calories											*25.2%	17.3%	55.4%	29.9%	13.3%	*0.7%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/09/2021																
Evesham ES Lunch	Total	465														
Chicken, Popcorn	3.6oz serving	390	252	22	383	3.28	1.97	43.8	109	0.0	1	15.32	15.32	14.23	2.74	0.00
Hot Dog w/Bun & Chips NP	sandwich	75	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	325	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	157	53	0	355	2.47	1.17	33.8	591	5.6	*0	1.56	5.86	3.13	1.39	*0.00
Cucumbers and Celery	1/2 cup	49	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Pineapple Chunks, canned	1/2 cup	142	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	235	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	79	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	16	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	233	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	43	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	20	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	45	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	37	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	37	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	23	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	339	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			564	30	906	7.60	3.46	332.5	819	17.54	*41	25.09	74.82	18.98	4.46	*0.00
% of Calories											*29.2%	17.8%	53.1%	30.3%	7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/10/2021																
Evesham ES Lunch	Total	496														
Cheesesteak/Roll w/L,T,ES	sandwich	452	346	60	362	2.43	2.26	118.9	437	4.5	2	16.82	25.86	18.57	8.01	0.00
Hot Dog w/Bun & Chips NP	sandwich	44	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	390	87	0	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	3.0	1.00	0.00
Carrot sticks, raw	1/2 cup	150	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pears: canned,light syrup	1/2 cup	268	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	191	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	14	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	5	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	141	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	38	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	29	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	150	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	450	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	22	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	13	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			588	62	651	6.61	*2.69	*276.2	*5148	*15.61	*29	21.82	72.66	23.57	9.09	*0.00
% of Calories											*19.9%	14.8%	49.4%	36.1%	13.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/11/2021																
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	200	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
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			599	54	920	8.02	2.91	313.1	745	15.70	*36	23.72	76.44	22.07	5.23	*0.00
% of Calories											*24.1%	15.8%	51.0%	33.1%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/12/2021																
Evesham ES Lunch	Total	516														
Pizza, 4 x 6 Tony's 50/50	serving	461	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	sandwich	55	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, Romaine	1 CUP	287	25	0	9	1.84	0.76	31.4	3750	7.63	3	1.41	5.51	0.28	0.05	0.00
Cucumbers & Carrots, raw	1/2 cup	108	22	0	31	1.36	0.20	18.7	7368	3.32	3	0.58	5.15	0.13	0.02	0.00
Peaches: canned, LS	1/2 CUP	160	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	336	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	87	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	43	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	224	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	43	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	54	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	27	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	27	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
Side Salad Dressing Choice	1 tbsp	287	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			547	25	757	7.72	3.33	570.4	4374	21.47	*39	24.13	74.01	17.12	5.35	*0.01
% of Calories											*28.4%	17.7%	54.1%	28.2%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/15/2021																
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
Crackers, Goldfish, 3/4oz.	.75 oz bag	300	100	0	170	1.00	0.36	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
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			481	44	1333	7.04	2.93	356.0	4006	16.27	*28	27.75	65.51	12.43	3.42	*0.00
% of Calories											*23.2%	23.1%	54.4%	23.3%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/16/2021																
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	200	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	185	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Cucumbers and Celery	1/2 cup	62	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Pear & Cherry Salad	1/2 cup	143	78	0	9	2.14	0.44	9.9	740	1.8	*15	0.37	20.33	0.05	0.00	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
Side Salad Dressing Choice	1 tbsp	185	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			654	46	1309	8.85	2.87	605.5	4661	25.26	*37	23.38	82.44	26.49	9.65	*0.01
% of Calories											*22.4%	14.3%	50.4%	36.4%	13.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/17/2021																
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
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	350	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Mixed Vegetables: canned,ckd	1/2 cup	112	67	0	41	4.00	0.75	22.8	3934	2.91	3	2.6	11.91	1.05	0.44	0.00
Broccoli/Cauliflower, raw	1/2 cup	85	12	0	13	0.96	0.23	13.8	111	27.88	1	0.98	2.42	0.14	0.05	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
Pudding, Assorted	1 each	100	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	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			624	40	836	7.27	3.66	425.4	1857	23.65	*32	24.79	83.40	21.30	6.04	*0.04
% of Calories											*20.6%	15.9%	53.4%	30.7%	8.7%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/18/2021																
Evesham ES Lunch	Total	510														
Egg, Bacon & Cheese on Bagel	Sandwich	436	280	115	730	4.00	1.80	95.0	250	0.0	6	15.5	32.5	9.75	3.75	0.00
Hot Dog w/Bun & Chips NP	sandwich	74	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	360	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	147	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Applesauce, cnd, plain PFMA	1/2 cup	149	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	198	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	23	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	8	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	236	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	63	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	47	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	147	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	397	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	37	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	22	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			546	108	1108	7.35	2.23	332.9	4905	20.68	*31	22.92	74.98	17.36	5.03	*0.00
% of Calories											*22.5%	16.8%	54.9%	28.6%	8.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/19/2021																
Evesham ES Lunch	Total	529														
Pizza, 4 x 6 Tony's 50/50	serving	451	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	sandwich	78	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Caesar, Side	1 cup	275	75	1	195	1.64	0.78	27.9	2232	1.95	2	2.15	10.86	2.72	0.76	*0.00
Carrot & Celery Stix, raw	1/2 cup	83	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	0.00
Pears: canned,light syrup	1/2 cup	158	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	376	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	87	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	43	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	226	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	83	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	38	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	38	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	22	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	275	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			584	26	869	7.93	3.30	556.5	2592	18.67	*39	24.17	78.78	19.08	5.90	*0.01
% of Calories											*26.6%	16.5%	53.9%	29.4%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/22/2021																
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 slice	100	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01	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
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			700	62	1331	8.70	3.70	445.9	915	28.51	*37	33.93	91.52	22.28	6.69	*0.79
% of Calories											*20.9%	19.4%	52.3%	28.6%	8.6%	*1.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/23/2021																
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
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
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
Mandarin Oranges	1/2 cup	247	99	0	9	1.89	0.58	12.6	2037	30.86	*N/A*	0.85	25.28	0.22	0.02	*N/A*
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			634	31	821	8.37	3.51	280.3	1846	36.38	*31	25.44	86.22	22.14	5.07	*0.00
% of Calories											*19.7%	16.1%	54.4%	31.4%	7.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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)
Wed - 02/24/2021																
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
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 tbsp	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
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			655	26	674	7.12	1.83	306.8	2645	15.98	*36	17.42	102.56	19.95	4.45	*0.00
% of Calories											*21.9%	10.6%	62.6%	27.4%	6.1%	*0.0%
Nutrient Guideline			550-650		1230									<10.00		

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/25/2021																
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	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			520	44	1355	7.48	3.15	355.7	4022	16.27	*29	28.03	69.78	14.62	3.72	*0.00
% of Calories											*21.9%	21.6%	53.7%	25.3%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Princeton Food Management Associates

Feb 1, 2021 thru Feb 28, 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 - 02/26/2021																
Evesham ES Lunch	Total	580														
Pizza, 4 x 6 Tony's 50/50	serving	524	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	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			523	25	728	7.07	3.10	543.5	915	19.87	*35	23.24	69.14	16.91	5.37	*0.01
% of Calories											*26.5%	17.8%	52.9%	29.1%	9.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			592	44	988	7.74	*3.21	*415.3	*3038	*24.57	*35	24.84	80.47	19.38	5.68	*0.07
											*52.9%	16.8%	54.4%	29.5%	8.6%	*0.1%

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Feb 1, 2021 thru Feb 28, 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	592		550 - 650	100%													
Cholesterol (mg)	44																
Sodium 1 (mg)	988		1230														
Sodium 2 (mg)	988		935						53	Correction Required - Sodium too High							
Fiber (g)	7.74																
Iron (mg)	3.21					Missing											
Calcium (mg)	415.3					Missing											
Vitamin A (IU)	3038					Missing											
Sugars (g)	35	23.53%				Missing											
Vitamin C (mg)	24.57					Missing											
Protein (g)	24.84	16.78%															
Carbohydrate (g)	80.47	54.36%															
Total Fat (g)	19.38	29.46%															
Saturated Fat (g)	5.68	8.63%	<10.00%														
Trans Fat ¹ (g)	0.07	0.10%				Missing											

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