

Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/03/2021																
Evesham MS Lunch	Total	530														
Cheeseburger	sandwich	484	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	46	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	150	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01	0.00
Potatoes, French Fries	1/2 cup	460	87	0	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	3.0	1.00	0.00
BEANS, BAKED	1/2 CUP	240	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	207	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	225	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	174	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	37	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	26	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	27	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	181	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	64	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	53	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	207	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	23	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	23	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	14	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	300	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	450	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			665	65	1340	8.68	*3.53	*414.7	*891	*33.33	*33	34.53	88.28	19.91	6.58	*0.91
% of Calories											*20.0%	20.8%	53.1%	27.0%	8.9%	*1.2%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Evesham MS 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 - 05/04/2021																
Evesham MS Lunch	Total	553														
Chicken Nuggets MS/HS 6ea	6 nuggets	518	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
Hot Dog w/Bun & Chips NP	sandwich	35	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
Peas, canned, cooked	1/2 CUP	196	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	219	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	269	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	146	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	39	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	26	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	27	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	176	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	56	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	219	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	18	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	18	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	11	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	300	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			509	44	952	8.42	3.96	255.5	3098	112.49	*34	27.89	67.55	14.94	3.55	*0.00
% of Calories											*26.5%	21.9%	53.1%	26.4%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Evesham MS 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 - 05/05/2021																
Evesham MS Lunch	Total	628														
Toasted Cheese S.W.	1 EACH	586	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	42	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	500	100	0	170	1.00	0.36	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
Cherry Tomatoes	3/4 cup	333	20	0	6	1.34	0.30	11.2	931	15.31	3	0.98	4.35	0.22	0.03	0.00
Pear & Cherry Salad	1/2 cup	197	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	157	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	32	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	18	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	19	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	231	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	69	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	55	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	333	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	21	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	21	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			581	46	1341	6.92	2.15	592.2	1703	19.54	*26	21.92	69.35	24.29	9.37	*0.00
% of Calories											*18.2%	15.1%	47.7%	37.6%	14.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Evesham MS 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 - 05/06/2021																
Evesham MS Lunch	Total	458														
Spaghetti w/ Meatballs (MS/HS)	1 CUP	415	383	36	388	6.90	4.72	112.5	512	6.89	*2	20.68	52.31	11.05	3.87	0.00
Hot Dog w/Bun & Chips NP	sandwich	43	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	256	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
Broccoli & Carrots, raw	1/2 cup	323	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	197	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	27	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	17	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	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	55	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	323	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	21	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	21	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			668	43	846	11.66	5.98	367.9	4924	33.48	*35	29.41	100.15	18.63	5.40	*0.00
% of Calories											*20.9%	17.6%	60.0%	25.1%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Evesham MS 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 - 05/07/2021																
Evesham MS Lunch	Total	571														
Pizza, Cheese, Personal Pan	pizza	559	330	25	390	6.00	2.70	350.0	400	9.0	6	25.0	36.0	11.0	6.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	12	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	316	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	160	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	356	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	205	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	25	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	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	250	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	67	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	50	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	160	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	3	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	3	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	2	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	316	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			555	31	643	9.41	3.52	589.2	5216	24.84	*38	32.10	74.27	16.47	6.83	*0.01
% of Calories											*27.3%	23.2%	53.6%	26.7%	11.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Mon - 05/10/2021																
Evesham MS Lunch	Total	537														
Chicken, Tangerine, PFMA	2.82 oz serving	507	190	45	380	2.00	1.44	0.0	0	0.0	13	14.0	25.0	4.0	1.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	30	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
RICE,Cooked Brown	3/4 cup	371	170	0	8	2.21	0.78	5.7	0	0.0	*0	3.79	35.38	1.34	0.36	*0.00
Peas & Carrots, Frozen	1/2 cup	195	57	0	74	2.51	0.76	18.6	7795	6.56	4	2.5	8.2	2.3	0.96	0.00
Cucumbers and Celery	1/2 cup	315	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Mandarin Oranges	1/2 cup	257	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	235	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Cookie, Fortune	cookie	102	30	0	5	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	*N/A*
Milk, FF, White, Lactaid PFMA	1/2 pint	28	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	18	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	17	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	58	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	46	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	315	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
Weighted Daily Average			543	51	632	7.16	2.77	236.9	4308	28.67	*33	23.81	89.65	10.83	2.53	*0.00
% of Calories											*24.1%	17.5%	66.1%	18.0%	4.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/11/2021																
Evesham MS Lunch	Total	348														
Pancakes, Mini Pillsbury Pouch	pouch (8 each)	330	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	18	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	2 patties	223	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
Potato, Rounds	1/2 cup	348	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	125	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	295	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	228	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	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	7	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	50	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	125	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	436	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	9	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	5	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	229	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			779	41	875	8.71	2.35	331.9	5895	20.85	*43	21.40	113.68	27.01	6.48	*0.00
% of Calories											*22.2%	11.0%	58.3%	31.2%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/12/2021																
Evesham MS Lunch	Total	590														
Macaroni & Cheese, PFMA	1 CUP	542	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	48	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	227	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	283	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Cucumbers & Carrots, raw	1/2 cup	187	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	303	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	228	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	16	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	17	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	59	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	303	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	24	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	24	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	14	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	283	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			576	53	1045	6.80	1.62	544.2	6589	41.36	*38	23.22	74.70	22.51	9.40	*0.56
% of Calories											*26.5%	16.1%	51.9%	35.2%	14.7%	*0.9%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/13/2021																
Evesham MS Lunch	Total	496														
Meatballs on Torpedow/sc MS/HS	Sandwich	452	357	41	473	3.00	4.10	159.5	168	2.23	*3	20.05	42.11	12.18	4.35	0.05
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, FF,Reg/Sweet Mix Con	1/2 cup	390	89	0	120	1.50	*0.18	*10.0	*2005	*1.2	3	1.0	15.02	3.0	0.50	0.00
Mixed Vegetables: canned,ckd	1/2 cup	310	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	150	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	268	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	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	15	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	5	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	151	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	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	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			621	44	776	9.23	*4.87	*340.8	*4684	*31.59	*28	26.83	88.99	18.43	5.66	*0.05
% of Calories											*17.7%	17.3%	57.3%	26.7%	8.2%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/14/2021																
Evesham MS Lunch	Total	513														
Pizza, Chs WG (Big Daddy) MSHS	slice	404	400	35	440	4.00	2.70	350.4	400	0.0	7	19.02	43.05	16.02	7.01	0.00
Hot Dog w/Bun & Chips NP	sandwich	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Carrot & Celery Stix, raw	1/2 cup	145	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	0.00
Salad, Caesar, Side	1 cup	302	75	1	195	1.64	0.78	27.9	2232	1.95	2	2.15	10.86	2.72	0.76	*0.00
Pears: canned,light syrup	1/2 cup	270	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	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	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	16	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	15	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	50	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	302	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	32	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			645	42	829	7.92	3.52	521.5	3499	11.99	*36	25.00	83.97	23.43	8.24	*0.00
% of Calories											*22.2%	15.5%	52.1%	32.7%	11.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/17/2021																
Evesham MS Lunch	Total	473														
Chicken Patty/Wht Bun	sandwich	432	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	41	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Potatoes, Sweet, Fries,	1/2 cup	159	170	0	240	2.00	0.36	20.0	3000	6.0	8	1.0	25.0	7.0	1.00	0.00
Corn: canned, cooked	1/2 cup	162	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	116	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	208	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	152	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	17	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	15	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	14	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	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	34	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	864	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	235	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	822	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	35	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	21	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			610	40	1189	7.33	2.68	452.5	6426	76.72	*32	27.09	85.19	19.02	3.83	*0.02
% of Calories											*21.3%	17.7%	55.8%	28.0%	5.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/18/2021																
Evesham MS Lunch	Total	548														
Corn Dog Bites, Chicken	6 nuggets	504	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	44	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	344	110	0	235	1.50	0.09	0.0	0	2.1	0	1.5	15.0	4.75	0.50	0.00
BEANS, BAKED	1/2 CUP	320	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	110	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	300	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	155	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	15	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	9	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	150	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	40	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	30	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	110	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	642	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			619	52	1108	10.14	3.58	225.0	739	10.63	*37	23.48	83.82	21.15	4.40	*0.00
% of Calories											*24.2%	15.2%	54.2%	30.7%	6.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/19/2021																
Evesham MS Lunch	Total	465														
Cheesesteak/Roll w/L,T,C, MSHS	sandwich	459	398	60	417	2.53	3.00	119.7	503	5.59	3	18.89	37.17	19.09	8.01	0.00
Hot Dog w/Bun & Chips NP	sandwich	6	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	404	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	1	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Carrot sticks, raw	1/2 cup	196	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	242	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	154	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	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	7	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	201	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	54	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	175	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	407	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	3	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	2	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			653	65	726	6.02	*3.30	*355.5	*7130	*20.61	*30	26.23	83.16	24.31	9.23	*0.00
% of Calories											*18.5%	16.1%	51.0%	33.5%	12.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/20/2021																
Evesham MS Lunch	Total	289														
Nachos, Grnd Beef,2z Chs MSHS	serving	268	453	50	661	4.72	1.64	238.9	385	0.02	*4	19.22	47.46	20.73	6.28	*0.00
Hot Dog w/Bun & Chips NP	sandwich	21	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 Cup, 1/2c,2sl	serving	238	15	0	6	1.06	0.28	11.0	640	9.0	2	0.78	3.17	0.16	0.02	0.00
Carrot & Celery Stix, raw	1/2 cup	100	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	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	113	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Churros, Tio Pepe's	1/2 churro	168	70	0	37	0.50	0.54	10.0	0	0.0	3	1.5	11.5	2.0	0.75	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	12	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	4	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	123	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	32	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	24	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	11	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	11	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	6	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			679	54	868	8.38	2.64	464.7	3347	19.66	*36	26.65	89.45	24.65	7.19	*0.00
% of Calories											*21.2%	15.7%	52.7%	32.6%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/21/2021																
Evesham MS Lunch	Total	559														
Pizza, Cheese Cruncher, MSHS	5 piece	528	500	38	1000	5.00	2.12	535.0	623	2.98	2	25.0	50.0	22.5	10.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	31	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	169	10	0	6	0.59	0.20	12.5	138	16.56	1	0.67	2.12	0.09	0.03	0.00
Salad, Garden, Tossed	1 cup	140	24	0	10	1.50	0.54	25.7	648	7.17	3	1.29	5.39	0.22	0.04	0.00
Pears: canned,light syrup	1/2 cup	360	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	228	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	21	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	213	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	57	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	169	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	16	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	16	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	9	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	140	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			699	42	1170	8.32	2.71	717.8	1158	20.18	*34	30.41	87.82	26.15	10.42	*0.00
% of Calories											*19.2%	17.4%	50.2%	33.7%	13.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/24/2021																
Evesham MS Lunch	Total	510														
Hoagie Sandwich MS/HS	sandwich	436	362	70	1029	2.54	2.83	194.9	658	7.12	3	23.93	38.7	12.35	5.27	0.00
Hot Dog w/Bun & Chips NP	1 each	74	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	360	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	147	54	0	91	3.69	0.40	43.5	22023	7.78	6	1.23	12.63	0.32	0.04	0.00
Tropical Fruit Salad	1/2 cup	149	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	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	24	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	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	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	74	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	277	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	277	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
Pickles, Dill Slices, 2 sl	2 slices	240	2	0	113	0.14	0.04	8.0	18	0.32	0	0.07	0.34	0.04	0.01	0.00
Deli Sandwich Condiments	serving	9	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			646	70	1405	6.58	3.55	457.9	7481	22.79	*29	31.36	84.17	20.69	6.56	*0.00
% of Calories											*18.1%	19.4%	52.1%	28.8%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/25/2021																
Evesham MS Lunch	Total	518														
Chicken, Tenders, WG, 3.06oz,	serving	506	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	12	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	190	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
BEANS, BAKED	1/2 CUP	157	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	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			547	30	823	8.17	3.50	264.2	1515	32.09	*32	24.13	74.37	17.66	2.91	*0.00
% of Calories											*23.3%	17.6%	54.4%	29.0%	4.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/26/2021																
Evesham MS Lunch	Total	495														
French Toast Sticks MS/HS	6 sticks	492	420	0	300	3.00	2.70	375.0	0	0.0	12	9.0	52.5	18.0	3.00	0.00
Hot Dog w/Bun & Chips NP	1 each	3	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	2 patties	261	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
Potato, Rounds	1/2 cup	455	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	194	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	248	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	138	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	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	192	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	194	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	2	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	2	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	1	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	367	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			863	33	871	6.85	3.08	596.0	6184	24.52	*36	22.44	110.05	35.55	7.74	*0.00
% of Calories											*16.5%	10.4%	51.0%	37.1%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/27/2021																
Evesham MS Lunch	Total	487														
Ravioli, Jumbo Cheese, MS/HS	4 each	447	366	70	1595	2.67	2.85	369.6	946	11.02	*3	24.11	44.93	10.41	4.73	*0.00
Hot Dog w/Bun & Chips NP	sandwich	40	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	234	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Salad, Garden, Romaine	1 CUP	295	25	0	9	1.84	0.76	31.4	3750	7.63	3	1.41	5.51	0.28	0.05	0.00
Cucumbers and Celery	1/2 cup	151	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Applesauce, cnd, plain PFMA	1/2 cup	339	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	184	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	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	7	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	46	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
Ranch Dip for veggies	1 tbsp	151	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
Weighted Daily Average			580	72	1738	7.17	4.14	553.3	3566	43.22	*30	30.77	85.39	14.40	5.34	*0.00
% of Calories											*20.9%	21.2%	58.9%	22.3%	8.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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 - 05/28/2021																
Evesham MS 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			600-700		1360										<10.00	

Mon - 05/31/2021																
Evesham MS Lunch	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			629	47	999	8.08	*3.35	*438.5	*4357	*32.44	*34	26.54	85.23	20.99	6.37	*0.08
											*48.3%	16.9%	54.2%	30.0%	9.1%	*0.1%

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Princeton Food Management Associates

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

Evesham MS 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	629		600 - 700		100%												
Cholesterol (mg)	47																
Sodium 1 (mg)	999			1360													
Sodium 2 (mg)	999			1035													
Fiber (g)	8.08																
Iron (mg)	3.35					Missing											
Calcium (mg)	438.5					Missing											
Vitamin A (IU)	4357					Missing											
Sugars (g)	34	21.44%				Missing											
Vitamin C (mg)	32.44					Missing											
Protein (g)	26.54	16.88%															
Carbohydrate (g)	85.23	54.19%															
Total Fat (g)	20.99	30.02%															
Saturated Fat (g)	6.37	9.11%		<10.00%													
Trans Fat ¹ (g)	0.08	0.11%				Missing											

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