

# Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 <sup>1</sup> (g)
Wed - 05/01/2024																
Evesham ES Lunch	Total	470														
Turkey Club, ES	sandwich	162	314	45	1276	2.54	2.48	139.9	508	5.62	6	26.08	32.72	7.84	2.76	0.00
PBJ (Straw OR Grp) chs & Chips	serving	41	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	serving	2	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	5	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Potatoes, FF,Reg/Sweet Mix Con	1/2 cup	145	89	0	120	1.50	*0.18	*10.0	*2005	*1.2	3	1.0	15.02	3.0	0.50	0.00
Corn: canned, cooked	1/2 cup	367	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Cucumbers	1/2 cup	99	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	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
Salad Platter Dressing Choice	2 tbsp	2	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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			452	27	974	5.99	*2.20	*282.1	*3219	*12.25	*32	20.71	65.19	13.36	3.82	*0.00
% of Calories											*28.3%	18.3%	57.7%	26.6%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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 <sup>1</sup> (g)
Thu - 05/02/2024																
Evesham ES Lunch	Total	391														
Cheeseburger	sandwich	256	341	62	533	2.00	1.80	135.0	150	0.0	3	24.5	29.5	13.5	5.00	1.00
PBJ (Straw OR Grp) chs & Chips	serving	46	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*0.00
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
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
Tuna Salad on WG bread NPrint	sandwich	5	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Lettuce & Tomato1 leaf,2 slice	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
Sun Chips	bag (7/8oz)	337	123	0	158	1.75	0.32	0.0	44	0.0	2	1.75	15.75	5.25	0.87	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
Peppers, Red and Green Slices	1/2 cup	50	11	0	2	0.87	0.18	3.9	805	47.86	2	0.43	2.45	0.11	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	101	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	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
Salad Platter Dressing Choice	2 tbsp	3	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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			726	56	1340	9.41	3.52	445.1	1146	25.04	*42	33.03	95.75	23.39	7.07	*0.65
% of Calories											*23.0%	18.2%	52.7%	29.0%	8.8%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

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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 <sup>1</sup> (g)
Fri - 05/03/2024																
Evesham ES Lunch	Total	623														
Pizza, French Bread	slice	452	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
PBJ (Straw OR Grp) chs & Chips	serving	41	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	1	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	4	279	40	1088	4.61	1.97	236.0	1156	10.52	5	19.55	29.77	9.1	4.01	0.00
Broccoli, raw	1/2 cup	132	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.04	0.00
Salad, Garden, Tossed	1 cup	325	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	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
Salad Platter Dressing Choice	2 tbsp	1	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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
Deli Sandwich Condiments	serving	4	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			468	24	752	5.95	2.96	448.5	1237	20.78	*29	20.22	62.35	16.76	5.30	*0.01
% of Calories											*24.6%	17.3%	53.3%	32.3%	10.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Mon - 05/06/2024																
Evesham ES Lunch	Total	380														
Toasted Cheese S.W.	1 EACH	229	331	40	1049	4.00	1.44	383.7	649	4.8	4	14.12	30.07	17.09	8.52	0.00
PBJ (Straw OR Grp) chs & Chips	serving	38	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	6	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	7	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Soup, Tomato	1 CUP	100	94	0	504	1.04	0.75	3.5	417	6.25	12	2.08	20.83	0.0	0.00	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 & Celery Stix, raw	1/2 cup	62	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	143	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	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
Salad Platter Dressing Choice	2 tbsp	6	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Weighted Daily Average			666	43	1359	8.11	2.64	569.8	2148	23.07	*39	24.36	88.19	24.62	8.93	*0.00
% of Calories											*23.7%	14.6%	53.0%	33.3%	12.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Values - Detailed

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Tue - 05/07/2024																
Evesham ES Lunch	Total	482														
Chicken Nuggets E.S.	5 nuggets	378	184	33	380	2.00	2.00	20.0	79	87.0	0	15.0	13.0	8.0	2.00	0.00
PBJ (Straw OR Grp) chs & Chips	1 each	38	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	4	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	4	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Potatoes, dehyd. mashed	1/2 cup	150	71	0	173	1.00	0.36	22.5	56	36.02	0	2.0	13.01	1.23	0.56	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
Broccoli/Cauliflower, raw	1/2 cup	98	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	199	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	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
Salad Platter Dressing Choice	2 tbsp	4	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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			516	38	863	7.06	2.92	329.6	1005	112.24	*43	24.98	73.38	14.21	4.03	*0.00
% of Calories											*33.0%	19.3%	56.8%	24.8%	7.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Wed - 05/08/2024																
Evesham ES Lunch	Total	424														
Spaghetti w/ Meatballs (E.S.)	serving	245	251	27	298	3.70	3.27	81.3	409	5.46	*1	13.88	31.33	8.18	2.88	0.00
PBJ (Straw OR Grp) chs & Chips	serving	52	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	7	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	7	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	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
Cucumbers	1/2 cup	55	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	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
Gelatin, W/ Whipped Topping	1/2 cup	1	92	0	84	0.00	0.00	3.6	0	0.0	20	2.0	7.0	1.0	1.00	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
Salad Platter Dressing Choice	2 tbsp	7	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Weighted Daily Average			546	35	814	7.42	3.90	381.0	1121	18.81	*31	23.59	74.64	18.04	5.79	*0.00
% of Calories											*22.7%	17.3%	54.7%	29.7%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Thu - 05/09/2024																
Evesham ES Lunch	Total	444														
Nachos, Grnd Beef, 2z Chs,ES	serving	313	322	50	546	2.53	1.25	216.9	385	0.02	*4	17.02	27.72	15.79	5.73	*0.00
PBJ Sandwich Homemade	sandwich	42	584	20	745	7.00	*2.58	*111.8	*20	*4.8	17	20.15	61.11	31.63	9.12	0.02
Hot Dog w/Bun & Chips NP	sandwich	77	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	4	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	8	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Lettuce & Tomato Cup, 1/2c,2sl	serving	154	15	0	6	1.06	0.28	11.0	640	9.0	2	0.78	3.17	0.16	0.02	0.00
Beans, Black, Plain	1/2 cup	52	294	0	2	19.38	4.68	60.1	13	0.0	1	19.74	52.81	1.2	0.31	0.00
Corn: canned, cooked	1/2 cup	245	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Peaches: canned, LS	1/2 CUP	138	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	211	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	359	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	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	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	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	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	23	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 tbsp	4	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Weighted Daily Average			673	52	929	9.45	*3.13	*463.2	*1228	*17.44	*38	29.24	88.95	23.76	8.02	*0.00
% of Calories											*22.4%	17.4%	52.9%	31.8%	10.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Fri - 05/10/2024																
Evesham ES Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	serving	335	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	59	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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 Platter w/Cheese ES	salad	1	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Ham & Cheese Sandwich w/ L,T	sandwich	9	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	0.00
Salad, Garden, Tossed	1 cup	311	24	0	10	1.50	0.54	25.7	648	7.17	3	1.29	5.39	0.22	0.04	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
Fruit Cocktail:canned,lt syrup	1/2 cup	270	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	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
Salad Platter Dressing Choice	2 tbsp	1	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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
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			592	26	837	7.75	3.26	470.8	5213	17.24	*41	22.54	77.92	21.75	6.23	*0.01
% of Calories											*27.7%	15.2%	52.7%	33.1%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Mon - 05/13/2024																
Evesham ES Lunch	Total	450														
French Toast Sticks ES	4 stick serving	358	280	0	200	2.00	1.80	250.0	0	0.0	8	6.0	35.0	12.0	2.00	0.00
PBJ (Straw OR Grp) chs & Chips	1 serving	21	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	1 salad	6	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Ham & Cheese Sandwich w/ L,T	1 sandwich	3	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	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
Juice, Assorted	4 fl.oz.	153	60	0	3	0.00	0.23	8.3	0	34.0	12	0.0	14.0	0.0	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
Salad Platter Dressing Choice	2 tbsp	6	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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
Deli Sandwich Condiments	1 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
Weighted Daily Average			737	32	840	6.24	2.27	508.7	3918	30.91	*37	20.42	100.56	27.38	6.60	*0.00
% of Calories											*20.2%	11.1%	54.5%	33.4%	8.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Tue - 05/14/2024																
Evesham ES Lunch	Total	434														
Macaroni & Cheese, PFMA	1 CUP	282	298	47	749	2.00	0.00	355.0	659	0.0	3	16.0	26.0	15.0	8.50	0.60
PBJ (Straw OR Grp) chs & Chips	serving	40	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*0.00
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
Salad Platter w/Cheese ES	salad	9	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	5	279	40	1088	4.61	1.97	236.0	1156	10.52	5	19.55	29.77	9.1	4.01	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	303	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	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
Broccoli, raw	1/2 cup	72	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.04	0.00
Peaches: canned, LS	1/2 CUP	112	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Pudding, Assorted	1 each	1	120	0	122	0.00	0.00	60.0	750	0.0	15	2.0	19.33	3.83	0.17	0.00
Whipped Topping Rich's	2 Tbsp	1	25	0	0	0.00	0.00	0.0	0	0.0	2	0.0	2.0	2.0	2.00	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
Side Salad Dressing Choice	1 tbsp	303	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Salad Platter Dressing Choice	2 tbsp	9	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	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			612	51	1047	8.11	2.03	582.6	7160	29.39	*36	25.32	74.50	24.96	9.53	*0.40
% of Calories											*23.8%	16.6%	48.7%	36.7%	14.0%	*0.6%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Wed - 05/15/2024																
Evesham ES Lunch	Total	449														
Hoagie Sandwich ES	sandwich	223	263	60	775	2.66	2.15	121.7	559	7.4	3	19.52	26.5	8.36	3.27	0.00
PBJ (Straw OR Grp) chs & Chips	serving	56	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	9	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Ham & Cheese Sandwich w/ L,T	sandwich	7	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	0.00
Sun Chips	bag (7/8oz)	440	123	0	158	1.75	0.32	0.0	44	0.0	2	1.75	15.75	5.25	0.87	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
Peppers, Red and Green Slices	1/2 cup	75	11	0	2	0.87	0.18	3.9	805	47.86	2	0.43	2.45	0.11	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	151	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	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
Salad Platter Dressing Choice	2 tbsp	9	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	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			675	52	1263	9.55	3.65	397.1	1334	26.15	*38	27.45	90.12	22.72	6.50	*0.00
% of Calories											*22.4%	16.3%	53.4%	30.3%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Thu - 05/16/2024																
Evesham ES Lunch	Total	394														
Chicken, Tangerine, PFMA	2.82 oz serving	218	190	45	380	2.00	1.44	0.0	0	0.0	13	14.0	25.0	4.0	1.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	57	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*0.00
Hot Dog w/Bun & Chips NP	sandwich	106	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	10	279	40	1088	4.61	1.97	236.0	1156	10.52	5	19.55	29.77	9.1	4.01	0.00
RICE,Cooked Brown	3/4 cup	187	170	0	8	2.21	0.78	5.7	0	0.0	*0	3.79	35.38	1.34	0.36	*0.00
Carrots: canned, cooked	1/2 cup	87	42	0	265	1.54	0.66	25.6	11518	2.76	3	0.66	5.67	2.03	0.87	0.00
Broccoli, frozen, boiled	1/2 cup	175	38	0	22	2.96	0.60	32.5	1051	39.54	1	3.06	5.28	1.31	0.56	0.00
Mandarin Oranges	1/2 cup	170	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	275	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	300	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	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	57	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	174	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	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	53	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	53	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
Salad Platter Dressing Choice	2 tbsp	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	10	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			648	45	807	8.61	3.02	359.5	4504	48.34	*36	25.85	99.07	17.55	5.15	*0.00
% of Calories											*22.4%	16.0%	61.1%	24.4%	7.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Fri - 05/17/2024																
Evesham ES Lunch	Total	516														
Pizza, Cheese, Personal Pan	pizza	422	330	30	680	3.00	0.00	0.0	0	0.0	2	21.0	33.0	12.0	7.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	30	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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 Platter w/Cheese ES	serving	5	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	4	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Salad, Garden, Tossed	1 cup	287	24	0	10	1.50	0.54	25.7	648	7.17	3	1.29	5.39	0.22	0.04	0.00
Carrot & Celery Stix, raw	1/2 cup	108	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	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
Salad Platter Dressing Choice	2 tbsp	5	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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			576	38	941	6.78	1.02	311.5	2173	21.27	*34	28.36	72.98	19.07	8.04	*0.01
% of Calories											*23.8%	19.7%	50.7%	29.8%	12.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Mon - 05/20/2024																
Evesham ES Lunch	Total	580														
Pizza, Cheese Cruncher ES	4 piece	483	400	30	800	4.00	1.70	428.0	498	2.38	2	20.0	40.0	18.0	8.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	33	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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 Platter w/Cheese ES	salad	6	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	2	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	300	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Celery Sticks	1/2 Cup	69	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	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
Pudding, Assorted	1 each	1	120	0	122	0.00	0.00	60.0	750	0.0	15	2.0	19.33	3.83	0.17	0.00
Whipped Topping Rich's	2 Tbsp	1	25	0	0	0.00	0.00	0.0	0	0.0	2	0.0	2.0	2.0	2.00	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
Salad Platter Dressing Choice	2 tbsp	6	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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			614	39	1015	7.53	2.52	647.2	4530	20.73	*30	26.88	74.41	23.98	8.96	*0.01
% of Calories											*19.4%	17.5%	48.5%	35.1%	13.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Tue - 05/21/2024																
Evesham ES Lunch	Total	472														
Corn Dog Bites, Chicken	6 nuggets	285	310	50	490	3.00	1.44	20.0	100	0.0	6	14.0	26.0	16.0	3.50	0.00
PBJ (Straw OR Grp) chs & Chips	serving	52	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	6	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	9	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Potatoes, French Fries	1/2 cup	375	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	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	1/2 cup	74	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	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
Salad Platter Dressing Choice	2 tbsp	6	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Weighted Daily Average			618	48	916	8.16	*2.63	*332.1	*782	*15.86	*36	23.42	82.32	22.18	5.95	*0.00
% of Calories											*23.5%	15.2%	53.3%	32.3%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
<b>Wed - 05/22/2024</b>																
Evesham ES Lunch	Total	462														
Bacon Chsburger	sandwich	221	371	67	643	2.00	1.80	135.0	150	0.0	3	26.5	29.5	15.75	5.75	1.00
PBJ (Straw OR Grp) chs & Chips	serving	101	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*0.00
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
Salad Platter w/Cheese ES	salad	8	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	9	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	0.00
Lettuce & Tomato Cup, 1/2c,2sl	serving	92	15	0	6	1.06	0.28	11.0	640	9.0	2	0.78	3.17	0.16	0.02	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
Corn: canned, cooked	1/2 cup	105	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	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Mandarin Oranges	1/2 cup	189	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	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	107	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	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	36	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	105	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	60	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
Salad Platter Dressing Choice	2 tbsp	8	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Weighted Daily Average			733	55	1064	7.19	2.93	413.0	1721	27.12	*30	30.52	89.85	28.56	8.16	*0.48
% of Calories											*16.2%	16.7%	49.1%	35.1%	10.0%	*0.6%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Thu - 05/23/2024																
Evesham ES Lunch	Total	513														
Cheesesteak/Roll w/L,T,ES	sandwich	335	346	60	362	2.43	2.26	118.9	437	4.5	2	16.82	25.86	18.57	8.01	0.00
PBJ (Straw OR Grp) chs & Chips	59	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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 Platter w/Cheese ES	salad	1	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Ham & Cheese Sandwich w/ L,T	sandwich	9	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	0.00
Lettuce & Tomato Cup, 1/2c,2sl	serving	311	15	0	6	1.06	0.28	11.0	640	9.0	2	0.78	3.17	0.16	0.02	0.00
Potatoes, FF,Reg/Sweet Mix Con	1/2 cup	145	89	0	120	1.50	*0.18	*10.0	*2005	*1.2	3	1.0	15.02	3.0	0.50	0.00
Peaches: canned, LS	1/2 CUP	270	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Broccoli, raw	1/2 cup	1	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.04	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
Salad Platter Dressing Choice	2 tbsp	1	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	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			575	54	679	6.17	*2.83	*328.1	*1884	*19.99	*32	22.70	67.97	23.95	8.41	*0.00
% of Calories											*22.5%	15.8%	47.3%	37.5%	13.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Fri - 05/24/2024																
Evesham ES Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	335	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00	
PBJ (Straw OR Grp) chs & Chips	59	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*0.00	
Hot Dog w/Bun & Chips NP	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 Platter w/Cheese ES	1	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00	
Ham & Cheese Sandwich w/ L,T	9	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	0.00	
Salad, Garden, Tossed	311	24	0	10	1.50	0.54	25.7	648	7.17	3	1.29	5.39	0.22	0.04	0.00	
Broccoli/Cauliflower, raw	145	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	270	90	0	8	2.53	0.44	7.9	0	1.11	19	0.3	23.99	0.05	0.00	0.00	
COOKIE, Sugar, WG, 1 oz. Otis	1	100	10	80	1.00	2.70	0.0	500	0.0	8	1.0	18.0	3.0	1.00	0.00	
Fruit Choice Lunch	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	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	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	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	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	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	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	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	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	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	33	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	1	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02	
Side Salad Dressing Choice	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01	
Deli Sandwich Condiments	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			583	26	823	7.78	3.23	465.4	913	22.57	*38	22.39	75.77	21.70	6.23	*0.01
% of Calories											*26.0%	15.4%	52.0%	33.5%	9.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/27/2024																
Evesham ES 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			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Tue - 05/28/2024																
Evesham ES Lunch	Total	417														
Chicken Patty/Wht Bun	sandwich	260	334	33	658	4.00	2.16	260.0	4000	52.2	3	21.0	41.0	10.0	2.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	53	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	4	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Tuna Salad on WG bread NPrint	sandwich	4	253	33	638	4.35	1.97	88.8	81	5.84	4	18.99	27.48	8.15	1.22	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
Carrot sticks, raw	1/2 cup	87	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Peaches: canned, LS	1/2 CUP	122	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	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
Salad Platter Dressing Choice	2 tbsp	4	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
Weighted Daily Average			673	40	1073	8.55	*2.63	*487.4	*6333	*52.17	*37	28.14	95.42	21.52	5.86	*0.01
% of Calories											*21.9%	16.7%	56.7%	28.8%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Wed - 05/29/2024																
Evesham ES Lunch	Total	481														
Meatballs on Torpedo w/Sce ES	Sandwich	378	269	32	364	2.75	2.88	143.5	167	1.98	*3	15.05	29.86	9.43	3.47	0.05
PBJ (Straw OR Grp) chs & Chips	1 each	37	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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
Salad Platter w/Cheese ES	salad	4	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Ham & Cheese Sandwich w/ L,T	sandwich	4	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	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
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, raw	1/2 cup	155	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.04	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	247	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	183	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	1	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	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
Salad Platter Dressing Choice	2 tbsp	4	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	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			589	36	818	7.03	3.90	379.9	1034	24.62	*34	23.25	79.78	20.01	5.70	*0.04
% of Calories											*23.3%	15.8%	54.1%	30.6%	8.7%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Thu - 05/30/2024																
Evesham ES Lunch	Total	461														
Chicken - Roasted	serving	221	281	94	101	1.07	1.29	72.7	94	0.33	*2	24.23	9.3	16.04	3.53	*0.04
PBJ (Straw OR Grp) chs & Chips	serving	101	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*0.00
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
Salad Platter w/Cheese ES	salad	8	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	9	279	40	1088	4.61	1.97	236.0	1156	10.52	5	19.55	29.77	9.1	4.01	0.00
Potatoes, Sweet, Fries,	1/2 cup	350	170	0	240	2.00	0.36	20.0	3000	6.0	8	1.0	25.0	7.0	1.00	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, raw	1/2 cup	85	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.04	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	118	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	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	1	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
Salad Platter Dressing Choice	2 tbsp	8	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	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			705	68	827	7.31	2.52	406.3	4074	24.51	*41	29.05	82.56	28.90	7.24	*0.02
% of Calories											*23.1%	16.5%	46.8%	36.9%	9.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Princeton Food Management Associates**

**May 1, 2024 thru May 31, 2024**

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 <sup>1</sup> (g)
Fri - 05/31/2024																
Evesham ES Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	serving	335	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	59	537	15	638	4.39	1.73	243.2	166	0.0	*14	19.35	50.0	28.75	7.89	*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 Platter w/Cheese ES	salad	1	375	121	723	5.79	2.66	236.6	5340	8.24	5	15.72	41.95	15.33	6.20	*0.00
Ham & Cheese Sandwich w/ L,T	sandwich	9	284	56	1119	4.61	2.21	247.2	1156	11.19	5	17.25	29.31	11.61	4.85	0.00
Salad, Garden, Tossed	1 cup	311	24	0	10	1.50	0.54	25.7	648	7.17	3	1.29	5.39	0.22	0.04	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
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	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
Salad Platter Dressing Choice	2 tbsp	1	117	5	308	0.00	0.00	8.0	20	0.48	2	0.2	3.2	11.4	1.80	0.02
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
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			584	26	833	7.92	3.21	468.6	2368	15.53	*38	22.27	76.18	21.69	6.22	*0.01
% of Calories											*26.2%	15.3%	52.2%	33.4%	9.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			616	41	946	7.64	*2.86	*430.8	*2684	*28.46	*36	25.21	81.27	21.82	6.72	*0.07
											*52.6%	16.4%	52.7%	31.9%	9.8%	*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

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Evesham ES Lunch

Portion Values - Detailed

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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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	616		550 - 650	100%													
Cholesterol (mg)	41																
Sodium 1 (mg)	946		1230														
Sodium 2 (mg)	946		935						11	Correction Required - Sodium too High							
Fiber (g)	7.64																
Iron (mg)	2.86					Missing											
Calcium (mg)	430.8					Missing											
Vitamin A (IU)	2684					Missing											
Sugars (g)	36	23.37%				Missing											
Vitamin C (mg)	28.46					Missing											
Protein (g)	25.21	16.36%															
Carbohydrate (g)	81.27	52.73%															
Total Fat (g)	21.82	31.86%															
Saturated Fat (g)	6.72	9.81%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.07	0.11%				Missing											

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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