

Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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)
Wed - 05/01/2024																
Evesham MS Lunch	Total	470														
Turkey Club, MSHS	sandwich	162	288	45	1228	5.07	2.37	168.2	2922	11.4	5	24.38	29.5	7.91	2.77	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			443	27	957	6.86	*2.16	*291.9	*4051	*14.25	*32	20.12	64.07	13.39	3.82	*0.00
% of Calories											*28.7%	18.2%	57.8%	27.2%	7.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/02/2024																
Evesham MS Lunch	Total	530														
Cheeseburger	sandwich	300	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	35	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	46	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 MSHS	serving	3	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*0.00
Tuna Salad on WG bread NPrint	sandwich	10	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	150	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)	460	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	240	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	207	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	225	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	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
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	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			638	46	1265	9.12	3.40	386.3	1337	31.17	*40	28.40	87.27	19.40	5.35	*0.57
% of Calories											*24.8%	17.8%	54.7%	27.4%	7.5%	*0.8%
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 - 05/03/2024																
Evesham MS Lunch	Total	560														
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, Chx Caesar Sld	serving	1	300	46	831	5.79	2.95	62.8	4858	17.84	*5	17.29	41.32	6.63	1.03	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			520	27	837	6.62	3.30	498.7	1375	23.13	*32	22.49	69.36	18.63	5.88	*0.01
% of Calories											*24.6%	17.3%	53.3%	32.2%	10.2%	*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)
Mon - 05/06/2024																
Evesham MS Lunch	Total	628														
Toasted Cheese S.W.	1 EACH	209	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	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	42	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 MSHS	serving	2	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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
Soup, Tomato	1 CUP	228	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	500	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	333	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	0.00
PEACHES,FRESH	1 EACH	197	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.02	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
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
Weighted Daily Average			431	23	954	4.96	1.53	382.7	3651	13.69	*26	15.23	57.68	15.58	4.68	*0.00
% of Calories											*24.4%	14.1%	53.6%	32.6%	9.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/07/2024																
Evesham MS Lunch	Total	553														
Chicken Nuggets MS/HS 6ea	6 nuggets	300	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
PBJ (Straw OR Grp) chs & Chips	1 each	22	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	35	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 MSHS	serving	3	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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, dehyd. mashed	1/2 cup	391	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	196	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	219	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	269	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	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
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
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			454	30	848	7.27	2.84	265.9	1107	115.85	*32	21.69	64.01	12.89	3.40	*0.00
% of Calories											*28.6%	19.1%	56.4%	25.6%	6.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/08/2024																
Evesham MS Lunch	Total	458														
Spaghetti w/ Meatballs (MS/HS)	1 CUP	230	383	36	388	6.90	4.72	112.5	512	6.89	*2	20.68	52.31	11.05	3.87	0.00
PBJ (Straw OR Grp) chs & Chips	serving	34	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	43	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 MSHS	serving	2	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*0.00
Tuna Salad on WG bread NPrint	sandwich	14	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	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
Cucumbers	1/2 cup	323	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	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
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	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
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
Weighted Daily Average			556	31	745	8.61	4.22	338.1	1133	19.52	*35	22.85	82.25	16.72	4.52	*0.00
% of Calories											*24.9%	16.4%	59.2%	27.1%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/09/2024																
Evesham MS Lunch	Total	343														
Nachos, Grnd Beef,2z Chs MSHS	SERVINGS	321	453	50	661	4.72	1.64	238.9	385	0.02	*4	19.22	47.46	20.73	6.28	*0.00
PBJ Sandwich Homemade	sandwich	11	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	7	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 MSHS	serving	2	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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
Lettuce & Tomato Cup, 1/2c,2sl	serving	50	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	47	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	216	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	297	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Churros, Tio Pepe's	1/2 churro	1	70	0	37	0.50	0.54	10.0	0	0.0	3	1.5	11.5	2.0	0.75	0.00
Fruit Choice Lunch	1 piece	133	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	10	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	4	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	105	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	21	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	124	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	4	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	4	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
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
Weighted Daily Average			719	53	947	11.50	*3.02	*405.2	*1255	*14.60	*37	28.39	98.72	25.25	7.27	*0.00
% of Calories											*20.7%	15.8%	54.9%	31.6%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/10/2024																
Evesham MS 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 MSHS	serving	1	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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	471.2	5218	17.25	*41	22.55	77.92	21.76	6.23	*0.01
% of Calories											*27.7%	15.2%	52.7%	33.1%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/13/2024																
Evesham MS Lunch	Total	495														
French Toast Sticks MS/HS	6 sticks	367	420	0	300	3.00	2.70	375.0	0	0.0	12	9.0	52.5	18.0	3.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	9	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	3	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 MSHS	serving	2	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*0.00
Ham & Cheese Sandwich w/ L,T	sandwich	5	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	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
Juice, Assorted	4 fl.oz.	248	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	194	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	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
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
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
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			775	34	824	5.54	2.43	511.7	6212	28.15	*33	20.67	98.00	31.73	7.22	*0.00
% of Calories											*17.0%	10.7%	50.6%	36.9%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/14/2024																
Evesham MS Lunch	Total	590														
Macaroni & Cheese, PFMA	1 CUP	250	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	32	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	48	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, Chx Caesar Sld	serving	2	300	46	831	5.79	2.95	62.8	4858	17.84	*5	17.29	41.32	6.63	1.03	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	283	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	186	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	187	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	303	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	228	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	253	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	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
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
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			472	31	733	6.05	1.42	411.0	5807	25.85	*36	17.18	62.34	18.32	5.88	*0.26
% of Calories											*30.8%	14.6%	52.8%	34.9%	11.2%	*0.5%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/15/2024																
Evesham MS Lunch	Total	470														
Hoagie Sandwich MS/HS	sandwich	162	362	70	1029	2.54	2.83	194.9	658	7.12	3	23.93	38.7	12.35	5.27	0.00
PBJ (Straw OR Grp) chs & Chips	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, Chx Caesar Sld	serving	2	300	46	831	5.79	2.95	62.8	4858	17.84	*5	17.29	41.32	6.63	1.03	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
Sun Chips	bag (7/8oz)	506	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	145	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	200	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	239	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	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	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	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	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	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	35	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	160	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	200	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
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			581	36	1070	7.85	3.11	317.3	1298	30.45	*34	21.70	80.20	19.29	5.07	*0.00
% of Calories											*23.7%	14.9%	55.2%	29.9%	7.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/16/2024																
Evesham MS Lunch	Total	537														
Chicken, Tangerine, PFMA	2.82 oz serving	372	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	26	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	30	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, Chx Caesar Sld	serving	2	300	46	831	5.79	2.95	62.8	4858	17.84	*5	17.29	41.32	6.63	1.03	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
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
Carrots: canned, cooked	1/2 cup	195	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	195	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	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
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
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			529	41	642	7.23	2.61	254.3	5965	40.72	*30	21.67	86.04	11.70	2.87	*0.00
% of Calories											*22.5%	16.4%	65.1%	19.9%	4.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/17/2024																
Evesham MS Lunch	Total	571														
Pizza, Cheese, Personal Pan	pizza	547	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	5	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	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 Platter w/Cheese MSHS	serving	4	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*0.00
Tuna Salad on WG bread NPrint	sandwich	3	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	316	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	160	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	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
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
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			556	36	936	6.35	0.79	250.9	2575	15.77	*34	28.07	71.17	17.69	7.82	*0.01
% of Calories											*24.5%	20.2%	51.2%	28.6%	12.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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May 1, 2024 thru May 31, 2024

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 - 05/20/2024																
Evesham MS Lunch	Total	559														
Pizza, Cheese Cruncher, MSHS	5 piece	502	500	38	1000	5.00	2.12	535.0	623	2.98	2	25.0	50.0	22.5	10.00	0.00
PBJ (Straw OR Grp) chs & Chips	serving	20	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	31	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, Chef Salad	serving	1	345	122	987	6.37	3.15	126.2	6265	10.08	6	16.08	44.07	10.77	3.31	*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
Celery Sticks	1/2 Cup	169	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	140	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Pears: canned,light syrup	1/2 cup	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
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	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
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	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	8.65	2.79	710.8	2762	16.03	*34	30.15	87.73	26.29	10.26	*0.00
% of Calories											*19.5%	17.2%	50.2%	33.8%	13.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/21/2024																
Evesham MS Lunch	Total	548														
Corn Dog Bites, Chicken	6 nuggets	276	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	44	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, Chx Caesar Sld	serving	2	300	46	831	5.79	2.95	62.8	4858	17.84	*5	17.29	41.32	6.63	1.03	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
Potatoes, French Fries	1/2 cup	344	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	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	1/2 cup	110	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	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 tbs	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
Salad Platter Dressing Choice	2 tbs	2	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			531	33	886	8.97	*3.12	*239.0	*704	*9.36	*36	19.47	78.23	16.28	4.03	*0.00
% of Calories											*27.3%	14.7%	58.9%	27.6%	6.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/22/2024																
Evesham MS Lunch	Total	465														
Bacon Chsburger	sandwich	34	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	26	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	6	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, Chef Salad	serving	1	345	122	987	6.37	3.15	126.2	6265	10.08	6	16.08	44.07	10.77	3.31	*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 & Tomato Cup, 1/2c,2sl	serving	50	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	404	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	196	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Mandarin Oranges	1/2 cup	242	99	0	9	1.89	0.58	12.6	2037	30.86	*N/A*	0.85	25.28	0.22	0.02	*N/A*
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
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
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
Weighted Daily Average			405	12	543	4.69	1.30	265.5	1677	26.49	*23	12.70	62.79	12.07	2.36	*0.07
% of Calories											*22.9%	12.6%	62.1%	26.8%	5.2%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/23/2024																
Evesham MS Lunch	Total	513														
Cheesesteak/Roll w/L,T,C, MSHS	sandwich	335	398	60	417	2.53	3.00	119.7	503	5.59	3	18.89	37.17	19.09	8.01	0.00
PBJ (Straw OR Grp) chs & Chips	1 each	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 MSHS	serving	1	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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			609	54	716	6.23	*3.32	*329.0	*1933	*20.71	*32	24.06	75.36	24.30	8.42	*0.00
% of Calories											*21.3%	15.8%	49.5%	35.9%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/24/2024																
Evesham MS Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	servicing	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	servicing	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 MSHS	servicing	1	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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
Broccoli/Cauliflower, raw	1/2 cup	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	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
COOKIE, Sugar, WG, 1 oz. Otis	1 cookie	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	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	servicing	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	465.8	918	22.58	*38	22.40	75.77	21.71	6.24	*0.01
% of Calories											*26.0%	15.4%	52.0%	33.5%	9.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 05/27/2024																
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	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/28/2024																
Evesham MS Lunch	Total	473														
Chicken Patty/Wht Bun	sandwich	196	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	10	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	41	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad Platter, Chef Salad	serving	2	345	122	987	6.37	3.15	126.2	6265	10.08	6	16.08	44.07	10.77	3.31	*0.00
Tuna Salad on WG bread NPrint	sandwich	3	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	159	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	162	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	116	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	208	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	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
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
Weighted Daily Average			441	24	846	5.52	*1.63	*324.3	*5955	*35.11	*31	17.37	65.55	13.41	3.02	*0.02
% of Calories											*28.3%	15.7%	59.4%	27.4%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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)
Wed - 05/29/2024																
Evesham MS Lunch	Total	518														
Meatballs on Torpedow/sc MS/HS	Sandwich	360	357	41	473	3.00	4.10	159.5	168	2.23	*3	20.05	42.11	12.18	4.35	0.05
PBJ (Straw OR Grp) chs & Chips	1 each	5	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	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 Platter w/Cheese MSHS	serving	4	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	190	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			502	35	690	5.70	3.92	335.9	970	23.09	*31	21.87	71.36	15.00	4.47	*0.04
% of Calories											*24.4%	17.4%	56.9%	26.9%	8.0%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/30/2024																
Evesham MS Lunch	Total	496														
Meatballs on Torpedow/sc MS/HS	Sandwich	187	357	41	473	3.00	4.10	159.5	168	2.23	*3	20.05	42.11	12.18	4.35	0.05
PBJ (Straw OR Grp) chs & Chips	serving	22	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	44	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 MSHS	serving	2	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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
Potatoes, Sweet, Fries,	1/2 cup	390	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	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, raw	1/2 cup	150	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	268	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	191	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	236	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	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
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	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			599	24	725	8.15	3.05	304.9	5862	28.18	*46	18.18	91.21	18.45	4.26	*0.02
% of Calories											*30.6%	12.1%	60.9%	27.7%	6.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

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 - 05/31/2024																
Evesham MS 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 MSHS	serving	1	457	56	887	6.24	2.46	430.4	7901	9.74	6	19.23	44.14	22.16	10.73	*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	834	7.92	3.21	468.9	2373	15.53	*38	22.27	76.19	21.70	6.23	*0.01
% of Calories											*26.2%	15.3%	52.2%	33.4%	9.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			555	33	856	7.24	*2.71	*374.0	*2915	*26.70	*34	21.79	76.51	18.71	5.42	*0.05
											*55.4%	15.7%	55.1%	30.3%	8.8%	*0.1%

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Princeton Food Management Associates

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Evesham MS 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 ¹ (g)
Calories	555		Weekly Target	600 - 700	93%	Miss Data	Shortfall	45	Overage	Error Messages (if any)							
Cholesterol (mg)	33									Correction Required - Calories are Low							
Sodium 1 (mg)	856			1360													
Sodium 2 (mg)	856			1035													
Fiber (g)	7.24																
Iron (mg)	2.71					Missing											
Calcium (mg)	374.0					Missing											
Vitamin A (IU)	2915					Missing											
Sugars (g)	34	24.63%				Missing											
Vitamin C (mg)	26.70					Missing											
Protein (g)	21.79	15.70%															
Carbohydrate (g)	76.51	55.10%															
Total Fat (g)	18.71	30.32%															
Saturated Fat (g)	5.42	8.79%		<10.00%													
Trans Fat ¹ (g)	0.05	0.07%				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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.