

Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/01/2021																
Evesham MS Lunch	Total	628														
Toasted Cheese S.W.	1 EACH	586	331	40	1049	4.00	1.44	383.7	649	4.8	4	14.12	30.07	17.09	8.52	0.00
Hot Dog w/Bun & Chips NP	sandwich	42	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	500	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Cucumbers and Celery	3/4 cup	333	14	0	45	1.09	0.22	28.5	291	2.82	1	0.64	3.07	0.14	0.04	0.00
RAISINS	1/4 CUP	197	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Fruit Choice Lunch	1 piece	157	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	32	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	18	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	19	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	231	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	69	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	55	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	333	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	21	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	21	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	13	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			612	46	1360	6.94	2.35	602.2	1147	12.62	*29	21.99	73.64	25.91	9.62	*0.00
% of Calories											*18.9%	14.4%	48.1%	38.1%	14.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/02/2021																
Evesham MS Lunch	Total	473														
Chicken Patty/Wht Bun	sandwich	432	334	33	658	4.00	2.16	260.0	4000	52.2	3	21.0	41.0	10.0	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	41	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cheese Stick	serving	159	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Corn: canned, cooked	1/2 cup	162	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Broccoli & Carrots, raw	1/2 cup	116	19	0	27	1.32	0.22	18.4	5206	17.63	2	0.78	4.1	0.14	0.03	0.00
Applesauce, cnd, plain PFMA	1/2 cup	208	54	0	3	1.40	0.29	5.1	37	27.05	12	0.22	14.38	0.13	0.01	0.00
Fruit Choice Lunch	1 piece	152	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	17	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	15	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	14	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	169	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	45	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	34	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Chicken Patty Condiments	sandwich	864	10	0	64	0.00	0.00	1.7	20	0.92	1	0.0	1.02	0.67	0.13	*0.01
Ranch Dip for veggies	1 tbsp	235	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	822	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	35	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	21	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Chicken Patty Condiments	serving	196	10	0	64	0.00	0.00	1.7	20	0.92	1	0.0	1.02	0.67	0.13	*0.01
Weighted Daily Average			586	45	1185	6.65	2.59	516.1	5475	75.08	*30	29.23	77.57	18.85	4.75	*0.02
% of Calories											*20.5%	19.9%	52.9%	28.9%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Evesham MS Lunch

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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 - 03/03/2021																
Evesham MS Lunch	Total	470														
Hoagie Sandwich MS/HS	sandwich	408	362	70	1029	2.54	2.83	194.9	658	7.12	3	23.93	38.7	12.35	5.27	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	506	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Broccoli/Cauliflower, raw	3/4 cup	200	18	0	20	1.44	0.35	20.8	166	41.82	1	1.47	3.63	0.2	0.08	0.00
Pears: canned,light syrup	1/2 cup	239	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	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
Weighted Daily Average			685	71	1401	6.79	3.87	392.6	1057	30.37	*29	30.55	87.95	23.95	7.01	*0.00
% of Calories											*16.9%	17.8%	51.4%	31.5%	9.2%	*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)
Thu - 03/04/2021																
Evesham MS Lunch	Total	553														
Chicken Nuggets MS/HS 6ea	6 nuggets	500	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
Hot Dog w/Bun & Chips NP	sandwich	53	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	300	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Potatoes, French Fries	1/2 cup	391	87	0	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	3.0	1.00	0.00
Green Beans:canned,cooked	1/2 cup	196	53	0	355	2.47	1.17	33.8	591	5.6	*0	1.56	5.86	3.13	1.39	*0.00
Carrot & Celery Stix, raw	1/2 cup	219	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	0.00
Pineapple Chunks, canned	1/2 cup	269	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	146	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	39	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	26	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	27	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	176	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	38	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	56	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	219	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	18	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	18	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	11	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Dips for Nuggets/Tenders	serving	300	64	0	127	0.02	0.05	0.7	0	0.64	16	0.03	16.15	0.0	0.00	*0.00
Weighted Daily Average			551	44	992	7.17	*3.69	*256.2	*2764	*108.59	*32	26.38	74.40	17.56	4.56	*0.00
% of Calories											*23.3%	19.2%	54.0%	28.7%	7.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Evesham MS Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/05/2021																
Evesham MS Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	1 serving	404	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
Hot Dog w/Bun & Chips NP	1 each	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	311	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Carrot sticks, raw	1/2 cup	145	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	270	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	200	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	19	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	189	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	145	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	54	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	54	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			545	25	800	7.84	3.50	488.4	8780	20.33	*35	22.17	70.60	19.71	5.76	*0.01
% of Calories											*25.4%	16.3%	51.8%	32.5%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/08/2021																
Evesham MS Lunch	Total	590														
Macaroni & Cheese, PFMA	1 CUP	542	298	47	749	2.00	0.00	355.0	659	0.0	3	16.0	26.0	15.0	8.50	0.60
Hot Dog w/Bun & Chips NP	sandwich	48	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	227	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Cucumbers & Carrots, raw	3/4 cup	187	33	0	46	2.04	0.31	28.0	11052	4.98	4	0.87	7.73	0.2	0.04	0.00
Strawberries: frozen	1/2 cup	303	122	0	4	2.42	0.75	14.0	31	52.79	31	0.68	33.05	0.17	0.01	0.00
Fruit Choice Lunch	1 piece	228	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	16	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	17	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	186	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	59	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	47	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	303	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	24	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	24	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	14	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			539	51	972	5.96	1.19	527.5	4465	37.90	*37	22.53	72.05	19.63	8.94	*0.55
% of Calories											*27.4%	16.7%	53.5%	32.8%	14.9%	*0.9%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/09/2021																
Evesham MS Lunch	Total	548														
Corn Dog Bites, Chicken	6 nuggets	504	310	50	490	3.00	1.44	20.0	100	0.0	6	14.0	26.0	16.0	3.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	44	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	344	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
BEANS, BAKED	1/2 CUP	320	142	0	495	7.21	2.80	84.2	206	0.0	8	7.21	28.87	0.0	0.00	*0.00
Cucumbers and Celery	1/2 cup	110	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	300	95	0	10	1.67	0.48	10.0	347	3.17	23	0.67	24.93	0.12	0.02	0.00
Fruit Choice Lunch	1 piece	155	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Pudding, Assorted	1 each	167	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	9	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	150	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	40	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	30	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	110	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	642	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	22	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	13	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			669	52	1103	10.07	3.88	253.3	980	9.31	*43	24.40	90.91	23.14	4.64	*0.00
% of Calories											*25.5%	14.6%	54.4%	31.1%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/10/2021																
Evesham MS Lunch	Total	470														
Turkey & Cheese Sandwich	sandwich	408	246	40	1113	4.00	1.99	155.0	150	4.8	4	21.69	27.02	5.5	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cheese Stick	serving	145	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	367	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Carrot & Cauliflower Stix, raw	1/2 cup	99	19	0	36	1.55	0.43	17.1	5004	12.99	2	0.71	4.23	0.12	0.04	0.00
Peaches: canned, LS	1/2 CUP	239	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Fruit Choice Lunch	1 piece	83	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	11	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	167	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	45	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	99	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	31	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Club Condiments	serving	162	21	1	45	1.50	0.63	21.8	5046	4.99	1	0.94	3.01	0.88	0.17	0.00
Weighted Daily Average			544	49	1398	7.32	3.13	417.9	3540	14.90	*28	30.22	69.67	16.36	4.83	*0.00
% of Calories											*20.8%	22.2%	51.2%	27.0%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/11/2021																
Evesham MS Lunch	Total	343														
Nachos, Grnd Beef,2z Chs MSHS	SERVINGS	336	453	50	661	4.72	1.64	238.9	385	0.02	*4	19.22	47.46	20.73	6.28	*0.00
Hot Dog w/Bun & Chips NP	sandwich	7	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Lettuce & Tomato Cup, 1/2c,2sl	serving	50	15	0	6	1.06	0.28	11.0	640	9.0	2	0.78	3.17	0.16	0.02	0.00
Cucus & Broccoli, raw	3/4 cup	124	15	0	10	0.89	0.30	18.8	207	24.84	1	1.0	3.18	0.14	0.04	0.00
Mandarin Oranges	1/2 cup	297	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	133	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	100	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	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
Weighted Daily Average			682	54	823	7.93	2.38	414.1	2613	46.21	*25	25.27	90.57	23.66	6.95	*0.00
% of Calories											*14.9%	14.8%	53.1%	31.2%	9.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/12/2021																
Evesham MS Lunch	Total	560														
Pizza, French Bread	slice	498	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cucus & Broccoli, raw	1/2 cup	132	10	0	6	0.59	0.20	12.5	138	16.56	1	0.67	2.12	0.09	0.03	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	325	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Pears: canned,light syrup	1/2 cup	295	90	0	8	2.53	0.44	7.9	0	1.11	19	0.3	23.99	0.05	0.00	0.00
Fruit Choice Lunch	1 piece	180	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	6	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	180	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	48	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	36	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	132	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	31	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	295	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			503	27	827	6.82	3.61	513.4	4989	20.28	*31	22.37	68.20	17.39	5.65	*0.01
% of Calories											*24.6%	17.8%	54.3%	31.1%	10.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/15/2021																
Evesham MS Lunch	Total	518														
Chicken, Tenders, WG, 3.06oz,	serving	506	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	12	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	190	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	150	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Green Beans:canned,cooked	1/2 cup	157	53	0	355	2.47	1.17	33.8	591	5.6	*0	1.56	5.86	3.13	1.39	*0.00
Broccoli/Cauliflower, raw	1/2 cup	155	12	0	13	0.96	0.23	13.8	111	27.88	1	0.98	2.42	0.14	0.05	0.00
Mandarin Oranges	1/2 cup	247	99	0	9	1.89	0.58	12.6	2037	30.86	*N/A*	0.85	25.28	0.22	0.02	*N/A*
Fruit Choice Lunch	1 piece	183	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	20	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	6	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	9	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	193	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	39	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	155	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	6	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	6	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	3	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Dips for Nuggets/Tenders	serving	360	64	0	127	0.02	0.05	0.7	0	0.64	16	0.03	16.15	0.0	0.00	*0.00
Weighted Daily Average			558	30	829	7.13	3.18	253.5	1637	33.78	*30	23.00	72.30	20.37	3.57	*0.00
% of Calories											*21.2%	16.5%	51.8%	32.8%	5.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/16/2021																
Evesham MS Lunch	Total	348														
Pancakes, Mini Pillsbury Pouch	pouch (8 each)	330	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	18	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Sausage Patty, Cooked	2 patties	223	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
Potato, Rounds	1/2 cup	348	110	0	235	1.50	0.09	0.0	0	2.1	0	1.5	15.0	4.75	0.50	0.00
Carrot sticks, raw	1/2 cup	125	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Apples w/ Cinnamon & Sugar	1/2 cup	295	53	0	5	1.62	1.46	13.1	4	1.17	*4	0.05	13.68	0.02	0.00	*0.00
Fruit Choice Lunch	1 piece	228	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	6	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	7	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	183	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	50	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	125	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	436	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	9	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	5	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Syrup, Table, PFMA	1 OZ	229	73	0	3	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.67	0.0	0.00	0.00
Weighted Daily Average			779	41	875	8.71	2.35	331.9	5895	20.85	*43	21.40	113.68	27.01	6.48	*0.00
% of Calories											*22.2%	11.0%	58.3%	31.2%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/17/2021																
Evesham MS Lunch	Total	537														
Chicken, Tangerine, PFMA	2.82 oz serving	507	190	45	380	2.00	1.44	0.0	0	0.0	13	14.0	25.0	4.0	1.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	30	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
RICE,Cooked Brown	3/4 cup	371	170	0	8	2.21	0.78	5.7	0	0.0	*0	3.79	35.38	1.34	0.36	*0.00
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
Cucumbers and Celery	1/2 cup	315	9	0	30	0.72	0.15	19.0	194	1.88	1	0.43	2.05	0.09	0.03	0.00
Mandarin Oranges	1/2 cup	257	99	0	9	1.89	0.58	12.6	2037	30.86	*N/A*	0.85	25.28	0.22	0.02	*N/A*
Fruit Choice Lunch	1 piece	235	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	28	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	18	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	17	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	191	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	58	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	46	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	315	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	15	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	15	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	10	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			532	51	700	6.80	2.73	239.4	5660	27.30	*32	23.14	87.41	10.73	2.50	*0.00
% of Calories											*24.3%	17.4%	65.7%	18.2%	4.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/18/2021																
Evesham MS Lunch	Total	510														
Ham & Cheese on Pretzel bun	sandwich	436	294	64	969	3.00	2.70	111.8	150	1.01	3	19.23	31.34	9.77	4.26	0.00
Hot Dog w/Bun & Chips NP	1 each	74	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	360	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Cucumbers & Carrots, raw	3/4 cup	147	33	0	46	2.04	0.31	28.0	11052	4.98	4	0.87	7.73	0.2	0.04	0.00
Tropical Fruit Salad	1/2 cup	149	61	0	2	1.90	0.27	15.5	266	16.65	*8	0.71	15.73	0.12	0.02	*0.00
Fruit Choice Lunch	1 piece	191	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	24	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	8	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	9	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	236	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	63	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	74	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	147	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	277	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	277	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	22	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
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	66	1288	6.43	3.40	378.6	3876	16.60	*29	27.20	76.30	18.42	5.69	*0.00
% of Calories											*19.7%	18.7%	52.5%	28.5%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/19/2021																
Evesham MS Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	1 serving	404	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
Hot Dog w/Bun & Chips NP	1 each	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	311	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Carrot sticks, raw	1/2 cup	145	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	270	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	200	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	19	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	189	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	145	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	54	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	54	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			545	25	800	7.84	3.50	488.4	8780	20.33	*35	22.17	70.60	19.71	5.76	*0.01
% of Calories											*25.4%	16.3%	51.8%	32.5%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/22/2021																
Evesham MS Lunch	Total	530														
Cheeseburger	sandwich	484	341	62	533	2.00	1.80	135.0	150	0.0	3	24.5	29.5	13.5	5.00	1.00
Hot Dog w/Bun & Chips NP	sandwich	46	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Lettuce & Tomato	1 lf,2 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
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	460	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
BEANS, BAKED	1/2 CUP	240	142	0	495	7.21	2.80	84.2	206	0.0	8	7.21	28.87	0.0	0.00	*0.00
Broccoli/Cauliflower, raw	1/2 cup	207	12	0	13	0.96	0.23	13.8	111	27.88	1	0.98	2.42	0.14	0.05	0.00
Applesauce, cnd, plain PFMA	1/2 cup	225	54	0	3	1.40	0.29	5.1	37	27.05	12	0.22	14.38	0.13	0.01	0.00
Fruit Choice Lunch	1 piece	174	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	37	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	26	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	27	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	181	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	64	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	53	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	207	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	23	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	23	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	14	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Pickle Chips, Kosher Dill	4 slices	300	6	0	386	0.48	0.12	27.2	60	1.1	1	0.24	1.15	0.14	0.04	0.00
Weighted Daily Average			692	65	1309	9.02	4.03	428.6	851	32.65	*32	35.39	87.11	22.57	6.41	*0.91
% of Calories											*18.3%	20.5%	50.4%	29.4%	8.3%	*1.2%
Nutrient Guideline			600-700		1360										<10.00	

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Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/23/2021																
Evesham MS Lunch	Total	559														
Pizza, Cheese Cruncher, MSHS	5 piece	528	500	38	1000	5.00	2.12	535.0	623	2.98	2	25.0	50.0	22.5	10.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	31	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cucus & Broccoli, raw	3/4 cup	169	15	0	10	0.89	0.30	18.8	207	24.84	1	1.0	3.18	0.14	0.04	0.00
RAISINS	1/4 CUP	360	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Fruit Choice Lunch	1 piece	228	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	21	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	213	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	57	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	43	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	169	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	16	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	16	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	9	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			692	42	1131	7.45	2.74	721.6	1014	20.65	*36	30.74	89.45	24.71	10.20	*0.00
% of Calories											*20.6%	17.8%	51.7%	32.1%	13.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/24/2021																
Evesham MS Lunch	Total	470														
Turkey & Cheese Sandwich	sandwich	408	246	40	1113	4.00	1.99	155.0	150	4.8	4	21.69	27.02	5.5	2.00	0.00
Hot Dog w/Bun & Chips NP	sandwich	62	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Cheese Stick	serving	145	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Chips:Dorito,Cheeto,Frito,Sun	oz. bag	367	131	0	168	1.39	0.57	16.0	20	0.0	1	1.99	16.91	6.07	0.80	0.00
Carrot & Cauliflower Stix, raw	3/4 cup	99	28	0	54	2.33	0.64	25.7	7506	19.49	3	1.07	6.35	0.18	0.06	0.00
Peaches: canned, LS	1/2 CUP	239	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Fruit Choice Lunch	1 piece	83	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Cookie, Choc. Chip, 1oz, WG	cookie	470	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	1.00	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	11	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	10	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	167	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	45	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	33	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	99	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	31	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	31	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	19	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Club Condiments	serving	162	21	1	45	1.50	0.63	21.8	5046	4.99	1	0.94	3.01	0.88	0.17	0.00
Weighted Daily Average			646	54	1482	8.48	5.87	419.7	4567	16.27	*37	31.30	87.12	19.87	5.83	*0.00
% of Calories											*22.6%	19.4%	53.9%	27.7%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/25/2021																
Evesham MS Lunch	Total	348														
Pancakes, Mini Pillsbury Pouch	pouch (8 each)	330	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Hot Dog w/Bun & Chips NP	sandwich	18	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Sausage Patty, Cooked	2 patties	223	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
Potato, Rounds	1/2 cup	348	110	0	235	1.50	0.09	0.0	0	2.1	0	1.5	15.0	4.75	0.50	0.00
Carrot sticks, raw	1/2 cup	125	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Apples w/ Cinnamon & Sugar	1/2 cup	295	53	0	5	1.62	1.46	13.1	4	1.17	*4	0.05	13.68	0.02	0.00	*0.00
Fruit Choice Lunch	1 piece	228	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	18	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	6	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	7	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	183	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	50	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	125	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	436	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	9	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	5	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Syrup, Table, PFMA	1 OZ	229	73	0	3	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.67	0.0	0.00	0.00
Weighted Daily Average			779	41	875	8.71	2.35	331.9	5895	20.85	*43	21.40	113.68	27.01	6.48	*0.00
% of Calories											*22.2%	11.0%	58.3%	31.2%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/26/2021																
Evesham MS Lunch	Total	513														
Pizza, 4 x 6 Tony's 50/50	1 serving	404	310	15	480	4.00	2.60	307.0	109	0.0	8	16.0	35.0	11.0	4.00	0.00
Hot Dog w/Bun & Chips NP	1 each	109	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Salad, Tossed, Romaine (SoS)	1 CUP	311	26	0	8	2.18	0.97	37.0	6853	8.08	3	1.54	5.63	0.34	0.06	0.00
Carrot sticks, raw	1/2 cup	145	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	270	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	200	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	19	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	7	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	8	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	189	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	51	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	37	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	145	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	54	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	54	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	33	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Side Salad Dressing Choice	1 tbsp	311	58	3	154	0.00	0.00	4.0	10	0.24	1	0.1	1.6	5.7	0.90	0.01
Weighted Daily Average			545	25	800	7.84	3.50	488.4	8780	20.33	*35	22.17	70.60	19.71	5.76	*0.01
% of Calories											*25.4%	16.3%	51.8%	32.5%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/29/2021																
Evesham MS Lunch	Total	628														
Toasted Cheese S.W.	1 EACH	589	331	40	1049	4.00	1.44	383.7	649	4.8	4	14.12	30.07	17.09	8.52	0.00
Hot Dog w/Bun & Chips NP	sandwich	42	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Crackers, Goldfish, 3/4oz.	.75 oz bag	500	100	0	170	1.00	0.36	20.0	0	0.0	0	2.0	14.0	4.0	0.50	0.00
Cucumbers and Celery	3/4 cup	333	14	0	45	1.09	0.22	28.5	291	2.82	1	0.64	3.07	0.14	0.04	0.00
Pear & Cherry Salad	1/2 cup	197	78	0	9	2.14	0.44	9.9	740	1.8	*15	0.37	20.33	0.05	0.00	0.00
Fruit Choice Lunch	1 piece	157	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	32	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	18	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	19	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	231	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	69	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	55	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	333	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	21	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	21	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	13	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			579	46	1367	6.81	2.12	603.2	1367	12.94	*26	21.81	68.82	24.33	9.41	*0.00
% of Calories											*17.7%	15.1%	47.5%	37.8%	14.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/30/2021																
Evesham MS Lunch	Total	553														
Chicken Nuggets MS/HS 6ea	6 nuggets	518	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
Hot Dog w/Bun & Chips NP	sandwich	35	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
Roll, Wheat	roll	300	80	0	130	2.00	1.08	0.0	0	0.0	2	3.0	16.0	1.0	0.00	0.00
Pasta side	1/2 CUP	391	207	0	45	3.86	1.43	19.3	201	0.0	*0	7.19	35.82	5.07	2.15	0.00
Corn: canned, cooked	1/2 cup	196	84	0	235	2.19	0.30	3.3	103	1.97	5	2.5	15.68	2.49	0.79	0.00
Carrot & Celery Stix, raw	1/2 cup	219	18	0	51	1.45	0.17	24.9	5262	2.95	2	0.54	4.02	0.14	0.03	0.00
Pineapple Chunks, canned	1/2 cup	269	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	146	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	39	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	26	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	27	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	176	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	38	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	56	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	219	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	18	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	18	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	11	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Dips for Nuggets/Tenders	serving	300	64	0	127	0.02	0.05	0.7	0	0.64	16	0.03	16.15	0.0	0.00	*0.00
Weighted Daily Average			639	44	900	9.02	4.38	256.7	2736	110.70	*34	31.22	91.72	18.28	4.97	*0.00
% of Calories											*21.0%	19.5%	57.4%	25.7%	7.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Princeton Food Management Associates

Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/31/2021																
Evesham MS Lunch	Total	465														
Cheesesteak/Roll w/L,T,C, MSHS	sandwich	459	398	60	417	2.53	3.00	119.7	503	5.59	3	18.89	37.17	19.09	8.01	0.00
Hot Dog w/Bun & Chips NP	sandwich	6	441	35	788	4.39	2.73	96.0	20	0.0	6	13.99	42.91	25.57	8.29	0.00
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
Potatoes, French Fries	1/2 cup	404	87	0	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	3.0	1.00	0.00
Carrot sticks, raw	1/2 cup	196	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pineapple Chunks, canned	1/2 cup	242	54	0	1	1.16	0.25	14.3	45	8.39	13	0.46	13.9	0.1	0.01	0.00
Fruit Choice Lunch	1 piece	154	66	0	1	2.86	0.16	17.8	120	21.66	12	0.66	17.13	0.21	0.04	0.00
Milk, FF, White, Lactaid PFMA	1/2 pint	20	90	0	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, 1% White	1/2 pint	11	110	15	130	0.00	0.00	300.0	500	1.2	12	8.0	13.0	2.5	1.50	0.00
Milk, FF, Skim	1/2 pint	7	90	0	150	0.00	0.00	300.0	500	1.2	12	8.0	13.0	0.0	0.00	0.00
Milk, FF, Chocolate	1/2 pint	201	130	5	170	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Strawberry	1/2 pint	54	120	5	105	0.00	0.00	300.0	500	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk, FF, Vanilla	1/2 pint	40	120	5	100	0.00	0.00	250.0	500	0.0	12	8.0	20.0	0.0	0.00	0.00
Ranch Dip for veggies	1 tbsp	175	55	5	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	6.0	0.75	0.00
Ketchup, packet	1 tsp	407	5	0	42	0.00	0.00	0.0	26	0.32	1	0.0	1.32	0.0	0.00	0.00
Mustard	1 tsp	3	4	0	63	0.05	0.10	4.2	0	0.0	*N/A*	0.23	0.32	0.22	0.01	*N/A*
RELISH	1 TSP	2	7	0	41	0.06	0.04	0.2	61	0.05	1	0.02	1.75	0.02	0.00	0.00
Weighted Daily Average			654	65	726	6.12	*3.33	*356.7	*7199	*21.58	*30	26.31	83.47	24.32	9.23	*0.00
% of Calories											*18.6%	16.1%	51.0%	33.5%	12.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			615	46	1041	7.56	*3.20	*420.9	*4090	*32.63	*33	25.75	82.08	21.01	6.30	*0.07
											*48.3%	16.8%	53.4%	30.8%	9.2%	*0.1%

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Mar 1, 2021 thru Mar 31, 2021

Base Menu Spreadsheet

Evesham MS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	615		600 - 700	100%														
Cholesterol (mg)	46																	
Sodium 1 (mg)	1041		1360															
Sodium 2 (mg)	1041		1035						6	Correction Required - Sodium too High								
Fiber (g)	7.56																	
Iron (mg)	3.20					Missing												
Calcium (mg)	420.9					Missing												
Vitamin A (IU)	4090					Missing												
Sugars (g)	33	21.45%				Missing												
Vitamin C (mg)	32.63					Missing												
Protein (g)	25.75	16.76%																
Carbohydrate (g)	82.08	53.41%																
Total Fat (g)	21.01	30.76%																
Saturated Fat (g)	6.30	9.23%	<10.00%															
Trans Fat ¹ (g)	0.07	0.10%				Missing												

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