

Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 9/1/2020 5:10:15 PM

| | 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 - 09/07/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 1 | | | | | | | | | | | | | | |
| No School | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | 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 - 09/08/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 417 | | | | | | | | | | | | | | |
| Chicken Patty/Wht Bun | sandwich | 417 | 334 | 33 | 658 | 4.00 | 2.16 | 260.0 | 4000 | 52.2 | 3 | 21.0 | 41.0 | 10.0 | 2.00 | 0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 200 | 131 | 0 | 168 | 1.39 | 0.57 | 16.0 | 20 | 0.0 | 1 | 1.99 | 16.91 | 6.07 | 0.80 | 0.00 |
| Carrot Sticks, raw | 3/4 CUP | 125 | 54 | 0 | 91 | 3.69 | 0.40 | 43.5 | 22023 | 7.78 | 6 | 1.23 | 12.63 | 0.32 | 0.04 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 122 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| COOKIE, Sugar, WG, 1 oz. Otis | 1 cookie | 100 | 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 | 287 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 102 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 10 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 172 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 28 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 35 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Chicken Patty Condiments | sandwich | 200 | 10 | 0 | 64 | 0.00 | 0.00 | 1.7 | 20 | 0.92 | 1 | 0.0 | 1.02 | 0.67 | 0.13 | *0.01 |
| Ranch Dip for veggies | 1 tbsp | 85 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 345 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 45 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 28 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 623 | 43 | 1009 | 7.99 | 3.39 | 544.3 | 11269 | 81.41 | *35 | 29.76 | 90.85 | 16.05 | 3.24 | *0.00 |
| % of Calories | | | | | | | | | | | *22.7% | 19.1% | 58.3% | 23.2% | 4.7% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/09/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 449 | | | | | | | | | | | | | | |
| Turkey & Cheese Sandwich | sandwich | 449 | 246 | 40 | 1113 | 4.00 | 1.99 | 155.0 | 150 | 4.8 | 4 | 21.69 | 27.02 | 5.5 | 2.00 | 0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 100 | 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 | 75 | 18 | 0 | 20 | 1.44 | 0.35 | 20.8 | 166 | 41.82 | 1 | 1.47 | 3.63 | 0.2 | 0.08 | 0.00 |
| Apples, Fresh, Sliced | 1 EACH | 151 | 55 | 0 | 1 | 2.54 | 0.13 | 6.4 | 57 | 4.88 | 11 | 0.28 | 14.64 | 0.18 | 0.03 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 200 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 215 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 104 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 10 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 172 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 27 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 34 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 70 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 58 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 58 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 44 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Deli Sandwich Condiments | serving | 7 | 15 | 1 | 58 | 0.02 | 0.04 | 1.7 | 0 | 0.0 | *0 | 0.09 | 0.66 | 1.29 | 0.27 | *0.00 |
| Weighted Daily Average | | | 460 | 47 | 1308 | 6.79 | 2.41 | 407.0 | 658 | 40.21 | *33 | 29.06 | 65.96 | 8.61 | 2.69 | *0.00 |
| % of Calories | | | | | | | | | | | *29.0% | 25.3% | 57.4% | 16.9% | 5.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Base Menu Spreadsheet

Evesham Elementary 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 - 09/10/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 407 | | | | | | | | | | | | | | |
| Ham & Cheese on Pretzel bun | sandwich | 407 | 294 | 64 | 969 | 3.00 | 2.70 | 111.8 | 150 | 1.01 | 3 | 19.23 | 31.34 | 9.77 | 4.26 | 0.00 |
| Sun Chips | oz. bag | 360 | 123 | 0 | 158 | 1.75 | 0.32 | 0.0 | 44 | 0.0 | 2 | 1.75 | 15.75 | 5.25 | 0.87 | 0.00 |
| Broccoli, frozen, boiled | 3/4 cup | 125 | 58 | 0 | 33 | 4.44 | 0.90 | 48.8 | 1577 | 59.31 | 2 | 4.59 | 7.91 | 1.97 | 0.84 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 100 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 223 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Pudding, Chocolate, PFMA | 1/2 cup | 100 | 143 | 0 | 190 | 0.00 | 0.00 | 20.0 | 0 | 0.0 | 17 | 1.0 | 24.0 | 6.0 | 1.50 | 1.50 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 100 | 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 | 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 | 27 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 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 | 59 | 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 | 61 | 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 | 61 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 36 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| 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 | | | 617 | 72 | 1327 | 7.49 | 3.42 | 392.1 | 1168 | 40.82 | *35 | 29.56 | 82.80 | 18.14 | 6.16 | *0.37 |
| % of Calories | | | | | | | | | | | *22.4% | 19.1% | 53.6% | 26.4% | 9.0% | *0.5% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/11/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 529 | | | | | | | | | | | | | | |
| Pizza, Chs, WG (Big Daddy) ES | slice | 529 | 400 | 37 | 438 | 5.00 | 2.50 | 341.3 | 74 | 0.0 | 7 | 18.75 | 42.5 | 16.25 | 7.50 | 0.00 |
| Salad, Caesar, Side | 1 cup | 275 | 75 | 1 | 195 | 1.64 | 0.78 | 27.9 | 2232 | 1.95 | 2 | 2.15 | 10.86 | 2.72 | 0.76 | *0.00 |
| Carrot & Celery Stix, raw | 1/2 cup | 83 | 18 | 0 | 51 | 1.45 | 0.17 | 24.9 | 5262 | 2.95 | 2 | 0.54 | 4.02 | 0.14 | 0.03 | 0.00 |
| Pears: canned,light syrup | 1/2 cup | 158 | 90 | 0 | 8 | 2.53 | 0.44 | 7.9 | 0 | 1.11 | 19 | 0.3 | 23.99 | 0.05 | 0.00 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 100 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 376 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 4 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 87 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 43 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 226 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 35 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 44 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 83 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 38 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 38 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 22 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Side Salad Dressing Choice | 1 tbsp | 275 | 58 | 3 | 154 | 0.00 | 0.00 | 4.0 | 10 | 0.24 | 1 | 0.1 | 1.6 | 5.7 | 0.90 | 0.01 |
| Weighted Daily Average | | | 666 | 45 | 782 | 8.87 | 3.23 | 623.4 | 2570 | 25.10 | *41 | 27.22 | 87.76 | 22.18 | 8.76 | *0.01 |
| % of Calories | | | | | | | | | | | *24.6% | 16.3% | 52.7% | 30.0% | 11.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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|--------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/14/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 451 | | | | | | | | | | | | | | |
| Pancakes, Mini Pillsbury Pouch | pouch (8 each) | 451 | 220 | 0 | 130 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 12 | 4.0 | 39.0 | 6.0 | 0.50 | 0.00 |
| Sausage Patty, Cooked | 1 patty | 295 | 121 | 26 | 172 | 0.00 | 0.00 | 16.0 | 56 | 0.0 | 0 | 6.0 | 1.0 | 10.0 | 3.70 | 0.00 |
| Potato, Rounds | 1/2 cup | 400 | 110 | 0 | 235 | 1.50 | 0.09 | 0.0 | 0 | 2.1 | 0 | 1.5 | 15.0 | 4.75 | 0.50 | 0.00 |
| Carrot sticks, raw | 1/2 cup | 65 | 36 | 0 | 61 | 2.46 | 0.26 | 29.0 | 14682 | 5.19 | 4 | 0.82 | 8.42 | 0.21 | 0.03 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 222 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 238 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 4 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 71 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 41 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 197 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 30 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 38 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 65 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 20 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 20 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 12 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Syrup, Table, PFMA | 1 OZ | 384 | 73 | 0 | 3 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 18.67 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 638 | 23 | 613 | 6.20 | 1.04 | 297.5 | 2641 | 32.14 | *40 | 16.49 | 102.36 | 18.17 | 3.73 | *0.00 |
| % of Calories | | | | | | | | | | | *25.2% | 10.3% | 64.1% | 25.6% | 5.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/15/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 529 | | | | | | | | | | | | | | |
| Pizza, Chs, WG (Big Daddy) ES | slice | 529 | 400 | 37 | 438 | 5.00 | 2.50 | 341.3 | 74 | 0.0 | 7 | 18.75 | 42.5 | 16.25 | 7.50 | 0.00 |
| Salad, Caesar, Side | 1 cup | 275 | 75 | 1 | 195 | 1.64 | 0.78 | 27.9 | 2232 | 1.95 | 2 | 2.15 | 10.86 | 2.72 | 0.76 | *0.00 |
| Carrot & Celery Stix, raw | 1/2 cup | 83 | 18 | 0 | 51 | 1.45 | 0.17 | 24.9 | 5262 | 2.95 | 2 | 0.54 | 4.02 | 0.14 | 0.03 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 158 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 376 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 4 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 87 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 43 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 226 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 35 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 44 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 83 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 38 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 38 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 22 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Side Salad Dressing Choice | 1 tbsp | 275 | 58 | 3 | 154 | 0.00 | 0.00 | 4.0 | 10 | 0.24 | 1 | 0.1 | 1.6 | 5.7 | 0.90 | 0.01 |
| Weighted Daily Average | | | 646 | 45 | 780 | 8.12 | 3.12 | 622.0 | 2570 | 28.50 | *37 | 27.13 | 82.13 | 22.17 | 8.76 | *0.01 |
| % of Calories | | | | | | | | | | | *22.6% | 16.8% | 50.8% | 30.9% | 12.2% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/16/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 482 | | | | | | | | | | | | | | |
| Chicken Nuggets E.S. | 5 nuggets | 482 | 184 | 33 | 380 | 2.00 | 2.00 | 20.0 | 79 | 87.0 | 0 | 15.0 | 13.0 | 8.0 | 2.00 | 0.00 |
| Roll, Wheat | roll | 482 | 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 |
| Carrot & Celery Stix, raw | 3/4 cup | 98 | 27 | 0 | 76 | 2.17 | 0.25 | 37.4 | 7893 | 4.43 | 3 | 0.81 | 6.04 | 0.2 | 0.04 | 0.00 |
| Applesauce, cnd, plain PFMA | 1/2 cup | 199 | 54 | 0 | 3 | 1.40 | 0.29 | 5.1 | 37 | 27.05 | 12 | 0.22 | 14.38 | 0.13 | 0.01 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 100 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 277 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 4 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 78 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 42 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 210 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 33 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 40 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 49 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 29 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 29 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 17 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Side Salad Dressing Choice | 1 tbsp | 4 | 58 | 3 | 154 | 0.00 | 0.00 | 4.0 | 10 | 0.24 | 1 | 0.1 | 1.6 | 5.7 | 0.90 | 0.01 |
| Dips for Nuggets/Tenders | serving | 100 | 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 | | | 504 | 39 | 753 | 7.11 | 3.59 | 296.2 | 2200 | 120.07 | *36 | 26.03 | 73.90 | 12.18 | 2.61 | *0.00 |
| % of Calories | | | | | | | | | | | *28.4% | 20.7% | 58.7% | 21.8% | 4.7% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/17/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 472 | | | | | | | | | | | | | | |
| Corn Dog Bites, Chicken | 6 nuggets | 472 | 310 | 50 | 490 | 3.00 | 1.44 | 20.0 | 100 | 0.0 | 6 | 14.0 | 26.0 | 16.0 | 3.50 | 0.00 |
| BEANS, BAKED | 1/2 CUP | 125 | 142 | 0 | 495 | 7.21 | 2.80 | 84.2 | 206 | 0.0 | 8 | 7.21 | 28.87 | 0.0 | 0.00 | *0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 100 | 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 | 1/2 cup | 74 | 9 | 0 | 30 | 0.72 | 0.15 | 19.0 | 194 | 1.88 | 1 | 0.43 | 2.05 | 0.09 | 0.03 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 110 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 289 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 109 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 11 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 184 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 30 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 36 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 74 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 244 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 44 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 26 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 539 | 57 | 827 | 7.08 | 2.49 | 295.1 | 675 | 22.89 | *33 | 23.15 | 67.16 | 18.97 | 4.16 | *0.00 |
| % of Calories | | | | | | | | | | | *24.8% | 17.2% | 49.9% | 31.7% | 7.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Base Menu Spreadsheet

Evesham Elementary 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 - 09/18/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 380 | | | | | | | | | | | | | | |
| Toasted Cheese S.W. | 1 EACH | 380 | 331 | 40 | 1049 | 4.00 | 1.44 | 383.7 | 649 | 4.8 | 4 | 14.12 | 30.07 | 17.09 | 8.52 | 0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 100 | 131 | 0 | 168 | 1.39 | 0.57 | 16.0 | 20 | 0.0 | 1 | 1.99 | 16.91 | 6.07 | 0.80 | 0.00 |
| Carrot sticks, raw | 3/4 cup | 185 | 54 | 0 | 91 | 3.69 | 0.40 | 43.5 | 22023 | 7.78 | 6 | 1.23 | 12.63 | 0.32 | 0.04 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 143 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 150 | 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 | 100 | 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 | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 53 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 39 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 168 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 25 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 32 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 31 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 49 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 49 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 29 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 574 | 47 | 1312 | 7.57 | 2.66 | 668.3 | 11984 | 31.33 | *34 | 22.54 | 73.71 | 20.72 | 9.30 | *0.00 |
| % of Calories | | | | | | | | | | | *23.8% | 15.7% | 51.4% | 32.5% | 14.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Base Menu Spreadsheet

Evesham Elementary 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 - 09/21/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 481 | | | | | | | | | | | | | | |
| Chicken, Tenders, WG, 3.06oz, | 1 serving | 481 | 260 | 25 | 390 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 15.0 | 16.0 | 15.0 | 2.50 | 0.00 |
| Pasta side | 1/2 CUP | 400 | 207 | 0 | 45 | 3.86 | 1.43 | 19.3 | 201 | 0.0 | *0 | 7.19 | 35.82 | 5.07 | 2.15 | 0.00 |
| Broccoli/Cauliflower, raw | 3/4 cup | 155 | 18 | 0 | 20 | 1.44 | 0.35 | 20.8 | 166 | 41.82 | 1 | 1.47 | 3.63 | 0.2 | 0.08 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 100 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 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 |
| 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 tbs | 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 | 1 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 | | | 623 | 30 | 669 | 7.78 | 3.25 | 266.0 | 698 | 30.27 | *33 | 27.02 | 82.55 | 21.33 | 4.59 | *0.00 |
| % of Calories | | | | | | | | | | | *21.4% | 17.4% | 53.0% | 30.8% | 6.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Sep 1, 2020 thru Sep 30, 2020

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Evesham Elementary 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 - 09/22/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 391 | | | | | | | | | | | | | | |
| Cheeseburger | sandwich | 391 | 341 | 62 | 533 | 2.00 | 1.80 | 135.0 | 150 | 0.0 | 3 | 24.5 | 29.5 | 13.5 | 5.00 | 1.00 |
| Lettuce & Tomato1 leaf,2 slice | 1 lf,2 slc | 100 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 | 0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 200 | 131 | 0 | 168 | 1.39 | 0.57 | 16.0 | 20 | 0.0 | 1 | 1.99 | 16.91 | 6.07 | 0.80 | 0.00 |
| Broccoli/Cauliflower, raw | 3/4 cup | 50 | 18 | 0 | 20 | 1.44 | 0.35 | 20.8 | 166 | 41.82 | 1 | 1.47 | 3.63 | 0.2 | 0.08 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 101 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Pudding, Choco/Van - Canned | 1/2 cup | 100 | 148 | 0 | 180 | 0.00 | 0.00 | 20.0 | 0 | 0.0 | 19 | 0.5 | 25.5 | 5.25 | 1.75 | 1.25 |
| Fruit Choice Lunch | 1 piece | 250 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 2 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 56 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 39 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 173 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 26 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 33 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 25 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 40 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 40 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 24 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Pickle Chips, Kosher Dill | 4 slices | 200 | 6 | 0 | 386 | 0.48 | 0.12 | 27.2 | 60 | 1.1 | 1 | 0.24 | 1.15 | 0.14 | 0.04 | 0.00 |
| Ketchup | 2 tsp | 350 | 13 | 0 | 107 | 0.00 | 0.00 | 0.0 | 67 | 0.8 | 3 | 0.0 | 3.33 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 628 | 67 | 1109 | 5.12 | 2.41 | 428.3 | 867 | 32.09 | *38 | 33.24 | 80.16 | 18.97 | 6.18 | *1.32 |
| % of Calories | | | | | | | | | | | *24.2% | 21.2% | 51.0% | 27.2% | 8.8% | *1.9% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/23/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 449 | | | | | | | | | | | | | | |
| Hoagie Sandwich ES | sandwich | 449 | 263 | 60 | 775 | 2.66 | 2.15 | 121.7 | 559 | 7.4 | 3 | 19.52 | 26.5 | 8.36 | 3.27 | 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 |
| Broccoli/Cauliflower, raw | 3/4 cup | 75 | 18 | 0 | 20 | 1.44 | 0.35 | 20.8 | 166 | 41.82 | 1 | 1.47 | 3.63 | 0.2 | 0.08 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 151 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 215 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Cookie, Choc. Chip, 1oz, WG | cookie | 100 | 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 | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 104 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 10 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 172 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 27 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 34 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Hoagie/Club Condiments | sandwich | 200 | 23 | 1 | 179 | 0.30 | 0.07 | 2.9 | 192 | 3.18 | 1 | 0.22 | 2.03 | 1.65 | 0.31 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 70 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 58 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 58 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 44 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 499 | 69 | 1084 | 5.10 | 3.21 | 373.7 | 1246 | 38.88 | *30 | 27.34 | 65.55 | 13.58 | 4.39 | *0.00 |
| % of Calories | | | | | | | | | | | *23.7% | 21.9% | 52.5% | 24.5% | 7.9% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/24/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 417 | | | | | | | | | | | | | | |
| Chicken Patty/Wht Bun | sandwich | 417 | 334 | 33 | 658 | 4.00 | 2.16 | 260.0 | 4000 | 52.2 | 3 | 21.0 | 41.0 | 10.0 | 2.00 | 0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 100 | 131 | 0 | 168 | 1.39 | 0.57 | 16.0 | 20 | 0.0 | 1 | 1.99 | 16.91 | 6.07 | 0.80 | 0.00 |
| Broccoli & Carrots, raw | 3/4 cup | 87 | 28 | 0 | 40 | 1.97 | 0.33 | 27.6 | 7809 | 26.45 | 3 | 1.18 | 6.15 | 0.21 | 0.04 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 122 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 287 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 3 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 102 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 10 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 172 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 28 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 35 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Chicken Patty Condiments | sandwich | 200 | 10 | 0 | 64 | 0.00 | 0.00 | 1.7 | 20 | 0.92 | 1 | 0.0 | 1.02 | 0.67 | 0.13 | *0.01 |
| Ranch Dip for veggies | 1 tbsp | 85 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 345 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 45 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 28 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 557 | 41 | 931 | 6.73 | 2.56 | 533.2 | 6172 | 84.60 | *32 | 28.92 | 79.98 | 13.83 | 2.81 | *0.00 |
| % of Calories | | | | | | | | | | | *22.9% | 20.8% | 57.4% | 22.3% | 4.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 - 09/25/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 516 | | | | | | | | | | | | | | |
| Pizza, Cheese, Personal Pan | pizza | 516 | 330 | 25 | 390 | 6.00 | 2.70 | 350.0 | 400 | 9.0 | 6 | 25.0 | 36.0 | 11.0 | 6.00 | 0.00 |
| Salad, Garden, Romaine | 1 CUP | 287 | 25 | 0 | 9 | 1.84 | 0.76 | 31.4 | 3750 | 7.63 | 3 | 1.41 | 5.51 | 0.28 | 0.05 | 0.00 |
| Cucumbers & Carrots, raw | 1/2 cup | 108 | 22 | 0 | 31 | 1.36 | 0.20 | 18.7 | 7368 | 3.32 | 3 | 0.58 | 5.15 | 0.13 | 0.02 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 160 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fruit Choice Lunch | 1 piece | 336 | 66 | 0 | 1 | 2.86 | 0.16 | 17.8 | 120 | 21.66 | 12 | 0.66 | 17.13 | 0.21 | 0.04 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 4 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 87 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 43 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 224 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 35 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 43 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 54 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 27 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 27 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 16 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| Side Salad Dressing Choice | 1 tbsp | 287 | 58 | 3 | 154 | 0.00 | 0.00 | 4.0 | 10 | 0.24 | 1 | 0.1 | 1.6 | 5.7 | 0.90 | 0.01 |
| Weighted Daily Average | | | 550 | 32 | 633 | 9.18 | 3.35 | 637.3 | 4538 | 40.08 | *36 | 33.17 | 72.86 | 15.55 | 6.89 | *0.01 |
| % of Calories | | | | | | | | | | | *25.9% | 24.1% | 53.0% | 25.4% | 11.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Mon - 09/28/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 1 | | | | | | | | | | | | | | |
| No School | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Evesham Elementary 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 - 09/29/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 623 | | | | | | | | | | | | | | |
| Pizza, French Bread | slice | 623 | 290 | 20 | 600 | 3.00 | 2.70 | 350.0 | 750 | 3.6 | 4 | 17.0 | 33.0 | 11.0 | 4.50 | 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 |
| Cucumbers & Carrots, raw | 1/2 cup | 200 | 22 | 0 | 31 | 1.36 | 0.20 | 18.7 | 7368 | 3.32 | 3 | 0.58 | 5.15 | 0.13 | 0.02 | 0.00 |
| Juice, Assorted | 4 fl.oz. | 295 | 60 | 0 | 3 | 0.00 | 0.23 | 8.3 | 0 | 34.0 | 12 | 0.0 | 14.0 | 0.0 | 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 | | | 457 | 25 | 792 | 5.41 | 3.43 | 525.7 | 6970 | 32.09 | *25 | 22.03 | 60.13 | 15.29 | 5.15 | *0.01 |
| % of Calories | | | | | | | | | | | *22.2% | 19.3% | 52.7% | 30.1% | 10.2% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Sep 1, 2020 thru Sep 30, 2020

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Evesham Elementary 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 - 09/30/2020 | | | | | | | | | | | | | | | | |
| Evesham Elementary Lunch | Total | 496 | | | | | | | | | | | | | | |
| Cheesesteak/Roll w/L,T,ES | sandwich | 496 | 346 | 60 | 362 | 2.43 | 2.26 | 118.9 | 437 | 4.5 | 2 | 16.82 | 25.86 | 18.57 | 8.01 | 0.00 |
| Chips:Dorito,Cheeto,Frito,Sun | oz. bag | 200 | 131 | 0 | 168 | 1.39 | 0.57 | 16.0 | 20 | 0.0 | 1 | 1.99 | 16.91 | 6.07 | 0.80 | 0.00 |
| Carrot sticks, raw | 3/4 cup | 150 | 54 | 0 | 91 | 3.69 | 0.40 | 43.5 | 22023 | 7.78 | 6 | 1.23 | 12.63 | 0.32 | 0.04 | 0.00 |
| ORANGES | 1 EACH | 268 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 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 |
| Juice, Apple, 100%, Sun Cup | 1 each | 0 | 60 | 0 | 5 | 0.00 | 0.20 | 11.2 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Orange, Suncup | 1 each | 0 | 60 | 0 | 0 | 0.00 | 0.20 | 0.0 | 0 | 42.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, White, Lactaid PFMA | 1/2 pint | 14 | 90 | 0 | 125 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | 1/2 pint | 5 | 110 | 15 | 130 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Milk, FF, Skim | 1/2 pint | 8 | 90 | 0 | 150 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Chocolate | 1/2 pint | 141 | 130 | 5 | 170 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Strawberry | 1/2 pint | 38 | 120 | 5 | 105 | 0.00 | 0.00 | 300.0 | 500 | 0.0 | 22 | 8.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Vanilla | 1/2 pint | 29 | 120 | 5 | 100 | 0.00 | 0.00 | 250.0 | 500 | 0.0 | 12 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dip for veggies | 1 tbsp | 150 | 55 | 5 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.0 | 6.0 | 0.75 | 0.00 |
| Ketchup, packet | 1 tsp | 450 | 5 | 0 | 42 | 0.00 | 0.00 | 0.0 | 26 | 0.32 | 1 | 0.0 | 1.32 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 tsp | 22 | 4 | 0 | 63 | 0.05 | 0.10 | 4.2 | 0 | 0.0 | *N/A* | 0.23 | 0.32 | 0.22 | 0.01 | *N/A* |
| RELISH | 1 TSP | 13 | 7 | 0 | 41 | 0.06 | 0.04 | 0.2 | 61 | 0.05 | 1 | 0.02 | 1.75 | 0.02 | 0.00 | 0.00 |
| 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 |
| Dips for Nuggets/Tenders | serving | 236 | 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 | | | 576 | 64 | 669 | 6.47 | 2.76 | 305.9 | 7530 | 44.09 | *32 | 22.55 | 68.27 | 23.15 | 8.62 | *0.00 |
| % of Calories | | | | | | | | | | | *22.2% | 15.7% | 47.4% | 36.2% | 13.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |
| | | | | | | | | | | | | | | | | |
| Weighted Average | | | 572 | 47 | 912 | 7.06 | 2.89 | 451.0 | 3985 | 45.29 | *34 | 26.57 | 77.26 | 17.43 | 5.50 | *0.11 |
| | | | | | | | | | | | *54.0% | 18.6% | 54.0% | 27.4% | 8.7% | *0.2% |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Princeton Food Management Associates

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Evesham Elementary 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 | 572 | | 550 - 650 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 47 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 912 | | 1230 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 912 | | 935 | | | | | | | | | | | | | | |
| Fiber (g) | 7.06 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.89 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 451.0 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 3985 | | | | | | | | | | | | | | | | |
| Sugars (g) | 34 | 24.02% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 45.29 | | | | | | | | | | | | | | | | |
| Protein (g) | 26.57 | 18.57% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 77.26 | 53.99% | | | | | | | | | | | | | | | |
| Total Fat (g) | 17.43 | 27.41% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.50 | 8.66% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.11 | 0.17% | | | | Missing | | | | | | | | | | | |

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