

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Elementary

001 - Hopewell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2018								
Elementary	Total	142						
Corn Dogs, Mini	1 EACH	139	255	660	9.0	27.0	12.0	2.25
Ketchup, Red Gold packet	2 EACH	139	20	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	50	182	340	6.58	42.26	0.56	0.10
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			533	1195	20.81	81.98	14.07	2.93
% of Calories					15.6%	61.5%	23.8%	4.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/02/2018								
Elementary	Total	142						
Cheeseburger on bun	1 each	139	320	775	24.5	24.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	139	20	210	0.0	6.0	0.0	0.00
BROCCOLI: frozen, boiled	1/2 cup	50	26	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			542	1191	34.66	65.89	15.87	6.57
% of Calories					25.6%	48.7%	26.4%	10.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/05/2018								
Elementary	Total	142						
CHICKEN NUGGETS, Tyson	5 each	142	230	590	17.0	12.0	13.0	2.50
Goldfish, cheddar crackers	1 each	142	100	170	3.0	14.0	3.5	1.00
BBQ Sauce SLSD	1 OZ	125	35	235	0.34	8.39	0.06	0.01
Fries, McCain 5/16"	4 oz	50	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			596	1150	29.69	74.92	19.40	3.90
% of Calories					19.9%	50.3%	29.3%	5.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/06/2018								
Elementary	Total	130						
Taco in a Bag	1 Each	110	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	60	126	146	7.02	23.62	0.57	0.09
SPANISH RICE	1/3 CUP	60	69	134	1.57	13.69	0.84	0.15
CARROTS,BABY,RAW	1/2 cup	50	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	40	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	110	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			634	1207	32.39	85.70	19.42	6.64
% of Calories					20.4%	54.1%	27.6%	9.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/07/2018								
Elementary	Total	142						
Hot Dog, Turkey on Roll	1 EACH	139	230	830	14.0	22.0	11.0	3.50
Ketchup, Red Gold packet	2 EACH	139	20	210	0.0	6.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	50	40	88	0.73	9.34	0.15	0.03
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			459	1272	23.64	65.49	12.94	4.12
% of Calories					20.6%	57.1%	25.4%	8.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/08/2018								
Elementary	Total	145						
Pizza, Double Stuff Cheese	1 EACH	130	240	550	17.0	28.0	7.0	4.00
Salad, tossed, side	1 EACH	65	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	65	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			488	779	26.80	67.20	12.94	5.12
% of Calories					22.0%	55.1%	23.9%	9.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/09/2018								
Elementary	Total	95						
Bacon, Egg,& Cheese Bagel	1 EACH	85	526	1103	14.03	47.0	26.06	7.03
Hash Brown, McCain Patty	2 each	95	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	20	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			921	1516	25.26	108.43	38.31	9.16
% of Calories					11.0%	47.1%	37.5%	9.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 02/12/2018								
Elementary	Total	145						
CHICKEN, Tenders, Tyson	3 each	135	200	680	14.0	12.0	10.0	2.00
BBQ Sauce SLSD	1 OZ	135	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	1/2 CUP	85	27	43	0.42	5.64	0.5	0.09
Pretzel, Soft Rod	1 EACH	100	70	65	2.0	14.0	0.5	0.00
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	70	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	80	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	8	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	2	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			518	1154	25.46	75.02	12.76	2.66
% of Calories					19.7%	57.9%	22.2%	4.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/13/2018								
Elementary	Total	95						
Pizza, Mickeys	SLICE	85	320	650	18.0	35.0	12.0	7.00
BROCCOLI: frozen, boiled	1/2 cup	75	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	15	40	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	70	105	1	1.29	26.95	0.39	0.13
PEARS: canned,light syrup	1/2 CUP	30	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			573	837	29.46	85.66	14.03	7.23
% of Calories					20.6%	59.8%	22.0%	11.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 02/14/2018								
Elementary	Total	95						
Ham & Cheese, Pretzel Bun, Hot	1 EACH	85	306	837	21.01	29.51	11.45	4.86
Fries, McCain 5/16"	4 oz	85	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	20	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			679	1037	32.68	93.73	18.79	5.22
% of Calories					19.3%	55.2%	24.9%	6.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Thu - 02/15/2018								
Elementary	Total	142						
Chicken Patty Sandwich	1 EACH	139	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	80	182	340	6.58	42.26	0.56	0.10
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			682	1239	37.24	100.46	16.79	3.22
% of Calories					21.8%	58.9%	22.2%	4.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 02/16/2018								
Elementary	Total	145						
Max Sticks - Elem	serving	110	348	1058	16.8	36.27	14.84	5.10
Salad, tossed, side	1 EACH	65	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	65	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
GRAPES,Fresh	1/2 CUP	50	31	1	0.29	7.89	0.16	0.05
Oranges, Mandarin, World Horiz	1/2 cup	85	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			585	1204	27.00	73.17	20.86	5.89
% of Calories					18.5%	50.1%	32.1%	9.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 02/19/2018								
Elementary	Total	0						
NO SCHOOL TODAY	SERVING	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Tue - 02/20/2018								
Elementary	Total	142						
Chicken, Popcorn Tyson	SERVING	139	230	240	12.0	14.0	14.0	2.50
Cheez-Its	1 EACH	139	100	170	2.0	14.0	3.5	1.00
BROCCOLI: frozen, boiled	1/2 cup	80	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			574	651	25.35	74.53	19.48	4.15
% of Calories					17.7%	51.9%	30.5%	6.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/21/2018								
Elementary	Total	95						
French Toast Sticks WG	1 EACH	85	233	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	85	50	0	0.0	13.0	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	75	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	85	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	20	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			783	964	25.99	104.91	29.56	7.44
% of Calories					13.3%	53.6%	34.0%	8.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/22/2018								
Elementary	Total	145						
Pizza, Big Daddy Rolled Edge E	SLICE	130	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	30	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	65	19	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			558	742	28.66	76.80	15.48	5.89
% of Calories					20.5%	55.1%	25.0%	9.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/23/2018								
Elementary	Total	145						
Grilled Cheese Sandwich wheat	1 each	135	312	1074	16.56	19.9	19.22	11.16
Soup, Tomato Campbells	6 oz	95	135	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	25	40	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	60	23	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	85	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			570	1690	27.11	71.67	20.15	11.09
% of Calories					19.0%	50.3%	31.8%	17.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Elementary

001 - Hopewell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/26/2018								
Elementary	Total	142						
Chicken Patty Sandwich	1 EACH	139	350	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	4 OZ	80	200	227	1.33	29.35	8.0	1.33
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			692	1175	34.28	93.18	20.99	3.91
% of Calories					19.8%	53.9%	27.3%	5.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 02/27/2018								
Elementary	Total	145						
Pizza, French Bread	1 EACH	130	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	65	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	65	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			604	1021	25.91	78.85	19.21	4.22
% of Calories					17.1%	52.2%	28.6%	6.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Elementary

001 - Hopewell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/28/2018								
Elementary	Total	130						
Yogurt, Upstate blueberry	1 each	120	190	150	6.0	40.0	0.0	0.00
Bones, Scooby Doo	1 each	120	120	115	2.0	21.0	4.0	1.00
Hash Brown, McCain Patty	1 each	120	110	140	1.0	13.0	6.0	1.00
Honey Dew Melon	1 each	50	31	15	0.46	7.73	0.12	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	40	66	1	0.45	16.95	0.15	0.01
CELERY STICKS	1/2 CUP	15	10	48	0.41	1.78	0.1	0.03
Milk, Variety, Pocono Mtn.	Half Pint	130	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	8	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	2	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			575	580	18.05	98.68	12.10	2.73
% of Calories					12.6%	68.6%	18.9%	4.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			609	1084	27.92	82.96	18.59	5.37
					18.3%	54.5%	27.5%	7.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	609		550 - 650	100%				
Sodium (mg)	1084		1230					*Target effective with 2014-2015 School Year!
Protein (g)	27.92	18.35%						
Carbohydrate (g)	82.96	54.52%						
Total Fat (g)	18.59	27.48%	<=30.00%					
Saturated Fat (g)	5.37	7.95%	<10.00%					

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