

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 1/23/2018 2:38:43 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2018								
Intermediate	Total	400						
Corn Dogs, Mini	1 EACH	375	255	660	9.0	27.0	12.0	2.25
Ketchup, Red Gold packet	2 EACH	375	20	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	250	182	340	6.58	42.26	0.56	0.10
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			555	1230	21.77	88.68	13.71	2.84
% of Calories					15.7%	63.9%	22.2%	4.6%
Nutrient Guideline			550-650	1230				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/02/2018								
Intermediate	Total	400						
Cheeseburger on bun	1 each	375	320	775	24.5	24.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	375	20	210	0.0	6.0	0.0	0.00
BROCCOLI: frozen, boiled	1/2 cup	250	26	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			519	1131	33.97	62.53	15.30	6.30
% of Calories					26.2%	48.2%	26.6%	10.9%
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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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/05/2018								
Intermediate	Total	400						
CHICKEN NUGGETS, Tyson	5 each	375	230	590	17.0	12.0	13.0	2.50
Goldfish, cheddar crackers	1 each	375	100	170	3.0	14.0	3.5	1.00
BBQ Sauce SLSD	1 OZ	375	35	235	0.34	8.39	0.06	0.01
Fries, McCain 5/16"	4 oz	250	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			648	1162	30.50	82.40	21.51	3.96
% of Calories					18.8%	50.8%	29.9%	5.5%
Nutrient Guideline			550-650	1230				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/06/2018								
Intermediate	Total	400						
Taco in a Bag	1 Each	375	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	250	126	146	7.02	23.62	0.57	0.09
SPANISH RICE	1/3 CUP	250	69	134	1.57	13.69	0.84	0.15
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	250	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			661	1279	35.15	89.60	19.19	6.90
% of Calories					21.3%	54.2%	26.1%	9.4%
Nutrient Guideline			550-650	1230				<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								
Intermediate	Total	400						
Hot Dog, Turkey on Roll	1 EACH	375	230	830	14.0	22.0	11.0	3.50
Ketchup, Red Gold packet	2 EACH	375	20	210	0.0	6.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	250	40	88	0.73	9.34	0.15	0.03
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			443	1232	22.80	63.42	12.51	3.96
% of Calories					20.6%	57.3%	25.4%	8.1%
Nutrient Guideline			550-650	1230				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/08/2018								
Intermediate	Total	400						
Pizza, Double Stuff Cheese	1 EACH	375	240	550	17.0	28.0	7.0	4.00
SALAD,TOSSED: no dressing	1 CUP	200	40	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	100	0.2	0.7	7.0	1.10
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			466	788	26.48	64.42	12.15	5.00
% of Calories					22.7%	55.3%	23.5%	9.7%
Nutrient Guideline			550-650	1230				<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								
Intermediate	Total	400						
Bacon, Egg,& Cheese Bagel	1 EACH	375	526	1103	14.03	47.0	26.06	7.03
Hash Brown, McCain Patty	2 each	400	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			932	1517	24.92	110.57	38.70	9.28
% of Calories					10.7%	47.5%	37.4%	9.0%
Nutrient Guideline			550-650	1230				<10.00

Mon - 02/12/2018								
Intermediate	Total	400						
CHICKEN, Tenders, Tyson	3 each	375	200	680	14.0	12.0	10.0	2.00
Pretzel, Soft Rod	1 EACH	375	70	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	375	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	1/2 CUP	200	27	43	0.42	5.64	0.5	0.09
CARROTS,BABY,RAW	1/2 cup	200	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	225	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			528	1180	25.87	77.44	12.48	2.63
% of Calories					19.6%	58.7%	21.3%	4.5%
Nutrient Guideline			550-650	1230				<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								
Intermediate	Total	400						
Pizza, Mickeys	SLICE	375	320	650	18.0	35.0	12.0	7.00
BROCCOLI: frozen, boiled	1/2 cup	300	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	150	105	1	1.29	26.95	0.39	0.13
PEARS: canned,light syrup	1/2 CUP	225	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			547	824	28.89	79.69	13.61	7.29
% of Calories					21.1%	58.3%	22.4%	12.0%
Nutrient Guideline			550-650	1230				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/14/2018								
Intermediate	Total	400						
Ham & Cheese, Pretzel Bun, Hot	1 EACH	375	306	837	21.01	29.51	11.45	4.86
Fries, McCain 5/16"	4 oz	400	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			701	1031	33.01	98.29	19.21	5.25
% of Calories					18.8%	56.1%	24.7%	6.7%
Nutrient Guideline			550-650	1230				<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 - 02/15/2018								
Intermediate	Total	400						
Chicken Patty Sandwich	1 EACH	375	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	150	182	340	6.58	42.26	0.56	0.10
CARROTS,BABY,RAW	1/2 cup	200	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	200	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			618	1143	35.10	87.64	15.79	3.06
% of Calories					22.7%	56.7%	23.0%	4.5%
Nutrient Guideline			550-650	1230				<10.00

Fri - 02/16/2018								
Intermediate	Total	400						
Max Sticks - Elem	serving	375	348	1058	16.8	36.27	14.84	5.10
Salad, tossed, side	1 EACH	275	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	275	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	30	10	48	0.41	1.78	0.1	0.03
GRAPES,Fresh	1/2 CUP	150	31	1	0.29	7.89	0.16	0.05
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			559	1275	26.42	67.03	20.65	6.21
% of Calories					18.9%	48.0%	33.3%	10.0%
Nutrient Guideline			550-650	1230				<10.00

Mon - 02/19/2018								
Intermediate	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				<10.00

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Tue - 02/20/2018								
Intermediate	Total	400						
Chicken, Popcorn Tyson	SERVING	375	230	240	12.0	14.0	14.0	2.50
Cheez-Its	1 EACH	375	100	170	2.0	14.0	3.5	1.00
BBQ Sauce SLSD	1 OZ	375	35	235	0.34	8.39	0.06	0.01
BROCCOLI: frozen, boiled	1/2 cup	250	26	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			542	813	24.44	68.53	18.64	3.97
% of Calories					18.0%	50.5%	30.9%	6.6%
Nutrient Guideline			550-650	1230				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/21/2018								
Intermediate	Total	400						
French Toast Sticks WG	1 EACH	375	233	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	375	50	0	0.0	13.0	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	375	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	400	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			826	996	27.23	109.86	31.85	8.08
% of Calories					13.2%	53.2%	34.7%	8.8%
Nutrient Guideline			550-650	1230				<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								
Intermediate	Total	400						
Pizza, Big Daddy	1 EACH	375	470	730	23.98	53.97	17.99	8.99
Pepperoni, Sliced	SERVING	150	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	300	19	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			667	959	33.35	88.09	21.07	10.04
% of Calories					20.0%	52.8%	28.4%	13.5%
Nutrient Guideline			550-650	1230				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/23/2018								
Intermediate	Total	400						
Grilled Cheese Sandwich wheat	1 each	375	312	1074	16.56	19.9	19.22	11.16
Soup, Tomato Campbells	6 oz	250	135	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	120	23	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	275	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	400	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			568	1679	27.01	71.76	20.01	11.13
% of Calories					19.0%	50.5%	31.7%	17.6%
Nutrient Guideline			550-650	1230				<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

Intermediate

004 - J. P. Liberati Intermediate 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								
Intermediate	Total	400						
Chicken Patty Sandwich	1 EACH	375	350	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	4 OZ	150	200	227	1.33	29.35	8.0	1.33
CARROTS,BABY,RAW	1/2 cup	200	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	200	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			625	1101	33.13	82.80	18.59	3.52
% of Calories					21.2%	53.0%	26.8%	5.1%
Nutrient Guideline			550-650	1230				<10.00

Tue - 02/27/2018								
Intermediate	Total	400						
Pizza, French Bread	1 EACH	375	370	820	16.0	41.0	14.0	3.00
SALAD,TOSSED: no dressing	1 CUP	200	40	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	100	0.2	0.7	7.0	1.10
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			588	1041	25.54	76.61	18.71	4.06
% of Calories					17.4%	52.1%	28.7%	6.2%
Nutrient Guideline			550-650	1230				<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

Intermediate

004 - J. P. Liberati Intermediate 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								
Intermediate	Total	400						
Eggo Mini Waffles	1 Each	375	200	270	5.0	34.0	5.0	1.50
PORK, Sausage Links, Maid-Rite	2 each	375	130	240	12.0	1.0	9.0	3.50
Hashbrown, Triangles	SERVING	400	220	450	2.0	29.0	11.0	1.50
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			748	1131	27.70	102.32	26.39	6.88
% of Calories					14.8%	54.7%	31.7%	8.3%
Nutrient Guideline			550-650	1230				<10.00

Weighted Average			618	1132	28.59	82.72	19.48	5.81
					18.5%	53.5%	28.4%	8.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		550 - 650	100%				
Sodium (mg)	1132		1230					*Target effective with 2014-2015 School Year!
Protein (g)	28.59	18.51%						
Carbohydrate (g)	82.72	53.55%						
Total Fat (g)	19.48	28.37%						
Saturated Fat (g)	5.81	8.46%	<10.00%					

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