

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Middle

005 - SLSD Middle 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								
Middle	Total	230						
Cheeseburger on bun	1 each	220	320	775	24.5	24.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	220	20	210	0.0	6.0	0.0	0.00
PEAS & CARROTS: frozen,boiled	3/4 CUP	180	58	82	3.71	12.14	0.5	0.09
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			581	1216	35.53	77.32	15.69	6.53
% of Calories					24.5%	53.2%	24.3%	10.1%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	220						
Meatball Sub	1 each	218	335	647	19.6	41.34	9.72	3.52
Salad, tossed, side	1 EACH	170	32	18	2.13	6.54	0.47	0.06
Italian dressing, PC	1 EACH	130	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	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	1 EACH	2	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			535	882	29.17	79.61	11.46	3.97
% of Calories					21.8%	59.5%	19.3%	6.7%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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### Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Middle

005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/05/2018								
Middle	Total	230						
CHICKEN NUGGETS, Tyson	5 each	220	230	590	17.0	12.0	13.0	2.50
Goldfish, cheddar crackers	1 each	220	100	170	3.0	14.0	3.5	1.00
BBQ Sauce SLSD	1 OZ	220	35	235	0.34	8.39	0.06	0.01
Fries, McCain 5/16"	4 oz	180	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,Fresh	1 EACH	135	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			713	1196	31.42	95.60	22.60	4.08
% of Calories					17.6%	53.6%	28.5%	5.2%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
Taco in a Bag	1 Each	220	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	125	189	220	10.53	35.43	0.86	0.13
SPANISH RICE	1/3 CUP	125	69	134	1.57	13.69	0.84	0.15
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			663	1288	36.30	87.85	19.38	7.06
% of Calories					21.9%	53.0%	26.3%	9.6%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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## Planned Menu Spreadsheet

### Portion Values - Detailed

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Middle

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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								
Middle	Total	230						
CHICKEN, Tenders, Tyson	3 each	228	200	680	14.0	12.0	10.0	2.00
Pretzel, Soft Rod	1 EACH	228	70	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	220	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	3/4 CUP	120	41	65	0.64	8.46	0.74	0.13
CARROTS,BABY,RAW	1/2 cup	110	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	130	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	100	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	200	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	2	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	2	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			514	1187	25.07	75.42	12.07	2.55
% of Calories					19.5%	58.7%	21.2%	4.5%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	220						
Pizza, Double Stuff Cheese	1 EACH	218	240	550	17.0	28.0	7.0	4.00
Salad, tossed, side	1 EACH	170	32	18	2.13	6.54	0.47	0.06
Italian dressing, PC	1 EACH	130	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	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	1 EACH	2	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			441	786	26.59	66.39	8.76	4.44
% of Calories					24.1%	60.2%	17.9%	9.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle

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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								
Middle	Total	230						
Bacon, Egg, & Cheese Bagel	1 EACH	210	526	1103	14.03	47.0	26.06	7.03
Hash Brown, McCain Patty	2 each	230	220	280	2.0	26.0	12.0	2.00
Ketchup, Red Gold packet	1 EACH	260	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	150	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	90	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	10	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			915	1659	24.66	105.99	38.67	9.43
% of Calories					10.8%	46.3%	38.0%	9.3%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/12/2018								
Middle	Total	230						
Chicken Patty Sandwich	1 EACH	230	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	3/4 CUP	130	273	510	9.88	63.39	0.84	0.16
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
ORANGES	1 EACH	150	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	80	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			668	1249	37.43	100.44	15.64	2.94
% of Calories					22.4%	60.1%	21.1%	4.0%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle

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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								
Middle	Total	230						
Pizza, Mickeys	SLICE	220	320	650	18.0	35.0	12.0	7.00
BROCCOLI: frozen, boiled HS	.75 cup	180	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			547	843	29.76	78.38	13.51	7.44
% of Calories					21.8%	57.3%	22.2%	12.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/14/2018								
Middle	Total	250						
Chicken Turnover	SERVINGS	235	353	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	235	94	363	2.02	15.0	3.03	1.28
Gravy, Thick	2 OZ	235	24	354	0.37	4.73	0.36	0.11
CORN: frozen, yellow	1/2 CUP	235	67	1	2.1	15.92	0.55	0.08
CELERY STICKS	3/4 CUP	25	14	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	135	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	135	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	210	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			713	1239	27.38	91.60	27.64	8.44
% of Calories					15.4%	51.4%	34.9%	10.7%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Middle

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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								
Middle	Total	230						
Hot Dog, Turkey on Roll	2 EACH	220	460	1660	28.0	44.0	22.0	7.00
Ketchup, Red Gold packet	2 EACH	220	20	210	0.0	6.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	180	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,Fresh	1 EACH	135	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			701	2068	36.54	94.26	23.06	7.44
% of Calories					20.9%	53.8%	29.6%	9.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Fri - 02/16/2018								
Middle	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			600-700	1360			<=30.0	<10.00

Mon - 02/19/2018								
Middle	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			600-700	1360			<=30.0	<10.00

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Middle

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/20/2018								
Middle	Total	230						
Chicken, Popcorn Tyson	1 SERVING	230	230	240	12.0	14.0	14.0	2.50
Cheez-Its	1 EACH	230	100	170	2.0	14.0	3.5	1.00
BROCCOLI: frozen, boiled HS	.75 cup	130	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
ORANGES	1 EACH	150	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	80	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			516	559	24.27	63.79	18.26	3.86
% of Calories					18.8%	49.5%	31.9%	6.7%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
FRENCH TOAST STICKS	1 SERVING	210	377	876	13.1	56.82	10.8	2.71
SYRUP,PANCAKE	1 TBSP	210	46	16	0.0	12.06	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	210	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	230	220	280	2.0	26.0	12.0	2.00
Ketchup, Red Gold packet	1 EACH	260	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	150	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	90	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	10	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			940	1685	34.77	126.89	32.96	8.69
% of Calories					14.8%	54.0%	31.6%	8.3%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	220						
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	75	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	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	1 EACH	2	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			546	739	28.56	75.01	15.09	6.27
% of Calories					20.9%	54.9%	24.9%	10.3%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
Grilled Cheese Sandwich wheat	1 each	215	312	1074	16.56	19.9	19.22	11.16
Soup, Tomato Campbells	6 oz	150	135	720	3.0	30.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	150	31	1	0.29	7.89	0.16	0.05
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	100	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	10	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			560	1676	26.86	69.71	19.92	11.17
% of Calories					19.2%	49.8%	32.0%	17.9%
Nutrient Guideline			600-700	1360			<=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

Middle

005 - SLSD Middle 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								
Middle	Total	230						
Chicken Patty Sandwich	1 EACH	230	350	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	4 OZ	130	200	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
ORANGES	1 EACH	150	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	80	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			627	1089	32.60	81.21	19.69	3.60
% of Calories					20.8%	51.8%	28.3%	5.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 02/27/2018								
Middle	Total	220						
Pizza, French Bread	1 EACH	218	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	170	32	18	2.13	6.54	0.47	0.06
Italian dressing, PC	1 EACH	130	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	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	1 EACH	2	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			570	1054	25.60	79.27	15.70	3.45
% of Calories					18.0%	55.6%	24.8%	5.5%
Nutrient Guideline			600-700	1360			<=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

Middle

005 - SLSD Middle 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								
Middle	Total	215						
Eggo Mini Waffles	1 Each	200	200	270	5.0	34.0	5.0	1.50
PORK, Sausage Links, Maid-Rite	2 each	200	130	240	12.0	1.0	9.0	3.50
Hashbrown, Triangles	SERVING	215	220	450	2.0	29.0	11.0	1.50
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	10	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			748	1177	28.00	101.31	26.45	7.02
% of Calories					15.0%	54.2%	31.8%	8.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			639	1200	30.03 18.8%	86.11 53.9%	19.81 27.9%	6.02 8.5%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		600 - 700	100%				
Sodium (mg)	1200		1360					*Target effective with 2014-2015 School Year!
Protein (g)	30.03	18.80%						
Carbohydrate (g)	86.11	53.92%						
Total Fat (g)	19.81	27.91%	<=30.00%					
Saturated Fat (g)	6.02	8.48%	<10.00%					

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