

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

High

006 - SLSD High School

Generated on: 4/24/2018 12:45:20 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2018								
High	Total	350						
Pizza, 5" Round	1 EACH	300	390	660	20.0	47.0	14.0	6.00
Salad, tossed, side	1 EACH	350	32	18	2.13	6.54	0.47	0.06
Ranch, Lite Cup	1 each	350	150	390	1.0	2.0	15.0	2.50
CELERY STICKS	3/4 CUP	100	14	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	25	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	25	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			810	1322	32.45	99.76	32.30	9.06
% of Calories					16.0%	49.3%	35.9%	10.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/02/2018								
High	Total	350						
Chicken Nuggets, Tempura Batte	SERVING	325	270	620	14.0	13.0	18.0	3.50
Roll, dinner, wheat	1 each	325	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	325	35	235	0.34	8.39	0.06	0.01
BROCCOLI: frozen, boiled HS	.75 cup	325	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	75	10	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			660	1195	30.65	89.14	21.60	4.34
% of Calories					18.6%	54.0%	29.4%	5.9%
Nutrient Guideline			750-850	1420			<=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 - 05/03/2018								
High	Total	350						
Bacon, Egg, & Cheese Bagel	1 EACH	345	526	1103	14.03	47.0	26.06	7.03
Hash Brown, McCain Patty	2 each	375	220	280	2.0	26.0	12.0	2.00
Ketchup, Red Gold packet	1 EACH	500	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			969	1720	24.35	114.72	40.64	9.68
% of Calories					10.0%	47.3%	37.7%	9.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/04/2018								
High	Total	350						
CHICKEN FAJITAS	1 EACH	300	241	284	21.99	23.37	6.28	1.40
Seasoned Red Beans	.75 cup	320	189	220	10.53	35.43	0.86	0.13
SPANISH RICE	1/3 CUP	320	69	134	1.57	13.69	0.84	0.15
CARROTS, BABY, RAW	1/2 cup	175	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	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	25	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	25	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			722	929	42.25	112.90	11.82	2.80
% of Calories					23.4%	62.5%	14.7%	3.5%
Nutrient Guideline			750-850	1420			<=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 - 05/07/2018								
High	Total	350						
CHICKEN, Tenders, Tyson	5 each	320	333	1133	23.33	20.0	16.67	3.33
Roll, dinner, wheat	1 each	320	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	320	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	3/4 CUP	320	41	65	0.64	8.46	0.74	0.13
CARROTS,BABY,RAW	1/2 cup	175	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	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	25	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			701	1708	35.96	93.25	19.93	4.06
% of Calories					20.5%	53.2%	25.6%	5.2%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/08/2018								
High	Total	350						
Pizza, Mickey's, Wht Flour Cru	SLICE	325	320	650	18.0	35.0	12.0	7.00
BROCCOLI: frozen, boiled HS	.75 cup	325	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	75	10	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	25	67	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	175	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	25	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			599	853	31.48	87.77	15.39	7.55
% of Calories					21.0%	58.6%	23.1%	11.3%
Nutrient Guideline			750-850	1420			<=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 - 05/09/2018								
High	Total	350						
Chicken Patty Sandwich	1 EACH	320	350	820	24.0	33.0	14.5	2.50
CARROTS,BABY,RAW	3/4 cup	320	60	133	1.09	14.02	0.22	0.04
Honey Mustard Cup	1 EACH	320	180	300	1.0	6.0	17.0	2.50
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	15	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			768	1395	34.58	88.69	32.21	5.57
% of Calories					18.0%	46.2%	37.7%	6.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/10/2018								
High	Total	350						
Pancakes, Mini, Maple Burst	1 EACH	335	200	369	3.99	33.95	5.99	1.00
Syrup cup, reduced calorie	1 each	335	50	0	0.0	13.0	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	335	130	240	12.0	1.0	9.0	3.50
Fries, Sweet Potato 7/16"	1/2 CUP	335	200	227	1.33	29.35	8.0	1.33
Ketchup, Red Gold packet	1 EACH	500	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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
Lite Mayonnaise	1 Each	10	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			784	1184	25.62	115.58	24.80	6.42
% of Calories					13.1%	59.0%	28.5%	7.4%
Nutrient Guideline			750-850	1420			<=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 - 05/11/2018								
High	Total	350						
Spaghetti and Meatballs	1/2 CUP	340	364	1085	20.18	47.98	9.66	3.21
Roll, dinner, wheat	1 each	340	80	150	3.0	15.0	0.5	0.00
Salad, tossed, side	1 EACH	340	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	340	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	14	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			760	1526	34.48	113.03	18.74	4.85
% of Calories					18.2%	59.5%	22.2%	5.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/14/2018								
High	Total	350						
Chicken Cordon Bleu Sandwich	Sandwich	320	420	1065	29.08	33.74	19.59	5.25
BROCCOLI: frozen, boiled HS	.75 cup	320	39	15	4.28	7.38	0.17	0.02
Honey Mustard Cup	1 EACH	320	180	300	1.0	6.0	17.0	2.50
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	15	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			813	1511	42.14	83.31	36.81	8.07
% of Calories					20.7%	41.0%	40.8%	8.9%
Nutrient Guideline			750-850	1420			<=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 - 05/15/2018								
High	Total	350						
FRENCH TOAST STICKS	1 SERVING	330	377	876	13.1	56.82	10.8	2.71
SYRUP,PANCAKE	1 TBSP	330	46	16	0.0	12.06	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	330	130	240	12.0	1.0	9.0	3.50
Hashbrown, Triangles	SERVING	330	220	450	2.0	29.0	11.0	1.50
Ketchup, Red Gold packet	1 EACH	500	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	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	350	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	1 EACH	10	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	10	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			948	1881	34.87	131.45	32.29	8.19
% of Calories					14.7%	55.5%	30.6%	7.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/16/2018								
High	Total	350						
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	175	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	340	28	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	14	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			623	807	30.89	89.05	16.72	6.76
% of Calories					19.8%	57.2%	24.2%	9.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Thu - 05/17/2018								
High	Total	400						
Chicken Turnover	SERVINGS	375	353	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	375	94	363	2.02	15.0	3.03	1.28
Gravy, Thick	2 OZ	375	24	354	0.37	4.73	0.36	0.11
CORN: frozen, yellow	3/4 CUP	275	100	1	3.16	23.88	0.83	0.12
CELERY STICKS	3/4 CUP	45	14	72	0.62	2.67	0.15	0.04
Ranch, Dressing PC 12 G	1 EACH	45	67	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	250	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	235	77	4	0.31	20.62	0.18	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	1 EACH	10	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	10	49	107	0.13	0.98	4.86	0.67
Cookies, Holiday	1 each	375	170	60	2.0	19.0	9.0	5.00
Weighted Daily Average			940	1297	30.84	122.16	37.66	13.25
% of Calories					13.1%	52.0%	36.1%	12.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/18/2018								
High	Total	350						
Corn Dogs, Mini	1 EACH	325	255	660	9.0	27.0	12.0	2.25
MUSTARD: individual PC	Pkt 5g	325	3	57	0.22	0.27	0.2	0.01
Ketchup, Red Gold packet	2 EACH	325	20	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	3/4 CUP	325	273	510	9.88	63.39	0.84	0.16
CELERY STICKS	1/2 CUP	75	10	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	75	67	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	24	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	1	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	1	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			784	1562	28.24	138.62	16.84	3.32
% of Calories					14.4%	70.8%	19.3%	3.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/21/2018								
High	Total	350						
Ham&Cheese Croissant	1 EACH	320	346	1127	20.01	26.51	17.95	5.86
Baked Beans SLSD	3/4 CUP	320	273	510	9.88	63.39	0.84	0.16
Honey Mustard Cup	1 EACH	320	180	300	1.0	6.0	17.0	2.50
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	15	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			960	2020	38.97	127.90	35.93	8.75
% of Calories					16.2%	53.3%	33.7%	8.2%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/22/2018								
High	Total	350						
Fish Sticks	1 Each	340	209	354	9.27	17.79	11.13	2.32
MACARONI AND CHEESE(NEW)	2/3 CUP	250	325	475	17.21	32.7	13.63	5.93
PEAS: frozen,boiled	3/4 CUP	340	94	86	6.18	17.11	0.32	0.06
CELERY STICKS	3/4 CUP	100	14	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			758	979	37.01	102.08	22.47	7.14
% of Calories					19.5%	53.9%	26.7%	8.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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## Planned Menu Spreadsheet

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/23/2018								
High	Total	350						
Pizza, French Bread	1 EACH	340	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	340	32	18	2.13	6.54	0.47	0.06
Ranch, Lite Cup	1 each	340	150	390	1.0	2.0	15.0	2.50
CELERY STICKS	3/4 CUP	100	14	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			769	1405	28.29	92.94	30.24	6.00
% of Calories					14.7%	48.4%	35.4%	7.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Thu - 05/24/2018								
High	Total	350						
Chicken Patty Sandwich	1 EACH	320	350	820	24.0	33.0	14.5	2.50
CARROTS,BABY,RAW	3/4 cup	320	60	133	1.09	14.02	0.22	0.04
Honey Mustard Cup	1 EACH	320	180	300	1.0	6.0	17.0	2.50
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	15	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			768	1395	34.58	88.69	32.21	5.57
% of Calories					18.0%	46.2%	37.7%	6.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Fri - 05/25/2018								
High	Total	0						
NO SCHOOL TODAY	SERVING	0	0	0	0.0	0.0	0.0	0.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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			750-850	1420			<=30.0	<10.00

Mon - 05/28/2018								
High	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			750-850	1420			<=30.0	<10.00

Tue - 05/29/2018								
High	Total	350						
Pork, Pulled BBQ Sandwich	1 EACH	320	481	540	37.4	33.15	21.46	7.32
Fries, McCain Evercrisp 5/16"	4 OZ	320	213	480	2.67	29.35	9.34	1.33
CARROTS,BABY,RAW	1/2 cup	175	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	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	15	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			884	1226	47.72	102.04	31.44	8.89
% of Calories					21.6%	46.2%	32.0%	9.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/30/2018								
High	Total	350						
CHICKEN NUGGETS, Tyson 5 each	portion	320	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	320	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	320	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	3/4 CUP	320	41	65	0.64	8.46	0.74	0.13
CARROTS,BABY,RAW	1/2 cup	175	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	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	25	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			607	1212	30.17	85.93	16.58	3.30
% of Calories					19.9%	56.6%	24.6%	4.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/31/2018								
High	Total	350						
Spartan Burger	1 Each	325	409	910	28.01	30.44	19.22	7.29
MUSTARD: individual PC	Pkt 5g	325	3	57	0.22	0.27	0.2	0.01
Ketchup, Red Gold packet	2 EACH	325	20	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	3/4 CUP	325	273	510	9.88	63.39	0.84	0.16
CELERY STICKS	1/2 CUP	75	10	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	75	67	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	24	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	1	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	1	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			927	1795	45.90	141.81	23.55	8.00
% of Calories					19.8%	61.2%	22.9%	7.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			788	1377	34.35	105.75	26.20	6.74
					17.4%	53.7%	29.9%	7.7%

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# Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Portion Size      Plan Qty      Cals (kcal)      Sodm (mg)      Protn (g)      Carb (g)      T-Fat (g)      S-Fat (g)

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	788		750 - 850	100%				*Target effective with 2014-2015 School Year!
Sodium (mg)	1377		1420					
Protein (g)	34.35	17.43%						
Carbohydrate (g)	105.75	53.66%						
Total Fat (g)	26.20	29.91%	<=30.00%					
Saturated Fat (g)	6.74	7.70%	<10.00%					

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