

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Elementary

001 - Hopewell Elementary School

Generated on: 4/24/2018 11:27:32 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2018								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/02/2018								
Elementary	Total	142						
CHICKEN NUGGETS, Tyson	5 each	142	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	142	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	125	35	235	0.34	8.39	0.06	0.01
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	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			517	1118	29.45	67.05	14.25	2.90
% of Calories					22.8%	51.9%	24.8%	5.1%
Nutrient Guideline			550-650	1230			<=30.0	<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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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/03/2018								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/04/2018								
Elementary	Total	145						
Pizza, 5" Round	1 EACH	130	390	660	20.0	47.0	14.0	6.00
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
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			625	883	29.63	85.26	19.21	6.78
% of Calories					19.0%	54.6%	27.7%	9.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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May 1, 2018 thru May 31, 2018

Elementary

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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								
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
Roll, dinner, wheat	1 each	100	80	150	3.0	15.0	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			525	1212	26.15	75.71	12.76	2.66
% of Calories					19.9%	57.7%	21.9%	4.6%
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 - 05/08/2018								
Elementary	Total	95						
Pizza, Mickey's, Wht Flour Cru	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

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Elementary

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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								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/10/2018								
Elementary	Total	95						
Pancakes, Mini, Maple Burst	1 EACH	85	200	369	3.99	33.95	5.99	1.00
PORK, Sausage Links, Maid-Rite	2 each	85	130	240	12.0	1.0	9.0	3.50
Hashbrown, Triangles	SERVING	95	220	450	2.0	29.0	11.0	1.50
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			745	1244	27.02	100.65	27.41	6.39
% of Calories					14.5%	54.0%	33.1%	7.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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May 1, 2018 thru May 31, 2018

Elementary

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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								
Elementary	Total	145						
Max Sticks - Elem	1 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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/14/2018								
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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Elementary

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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								
Elementary	Total	142						
Chicken Patty Sandwich	1 EACH	139	350	820	24.0	33.0	14.5	2.50
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			594	1053	35.14	79.42	16.54	3.17
% of Calories					23.7%	53.5%	25.1%	4.8%
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 - 05/16/2018								
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

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/17/2018								
Elementary	Total	142						
Chicken, Popcorn Tyson	SERVING	139	230	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	139	70	65	2.0	14.0	0.5	0.00
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			633	735	27.45	95.56	16.79	3.22
% of Calories					17.4%	60.4%	23.9%	4.6%
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 - 05/18/2018								
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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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/21/2018								
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 - 05/22/2018								
Elementary	Total	145						
Fish Sticks	1 Each	130	209	354	9.27	17.79	11.13	2.32
MACARONI AND CHEESE	1/2 CUP	130	222	672	14.73	20.58	9.14	5.12
PEAS: frozen,boiled	1/2 CUP	65	62	58	4.12	11.41	0.22	0.04
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			646	1184	34.02	79.40	21.58	7.56
% of Calories					21.1%	49.2%	30.1%	10.5%
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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Elementary

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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								
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
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			607	1027	26.04	79.89	19.21	4.09
% of Calories					17.2%	52.6%	28.5%	6.1%
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 - 05/24/2018								
Elementary	Total	95						
Ham&Cheese Croissant	1 EACH	85	346	1127	20.01	26.51	17.95	5.86
Baked Beans SLSD	1/2 CUP	85	182	340	6.58	42.26	0.56	0.10
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			703	1561	34.50	101.90	19.56	6.21
% of Calories					19.6%	58.0%	25.1%	8.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

May 1, 2018 thru May 31, 2018

Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/25/2018								
Elementary	Total	142						
CHICKEN NUGGETS, Tyson	5 each	142	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	142	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	125	35	235	0.34	8.39	0.06	0.01
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	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			517	1118	29.45	67.05	14.25	2.90
% of Calories					22.8%	51.9%	24.8%	5.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 05/28/2018								
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

Tue - 05/29/2018								
Elementary	Total	95						
Meatball Sub	1 each	85	335	647	19.6	41.34	9.72	3.52
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			704	867	31.42	104.32	17.24	4.02
% of Calories					17.8%	59.2%	22.0%	5.1%
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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Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 05/30/2018</b>								
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
Roll, dinner, wheat	1 each	100	80	150	3.0	15.0	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			525	1212	26.15	75.71	12.76	2.66
% of Calories					19.9%	57.7%	21.9%	4.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00
<b>Thu - 05/31/2018</b>								
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
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			597	1307	35.98	79.04	16.03	6.60
% of Calories					24.1%	53.0%	24.2%	10.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00
<b>Weighted Average</b>								
			633	1141	29.99	85.95	19.24	5.44
					18.9%	54.3%	27.3%	7.7%

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# Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Elementary

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Nutrient	Menu AVG	% of Cals	Portion Size Target	Plan Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	633		550 - 650	100%							
Sodium (mg)	1141		1230								*Target effective with 2014-2015 School Year!
Protein (g)	29.99	18.94%									
Carbohydrate (g)	85.95	54.28%									
Total Fat (g)	19.24	27.34%	<=30.00%								
Saturated Fat (g)	5.44	7.73%	<10.00%								

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