

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 4/24/2018 11:51:12 AM

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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/02/2018								
Intermediate	Total	400						
CHICKEN NUGGETS, Tyson	5 each	375	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	375	80	150	3.0	15.0	0.5	0.00
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			524	1122	30.07	67.59	14.89	3.03
% of Calories					23.0%	51.6%	25.6%	5.2%
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)
Thu - 05/03/2018								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/04/2018								
Intermediate	Total	400						
Pizza, 5" Round	1 EACH	375	390	660	20.0	47.0	14.0	6.00
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			607	891	29.29	82.23	18.72	6.87
% of Calories					19.3%	54.2%	27.8%	10.2%
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)
Mon - 05/07/2018								
Intermediate	Total	400						
CHICKEN, Tenders, Tyson	3 each	375	200	680	14.0	12.0	10.0	2.00
Roll, dinner, wheat	1 each	375	80	150	3.0	15.0	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			537	1259	26.80	78.38	12.48	2.63
% of Calories					20.0%	58.4%	20.9%	4.4%
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 - 05/08/2018								
Intermediate	Total	400						
Pizza, Mickey's, Wht Flour Cru	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

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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								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/10/2018								
Intermediate	Total	400						
Pancakes, Mini, Maple Burst	1 EACH	375	200	369	3.99	33.95	5.99	1.00
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	1224	26.76	102.27	27.32	6.41
% of Calories					14.3%	54.7%	32.9%	7.7%
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 - 05/11/2018								
Intermediate	Total	400						
Max Sticks - Elem	1 EACH	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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/14/2018								
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)
Tue - 05/15/2018								
Intermediate	Total	400						
Chicken Patty Sandwich	1 EACH	375	350	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	150	26	10	2.85	4.92	0.11	0.02
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			559	1020	33.70	73.64	15.63	3.03
% of Calories					24.1%	52.7%	25.1%	4.9%
Nutrient Guideline			550-650	1230				<10.00

Wed - 05/16/2018								
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
PEAS: frozen,boiled	1/2 CUP	300	62	58	4.12	11.41	0.22	0.04
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			699	1001	35.68	93.38	21.15	10.05
% of Calories					20.4%	53.4%	27.2%	12.9%
Nutrient Guideline			550-650	1230				<10.00

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Thu - 05/17/2018								
Intermediate	Total	400						
Chicken, Popcorn Tyson	SERVING	375	230	240	12.0	14.0	14.0	2.50
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
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			612	921	26.77	91.86	16.11	3.09
% of Calories					17.5%	60.0%	23.7%	4.5%
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 - 05/18/2018								
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:cnnnd,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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Mon - 05/21/2018								
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 - 05/22/2018								
Intermediate	Total	400						
Fish Sticks	1 Each	375	209	354	9.27	17.79	11.13	2.32
MACARONI AND CHEESE(NEW)	1/2 CUP	150	244	356	12.9	24.53	10.22	4.45
PEAS: frozen,boiled	1/2 CUP	300	62	58	4.12	11.41	0.22	0.04
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			522	716	25.78	68.67	16.08	4.50
% of Calories					19.8%	52.6%	27.7%	7.8%
Nutrient Guideline			550-650	1230				<10.00

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Intermediate

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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								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/24/2018								
Intermediate	Total	400						
Ham&Cheese Croissant	1 EACH	375	346	1127	20.01	26.51	17.95	5.86
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			614	1431	31.36	81.56	19.03	6.21
% of Calories					20.4%	53.1%	27.9%	9.1%
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 - 05/25/2018								
Intermediate	Total	400						
CHICKEN NUGGETS, Tyson	5 each	375	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	375	80	150	3.0	15.0	0.5	0.00
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			524	1122	30.07	67.59	14.89	3.03
% of Calories					23.0%	51.6%	25.6%	5.2%
Nutrient Guideline			550-650	1230				<10.00

Mon - 05/28/2018								
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

Tue - 05/29/2018								
Intermediate	Total	400						
Meatball Sub	1 each	375	335	647	19.6	41.34	9.72	3.52
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			728	853	31.69	109.39	17.58	3.99
% of Calories					17.4%	60.1%	21.7%	4.9%
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 - 05/30/2018								
Intermediate	Total	400						
CHICKEN, Tenders, Tyson	3 each	375	200	680	14.0	12.0	10.0	2.00
Roll, dinner, wheat	1 each	375	80	150	3.0	15.0	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			537	1259	26.80	78.38	12.48	2.63
% of Calories					20.0%	58.4%	20.9%	4.4%
Nutrient Guideline			550-650	1230				<10.00
Thu - 05/31/2018								
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
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			616	1338	36.30	85.87	15.59	6.35
% of Calories					23.6%	55.7%	22.8%	9.3%
Nutrient Guideline			550-650	1230				<10.00
Weighted Average								
			625	1137	29.75	84.38	19.05	5.52
					19.0%	54.0%	27.4%	7.9%

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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	625		550 - 650	100%							
Sodium (mg)	1137		1230								*Target effective with 2014-2015 School Year!
Protein (g)	29.75	19.04%									
Carbohydrate (g)	84.38	54.00%									
Total Fat (g)	19.05	27.43%									
Saturated Fat (g)	5.52	7.94%	<10.00%								

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