

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Elementary

002 - Liberty Bell Elementary School

Generated on: 4/24/2018 11:28:53 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	170						
Taco in a Bag	1 Each	150	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	100	126	146	7.02	23.62	0.57	0.09
SPANISH RICE	1/3 CUP	100	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	80	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	10	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			650	1243	33.63	88.10	19.40	6.74
% of Calories					20.7%	54.2%	26.9%	9.3%
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)
Wed - 05/02/2018								
Elementary	Total	180						
CHICKEN NUGGETS, Tyson	5 each	180	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	180	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	35	235	0.34	8.39	0.06	0.01
BROCCOLI: frozen, boiled	1/2 cup	150	26	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	77	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	100	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			519	1051	30.74	67.05	14.29	2.91
% of Calories					23.7%	51.6%	24.8%	5.0%
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 - 05/03/2018								
Elementary	Total	140						
Bacon, Egg,& Cheese Bagel	1 EACH	120	526	1103	14.03	47.0	26.06	7.03
Hash Brown, McCain Patty	2 each	140	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			918	1506	25.42	108.68	38.16	9.07
% of Calories					11.1%	47.4%	37.4%	8.9%
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	180						
Pizza, 5" Round	1 EACH	170	390	660	20.0	47.0	14.0	6.00
Salad, tossed, side	1 EACH	120	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	120	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			645	912	30.26	87.62	20.12	7.08
% of Calories					18.8%	54.3%	28.1%	9.9%
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 - 05/07/2018								
Elementary	Total	180						
CHICKEN, Tenders, Tyson	3 each	170	200	680	14.0	12.0	10.0	2.00
BBQ Sauce SLSD	1 OZ	170	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	1/2 CUP	70	27	43	0.42	5.64	0.5	0.09
Roll, dinner, wheat	1 each	170	80	150	3.0	15.0	0.5	0.00
CARROTS,BABY,RAW	1/2 cup	110	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	90	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	90	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	180	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			535	1268	26.86	78.32	12.23	2.60
% of Calories					20.1%	58.5%	20.6%	4.4%
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)
Tue - 05/08/2018								
Elementary	Total	137						
Pizza, Mickey's, Wht Flour Cru	SLICE	120	320	650	18.0	35.0	12.0	7.00
BROCCOLI: frozen, boiled	1/2 cup	100	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	25	40	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	80	105	1	1.29	26.95	0.39	0.13
PEARS: canned,light syrup	1/2 CUP	60	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	7	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			563	846	29.13	83.50	13.93	7.15
% of Calories					20.7%	59.3%	22.2%	11.4%
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)
Wed - 05/09/2018								
Elementary	Total	180						
Chicken Patty Sandwich	1 EACH	170	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	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	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	180	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			639	1171	35.17	92.72	15.94	3.06
% of Calories					22.0%	58.1%	22.5%	4.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Thu - 05/10/2018								
Elementary	Total	140						
Pancakes, Mini, Maple Burst	1 EACH	120	200	369	3.99	33.95	5.99	1.00
PORK, Sausage Links, Maid-Rite	2 each	120	130	240	12.0	1.0	9.0	3.50
Hashbrown, Triangles	SERVING	140	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	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			750	1252	27.11	101.35	27.67	6.40
% of Calories					14.5%	54.1%	33.2%	7.7%
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)
Fri - 05/11/2018								
Elementary	Total	180						
Max Sticks - Elem	1 serving	150	348	1058	16.8	36.27	14.84	5.10
Salad, tossed, side	1 EACH	120	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	120	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
GRAPES,Fresh	1/2 CUP	60	31	1	0.29	7.89	0.16	0.05
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			601	1259	27.43	74.87	21.63	6.17
% of Calories					18.3%	49.9%	32.4%	9.2%
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	140						
French Toast Sticks WG	1 EACH	120	233	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	120	50	0	0.0	13.0	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	100	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	120	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			771	955	25.54	104.18	28.89	7.19
% of Calories					13.3%	54.1%	33.7%	8.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Tue - 05/15/2018								
Elementary	Total	180						
Chicken Patty Sandwich	1 EACH	170	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	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	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	180	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			569	1025	33.51	76.12	15.74	3.02
% of Calories					23.5%	53.5%	24.9%	4.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Wed - 05/16/2018								
Elementary	Total	180						
Pizza, Big Daddy Rolled Edge E	SLICE	170	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	120	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	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			555	731	28.86	78.14	14.43	5.81
% of Calories					20.8%	56.3%	23.4%	9.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Thu - 05/17/2018								
Elementary	Total	180						
Chicken, Popcorn Tyson	SERVING	170	230	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	170	70	65	2.0	14.0	0.5	0.00
Baked Beans SLSD	1/2 CUP	90	182	340	6.58	42.26	0.56	0.10
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	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	180	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			602	704	26.09	90.34	15.97	3.07
% of Calories					17.3%	60.1%	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	180						
Grilled Cheese Sandwich wheat	1 each	170	312	1074	16.56	19.9	19.22	11.16
Soup, Tomato Campbells	6 oz	120	135	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	50	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	125	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	180	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			578	1711	27.18	73.67	20.13	11.18
% of Calories					18.8%	51.0%	31.4%	17.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Mon - 05/21/2018								
Elementary	Total	180						
Chicken Patty Sandwich	1 EACH	170	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	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	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	180	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			647	1121	32.84	86.98	19.24	3.61
% of Calories					20.3%	53.8%	26.8%	5.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 05/22/2018								
Elementary	Total	180						
Fish Sticks	1 Each	170	209	354	9.27	17.79	11.13	2.32
MACARONI AND CHEESE	1/2 CUP	170	222	672	14.73	20.58	9.14	5.12
PEAS: frozen,boiled	1/2 CUP	120	62	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			659	1217	35.23	82.25	21.20	7.69
% of Calories					21.4%	49.9%	28.9%	10.5%
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)
Wed - 05/23/2018								
Elementary	Total	180						
Pizza, French Bread	1 EACH	170	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	120	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	120	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			626	1064	26.48	81.96	20.12	4.25
% of Calories					16.9%	52.4%	28.9%	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	140						
Ham&Cheese Croissant	1 EACH	120	346	1127	20.01	26.51	17.95	5.86
Baked Beans SLSD	1/2 CUP	120	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,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			686	1550	34.10	99.63	18.94	6.12
% of Calories					19.9%	58.1%	24.8%	8.0%
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)
Fri - 05/25/2018								
Elementary	Total	180						
CHICKEN NUGGETS, Tyson	5 each	180	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	180	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	35	235	0.34	8.39	0.06	0.01
BROCCOLI: frozen, boiled	1/2 cup	150	26	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	77	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	100	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			519	1051	30.74	67.05	14.29	2.91
% of Calories					23.7%	51.6%	24.8%	5.0%
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	140						
Meatball Sub	1 each	120	335	647	19.6	41.34	9.72	3.52
Fries, McCain 5/16"	4 oz	120	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,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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	15	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			688	885	31.14	101.95	16.72	4.02
% of Calories					18.1%	59.3%	21.9%	5.3%
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)
Wed - 05/30/2018								
Elementary	Total	180						
CHICKEN, Tenders, Tyson	3 each	170	200	680	14.0	12.0	10.0	2.00
BBQ Sauce SLSD	1 OZ	170	35	235	0.34	8.39	0.06	0.01
CARROTS:frozen, boiled	1/2 CUP	70	27	43	0.42	5.64	0.5	0.09
Roll, dinner, wheat	1 each	170	80	150	3.0	15.0	0.5	0.00
CARROTS,BABY,RAW	1/2 cup	110	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	90	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	90	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	180	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			535	1268	26.86	78.32	12.23	2.60
% of Calories					20.1%	58.5%	20.6%	4.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00
Thu - 05/31/2018								
Elementary	Total	180						
Cheeseburger on bun	1 each	170	320	775	24.5	24.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	100	20	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	70	182	340	6.58	42.26	0.56	0.10
CELERY STICKS	1/2 CUP	77	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	120	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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			583	1198	34.91	77.99	15.30	6.34
% of Calories					23.9%	53.5%	23.6%	9.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00
Weighted Average								
			629	1136	29.97	85.49	18.94	5.41
					19.1%	54.4%	27.1%	7.7%

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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	629		550 - 650	100%							
Sodium (mg)	1136		1230								*Target effective with 2014-2015 School Year!
Protein (g)	29.97	19.05%									
Carbohydrate (g)	85.49	54.36%									
Total Fat (g)	18.94	27.09%	<=30.00%								
Saturated Fat (g)	5.41	7.74%	<10.00%								

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