

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:47 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2018								
Middle	Total	220						
Pizza, 5" Round	1 EACH	218	390	660	20.0	47.0	14.0	6.00
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			590	895	29.56	85.22	15.70	6.43
% of Calories					20.0%	57.8%	24.0%	9.8%
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 - 05/02/2018								
Middle	Total	230						
CHICKEN NUGGETS, Tyson	5 each	220	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	220	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	220	35	235	0.34	8.39	0.06	0.01
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
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
Weighted Daily Average			572	1156	32.04	79.08	15.01	3.10
% of Calories					22.4%	55.3%	23.6%	4.9%
Nutrient Guideline			600-700	1360			<=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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:47 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/03/2018								
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
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
Weighted Daily Average			917	1662	24.75	106.65	38.67	9.34
% of Calories					10.8%	46.5%	38.0%	9.2%
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)
Fri - 05/04/2018								
Middle	Total	230						
CHICKEN FAJITAS	1 EACH	220	241	284	21.99	23.37	6.28	1.40
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
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
Weighted Daily Average			568	666	37.06	84.68	8.77	2.15
% of Calories					26.1%	59.7%	13.9%	3.4%
Nutrient Guideline			600-700	1360			<=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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:47 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/07/2018								
Middle	Total	230						
CHICKEN, Tenders, Tyson	4 each	220	267	907	18.67	16.0	13.33	2.67
Roll, dinner, wheat	1 each	220	80	150	3.0	15.0	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	180	41	65	0.64	8.46	0.74	0.13
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
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
Weighted Daily Average			609	1498	30.78	83.75	15.78	3.34
% of Calories					20.2%	55.0%	23.3%	4.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 05/08/2018								
Middle	Total	230						
Pizza, Mickey's, Wht Flour Cru	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
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
Weighted Daily Average			548	845	29.80	78.71	13.51	7.39
% of Calories					21.8%	57.4%	22.2%	12.1%
Nutrient Guideline			600-700	1360			<=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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/09/2018								
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
PB Jamwich, Grape, on Wheat	2 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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/10/2018								
Middle	Total	215						
Pancakes, Mini, Maple Burst	1 EACH	200	200	369	3.99	33.95	5.99	1.00
PORK, Sausage Links, Maid-Rite	2 each	200	130	240	12.0	1.0	9.0	3.50
Fries, Sweet Potato 7/16"	1/2 CUP	215	200	227	1.33	29.35	8.0	1.33
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			727	1046	26.40	101.61	24.38	6.39
% of Calories					14.5%	55.9%	30.2%	7.9%
Nutrient Guideline			600-700	1360			<=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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/11/2018								
Middle	Total	220						
Spaghetti and Meatballs	1/2 CUP	218	364	1085	20.18	47.98	9.66	3.21
Roll, dinner, wheat	1 each	218	80	150	3.0	15.0	0.5	0.00
Salad, tossed, side	1 EACH	130	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	130	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	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	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	2	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			677	1463	32.80	100.52	15.38	4.32
% of Calories					19.4%	59.4%	20.5%	5.7%
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)
Mon - 05/14/2018								
Middle	Total	230						
Chicken Cordon Bleu Sandwich	Sandwich	230	420	1065	29.08	33.74	19.59	5.25
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
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
PB Jamwich, Grape, on Wheat	2 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			614	1217	40.28	71.14	20.38	5.62
% of Calories					26.2%	46.3%	29.9%	8.2%
Nutrient Guideline			600-700	1360			<=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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/15/2018								
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
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
Weighted Daily Average			942	1689	34.85	127.54	32.96	8.60
% of Calories					14.8%	54.2%	31.5%	8.2%
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 - 05/16/2018								
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

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/17/2018								
Middle	Total	220						
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	150	66	177	2.53	0.0	6.58	2.53
PEAS: frozen,boiled	3/4 CUP	170	94	86	6.18	17.11	0.32	0.06
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			627	866	33.42	84.87	17.50	7.16
% of Calories					21.3%	54.2%	25.1%	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 - 05/18/2018								
Middle	Total	230						
Chicken, Popcorn Tyson	SERVING	230	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	230	80	150	3.0	15.0	0.5	0.00
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
PB Jamwich, Grape, on Wheat	2 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			628	819	28.43	96.44	15.64	2.94
% of Calories					18.1%	61.4%	22.4%	4.2%
Nutrient Guideline			600-700	1360			<=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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/21/2018								
Middle	Total	230						
Ham&Cheese Croissant	1 EACH	230	346	1127	20.01	26.51	17.95	5.86
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
PB Jamwich, Grape, on Wheat	2 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			664	1556	33.44	93.95	19.10	6.30
% of Calories					20.1%	56.6%	25.9%	8.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 05/22/2018								
Middle	Total	220						
Fish Sticks	1 Each	218	209	354	9.27	17.79	11.13	2.32
MACARONI AND CHEESE(NEW)	2/3 CUP	218	325	475	17.21	32.7	13.63	5.93
PEAS: frozen,boiled	3/4 CUP	170	94	86	6.18	17.11	0.32	0.06
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			774	1051	39.11	96.26	25.65	8.65
% of Calories					20.2%	49.7%	29.8%	10.1%
Nutrient Guideline			600-700	1360			<=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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/23/2018								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/24/2018								
Middle	Total	230						
Chicken Patty Sandwich	1 EACH	230	350	820	24.0	33.0	14.5	2.50
CARROTS,BABY,RAW	1/2 cup	130	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
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
PB Jamwich, Grape, on Wheat	2 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			537	1011	32.26	69.90	15.25	2.86
% of Calories					24.0%	52.1%	25.6%	4.8%
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 - 05/25/2018								
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

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/28/2018								
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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/29/2018								
Middle	Total	230						
Pork, Pulled BBQ Sandwich	1 EACH	230	481	540	37.4	33.15	21.46	7.32
Fries, McCain Evercrisp 5/16"	4 OZ	230	213	480	2.67	29.35	9.34	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
PB Jamwich, Grape, on Wheat	2 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			858	1161	47.91	94.12	31.46	9.01
% of Calories					22.3%	43.9%	33.0%	9.4%
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 - 05/30/2018								
Middle	Total	230						
CHICKEN NUGGETS, Tyson 5 each	portion	220	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	220	80	150	3.0	15.0	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	180	41	65	0.64	8.46	0.74	0.13
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
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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

May 1, 2018 thru May 31, 2018

Middle

005 - SLSD Middle School

Generated on: 4/24/2018 12:16:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			574	1195	29.19	79.93	15.46	3.18
% of Calories					20.3%	55.7%	24.2%	5.0%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Thu - 05/31/2018								
Middle	Total	230						
Cheeseburger on bun	1 each	220	320	775	24.5	24.0	14.0	6.00
Bacon, Hatfield Heat and Serve	1 each	220	90	290	5.0	0.0	7.0	2.00
Ketchup, Red Gold packet	2 EACH	220	20	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	3/4 CUP	180	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
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
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
Weighted Daily Average			836	1830	45.18	117.75	22.65	8.45
% of Calories					21.6%	56.3%	24.4%	9.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			677	1198	33.22	91.59	20.11	5.72
					19.6%	54.1%	26.7%	7.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	677		600 - 700	100%				
Sodium (mg)	1198		1360					*Target effective with 2014-2015 School Year!
Protein (g)	33.22	19.63%						
Carbohydrate (g)	91.59	54.13%						
Total Fat (g)	20.11	26.74%	<=30.00%					
Saturated Fat (g)	5.72	7.60%	<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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.