

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2024 thru Feb 29, 2024

Elementary

001 - Hopewell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2024									
Elementary	Total	142							
Pattymelt Sandwich wheat	1 each	139	340	70	710	20.0	23.99	18.5	7.99
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	0.00
CARROTS:frozen, boiled	1/2 CUP	50	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			562	77	1140	29.51	66.18	20.43	8.57
% of Calories						21.0%	47.1%	32.7%	13.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 02/02/2024									
Elementary	Total	95							
Pizza, 5" Round	1 EACH	85	390	30	660	20.0	47.0	14.0	6.00
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			577	37	840	29.05	82.06	15.60	6.30
% of Calories						20.1%	56.9%	24.3%	9.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**

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Elementary

001 - Hopewell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/05/2024									
Elementary	Total	142							
CHICKEN, Tenders, Tyson	3 each	140	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	50	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			543	31	959	26.61	71.02	15.48	2.95
% of Calories						19.6%	52.3%	25.7%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 02/06/2024									
Elementary	Total	195							
French Toast Sticks WG	1 EACH	185	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	65	50	0	0	0.0	13.0	0.0	0.00
Fries, McCain 5/16"	4 oz	185	195	0	44	3.54	30.12	6.2	0.00
Sausage Links - Performance	1 Each	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	6	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	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			782	34	846	21.71	102.20	32.57	7.84
% of Calories						11.1%	52.3%	37.5%	9.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/07/2024									
Elementary	Total	192							
Chicken Alfredo Pasta	SERVING	190	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	180	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	82	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	102	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	90	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	182	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			901	36	999	41.08	152.65	13.00	3.61
% of Calories						18.2%	67.7%	13.0%	3.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 02/08/2024									
Elementary	Total	142							
Corn Dogs, Mini	Serving	140	255	23	660	9.0	27.0	12.0	2.25
Ketchup, Red Gold packet	2 EACH	140	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	80	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			588	29	1270	21.71	98.79	13.30	2.77
% of Calories						14.8%	67.2%	20.3%	4.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/09/2024									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			648	45	902	32.62	88.29	19.16	8.98
% of Calories						20.1%	54.5%	26.6%	12.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 02/12/2024									
Elementary	Total	195							
Dutch Waffle	1 each	185	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	65	50	0	0	0.0	13.0	0.0	0.00
Fries, McCain 5/16"	4 oz	185	195	0	44	3.54	30.12	6.2	0.00
Sausage Links - Performance	Serving	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	6	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	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			846	53	886	21.23	112.40	35.66	8.55
% of Calories						10.0%	53.1%	37.9%	9.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/13/2024									
Elementary	Total	130							
Taco in a Bag	1 Each	110	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	60	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	60	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	50	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	40	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	110	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			638	47	1209	32.92	86.21	19.48	6.71
% of Calories						20.6%	54.0%	27.5%	9.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 02/14/2024									
Elementary	Total	142							
Cheeseburger on bun	1 each	139	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	4 OZ	50	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			609	60	1151	34.24	75.51	18.68	7.06
% of Calories						22.5%	49.6%	27.6%	10.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/15/2024									
Elementary	Total	95							
Pizza, French Bread	1 EACH	85	370	20	820	16.0	41.0	14.0	3.00
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			559	28	983	25.47	76.69	15.60	3.61
% of Calories						18.2%	54.9%	25.1%	5.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 02/16/2024									
Elementary	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	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

Mon - 02/19/2024									
Elementary	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	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

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/20/2024									
Elementary	Total	142							
CHICKEN NUGGETS, Tyson	5 each	140	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	50	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			513	61	1144	29.44	66.82	14.36	2.93
% of Calories						23.0%	52.1%	25.2%	5.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 02/21/2024									
Elementary	Total	145							
Max Sticks - Elem	serving	130	348	11	1068	16.79	36.21	14.91	5.12
Salad, tossed, side	1 EACH	65	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	65	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			546	21	1208	25.51	70.81	17.86	5.68
% of Calories						18.7%	51.9%	29.4%	9.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/22/2024									
Elementary	Total	95							
Bacon, Egg,& Cheese Croissant	1 EACH	90	495	328	930	11.0	31.0	32.5	12.00
Fries, McCain 5/16"	4 oz	90	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	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	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			852	320	1137	23.59	94.48	38.02	12.02
% of Calories						11.1%	44.3%	40.2%	12.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 02/23/2024									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			648	45	902	32.62	88.29	19.16	8.98
% of Calories						20.1%	54.5%	26.6%	12.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/26/2024									
Elementary	Total	95							
Pancakes, Mini, Maple Burst	1 EACH	90	222	0	131	4.04	39.38	6.06	0.51
Potato, Smiles McCain	SERVING	90	141	0	191	2.01	20.09	6.03	1.01
Sausage Links - Performance	1 Each	90	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	90	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	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	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			732	38	874	21.23	95.76	30.81	7.77
% of Calories						11.6%	52.4%	37.9%	9.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 02/27/2024									
Elementary	Total	142							
Chicken, Popcorn Tyson	SERVING	140	230	30	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
Baked Beans SLSD	1/2 CUP	80	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			623	37	796	27.63	94.85	15.76	3.01
% of Calories						17.7%	60.9%	22.8%	4.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/28/2024									
Elementary	Total	145							
Grilled Cheese Sandwich wheat	1 each	135	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	95	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	60	23	0	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	85	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	145	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			579	55	1409	24.86	74.60	20.44	10.05
% of Calories						17.2%	51.6%	31.8%	15.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 02/29/2024									
Elementary	Total	130							
Turkey, Pulled, BBQ, GF	serving	130	170	75	370	20.0	16.0	3.0	1.00
Bread, Wheat Butterkrust	2 EACH	130	100	0	230	4.0	19.0	1.5	0.00
Potatoes, Mashed	1 each	110	94	5	361	2.02	15.0	3.03	1.28
Gravy, Thick	1 OZ	50	12	1	177	0.19	2.36	0.18	0.06
BROCCOLI: frozen, boiled	1/2 cup	100	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	0	1	0.36	19.06	0.23	0.04
Milk, Variety, Pocono Mtn.	Half Pint	120	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			508	86	1121	35.53	76.70	7.89	2.48
% of Calories						28.0%	60.4%	14.0%	4.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			645	60	1041	28.24	88.12	20.17	6.31
						17.5%	54.6%	28.1%	8.8%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Plan Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g) Error Messages (if any)	T-Fat (g)	S-Fat (g)
Calories	645		550 - 650	100%							
Cholesterol (mg)	60										
Sodium 1 (mg)	1041		1230								
Sodium 1a (mg)	1041		1110								
Protein (g)	28.24	17.51%									
Carbohydrate (g)	88.12	54.65%									
Total Fat (g)	20.17	28.15%	<=30.00%								
Saturated Fat (g)	6.31	8.80%	<10.00%								

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