## Southern Lehigh SD

Aug 25, 2025 thru Aug 29, 2025

Planned Menu Spreadsheet Portion Values - Detailed

004 - J. P. Liberati Intermediate School

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Nutrient Guideline

Generated on: 7/17/2025 3:38:23 PM

	Plan	Cals	Cholst	Sodm	Protn	Carb	T-Fat	S-Fat
Size	Qty	(kcal)	(mg)	(mg)	(g)	(g)	(g)	(g)
Total	400							
1 EACH	375	470	40	730	23.98	53.97	17.99	8.99
1/2 cup	200	26	0	10	2.85	4.92	0.11	0.02
1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Half Pint	375	115	6	146	8.0	18.25	0.62	0.37
2 each	5	620	0	620	20.0	70.0	32.0	5.00
1 EACH	20	277	65	1031	21.34	23.82	12.06	5.01
		643	47	899	33.27	87.36	18.63	9.12
					20.7%	54.4%	26.1%	12.8%
		550-650		1230			<=30.0	<10.00
Total	400							
portion	385	230	55	590	17.0	12.0	13.0	2.50
1 each	385	80	0	150	3.0	15.0	0.5	0.00
1 OZ	385	33	0	235	0.28	8.69	0.04	0.00
1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
1 each	200	30	0	0	0.0	8.0	0.0	0.00
1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
Half Pint	400	115	6	146	8.0	18.25	0.62	0.37
2 each	0	0	0	0	0.0	0.0	0.0	0.00
1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
		511	62	1158	28.62	66.92	14.43	3.03
					22.4%	52.3%	25.4%	5.3%
	Total 1 EACH 1/2 cup 1 EACH 1/2 cup 1/2 cup Half Pint 2 each 1 EACH  Total portion 1 each 1 OZ 1/2 CUP 1/2 CUP 1/2 CUP 1 each 1/2 cup Half Pint 2 each	Total 400 1 EACH 375 1/2 cup 200 1 EACH 175 1/2 cup 150 1/2 cup 40 Half Pint 375 2 each 5 1 EACH 20  Total 400 portion 385 1 each 385 1 OZ 385 1/2 CUP 250 1/2 CUP 35 1 each 200 1/2 cup 150 Half Pint 400 2 each 0	Total 400 1 EACH 375 470 1/2 cup 200 26 1 EACH 175 72 1/2 cup 150 66 1/2 cup 40 40 Half Pint 375 115 2 each 5 620 1 EACH 20 277  Total 400 portion 385 230 1 each 385 80 1 OZ 385 33 1/2 CUP 250 27 1/2 CUP 35 8 1 each 200 30 1/2 cup 150 63 Half Pint 400 115 2 each 0 0 1 EACH 15 277	Total 400 1 EACH 375 470 40 1/2 cup 200 26 0 1 EACH 175 72 0 1/2 cup 150 66 0 1/2 cup 40 40 0 Half Pint 375 115 6 2 each 5 620 0 1 EACH 20 277 65   Total 400 portion 385 230 55 1 each 385 80 0 1 OZ 385 33 0 1/2 CUP 250 27 0 1/2 CUP 35 8 0 1 each 200 30 0 1 EACH 150 63 0	Total 400 1 EACH 375 470 40 730 1/2 cup 200 26 0 10 1 EACH 175 72 0 1 1 1/2 cup 150 66 0 12 1/2 cup 40 40 40 0 88 Half Pint 375 115 6 146 2 each 5 620 0 620 1 EACH 20 277 65 1031 643 47 899 550-650 1230 550-650 1230 550 27 0 43 1/2 CUP 250 27 0 43 1/2 CUP 35 8 0 48 1 each 200 30 0 0 0 1/2 CUP 150 63 0 9 Half Pint 400 115 6 146 2 each 0 0 0 0 0 0 1 EACH 15 277 65 1031	Total	Total 400 1 EACH 375 470 40 730 23.98 53.97 1/2 cup 200 26 0 10 2.85 4.92 1 EACH 175 72 0 1 0.36 19.06 1/2 cup 150 66 0 12 0.82 15.61 1/2 cup 40 40 0 88 0.73 9.34 Half Pint 375 115 6 146 8.0 18.25 2 each 5 620 0 620 20.0 70.0 1 EACH 250 277 65 1031 21.34 23.82 15.61 20 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Total

550-650

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

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1230

<=30.0

<10.00

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

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## Southern Lehigh SD

Planned Menu Spreadsheet Portion Values - Detailed

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## Aug 25, 2025 thru Aug 29, 2025

Intermediate

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	Portion Size	Plan Qtv	Cals (kcal)	Cholst (mg)	Sodm (ma)	Protn (a)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/27/2025	OIZC	- Gry	(Roal)	(IIIg)	(IIIg)	(9)	(9)	(9)	(9)
Intermediate	Total	400							
Cheeseburger on bun	1 each	375	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	375	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	250	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	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			622	57	1242	36.39	87.44	15.60	6.38
% of Calories						23.4%	56.2%	22.6%	9.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00
Thu - 08/28/2025									
Intermediate	Total	400							
French Toast Sticks WG	Serving	385	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	385	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	385	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	3 OZ	385	121	0	20	2.03	20.25	3.54	1.01
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			771	37	764	21.40	100.64	32.56	9.50
% of Calories						11.1%	52.2%	38.0%	11.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00
Fri - 08/29/2025									
Intermediate	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00

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

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Planned Menu Spreadsheet

Portion Values - Detailed Page 3

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Intermediate

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00
Weighted Average			637	51	1016	29.92	85.59	20.30	7.01
						18.8%	53.8%	28.7%	9.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		550 - 650	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1016		1230					
Sodium 1a (mg)	1016		1110					
Protein (g)	29.92	18.79%						
Carbohydrate (g)	85.59	53.76%						
Total Fat (g)	20.30	28.69%	<=30.00%					
Saturated Fat (g)	7.01	9.90%	<10.00%					

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