

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2025 thru May 30, 2025

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 4/30/2025 1:45:56 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/01/2025									
Intermediate	Total	400							
Turkey & Cheese on Hamburg Bun	1 EACH	375	267	53	982	23.99	25.23	8.76	3.33
Chips, Lays, Regular	SERVING	375	80	0	85	1.0	7.5	5.0	0.75
Mayonnaise, packet	1 EACH	375	88	9	62	0.2	0.4	9.5	1.50
CARROTS,BABY,RAW	1/2 cup	400	40	0	88	0.73	9.34	0.15	0.03
Ranch, Dressing PC 12 G	1 EACH	400	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	275	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	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			734	71	1451	34.41	81.64	31.25	7.08
% of Calories						18.8%	44.5%	38.3%	8.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 05/02/2025									
Intermediate	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 - 05/05/2025									
Intermediate	Total	400							
Taco in a Bag	1 Each	385	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	250	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	250	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01

***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**

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			658	51	1286	35.63	89.12	18.82	6.97
% of Calories						21.6%	54.1%	25.7%	9.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 05/06/2025									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
Fries, McCain 5/16"	4 oz	150	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	390	20	0	210	0.0	6.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	200	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	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	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			638	61	1242	34.24	88.18	17.54	2.96
% of Calories						21.5%	55.3%	24.7%	4.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 05/07/2025									
Intermediate	Total	400							
MACARONI AND CHEESE(NEW)	2/3 CUP	390	331	14	1114	22.04	39.35	9.1	3.06
PEAS: frozen,boiled	1/2 CUP	300	62	0	58	4.12	11.41	0.22	0.04
Breadstick, Rudis	1 EACH	100	109	0	232	4.0	21.4	1.1	0.20
CARROTS,BABY,RAW	1/2 cup	200	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	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	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			601	21	1408	35.09	91.14	10.38	3.58
% of Calories						23.4%	60.7%	15.6%	5.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Intermediate

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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 - 05/08/2025									
Intermediate	Total	400							
Bacon, Egg,& Cheese Croissant	1 EACH	375	495	328	930	11.0	31.0	32.5	12.00
Hash Brown, McCain Patty	1 each	300	110	0	140	1.0	13.0	6.0	1.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	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	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			766	315	1181	20.92	79.35	37.27	12.71
% of Calories						10.9%	41.4%	43.8%	14.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 05/09/2025									
Intermediate	Total	400							
Pizza, Double Stuff Cheese	1 EACH	375	240	20	550	17.0	28.0	7.0	4.00
APPLES,Fresh	1 EACH	175	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
CARROTS,BABY,RAW	1/2 cup	400	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			450	28	806	25.94	68.96	8.40	4.46
% of Calories						23.1%	61.3%	16.8%	8.9%
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 - 05/12/2025									
Intermediate	Total	400							
CHICKEN, Tenders, Tyson	3 each	375	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	375	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	375	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
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			551	31	957	26.72	72.10	16.08	3.09
% of Calories						19.4%	52.4%	26.3%	5.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 05/13/2025									
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
Fries, McCain 5/16"	4 oz	385	195	0	44	3.54	30.12	6.2	0.00
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			842	37	787	22.86	110.14	35.12	8.53
% of Calories						10.9%	52.3%	37.5%	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)
Wed - 05/14/2025									
Intermediate	Total	400							
Ham&Cheese Croissant	1 EACH	385	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			523	76	1187	28.31	58.56	18.98	6.42
% of Calories						21.6%	44.8%	32.6%	11.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 05/15/2025									
Intermediate	Total	400							
Chicken Alfredo Pasta	SERVING	385	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	385	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	250	26	0	10	2.85	4.92	0.11	0.02
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			854	38	981	41.42	140.30	12.80	3.65
% of Calories						19.4%	65.7%	13.5%	3.9%
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 - 05/16/2025									
Intermediate	Total	400							
Pizza, Big Daddy	1 EACH	375	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	0	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	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
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			639	47	895	32.34	87.07	18.63	9.13
% of Calories						20.2%	54.5%	26.2%	12.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 05/19/2025									
Intermediate	Total	400							
Dutch Waffle	1 each	385	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	200	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	275	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	275	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	300	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	100	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			779	48	740	19.69	106.62	31.35	7.61
% of Calories						10.1%	54.8%	36.2%	8.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Tue - 05/20/2025									
Intermediate	Total	400							
Fiesta Rice with Chicken	1 Cup	385	262	67	237	26.26	29.8	5.09	1.20
Seasoned Red Beans	.5 cup	250	126	0	151	7.03	23.63	0.57	0.09
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			535	73	535	39.18	82.70	6.51	1.80
% of Calories						29.3%	61.8%	11.0%	3.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 05/21/2025									
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
BROCCOLI: frozen, boiled	1/2 cup	250	26	0	10	2.85	4.92	0.11	0.02
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			524	57	1020	34.07	63.50	15.33	6.33
% of Calories						26.0%	48.5%	26.3%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2025 thru May 30, 2025

Intermediate

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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 - 05/22/2025									
Intermediate	Total	400							
Chicken, Popcorn Tyson	SERVING	385	230	30	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	385	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	385	33	0	235	0.28	8.69	0.04	0.00
CARROTS,BABY,RAW	1/2 cup	250	40	0	88	0.73	9.34	0.15	0.03
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			510	38	768	23.04	70.19	15.17	2.99
% of Calories						18.1%	55.1%	26.8%	5.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 05/23/2025									
Intermediate	Total	400							
Pizza, French Bread	1 EACH	375	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	200	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	0	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	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
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			579	34	1068	26.12	74.92	18.18	4.78
% of Calories						18.1%	51.8%	28.3%	7.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 05/26/2025									
Intermediate	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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

Tue - 05/27/2025									
Intermediate	Total	400							
CHICKEN NUGGETS, Tyson 5 each	portion	385	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	385	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	250	26	0	10	2.85	4.92	0.11	0.02
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			511	62	1138	30.14	66.47	14.19	2.99
% of Calories						23.6%	52.1%	25.0%	5.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 05/28/2025									
Intermediate	Total	400							
Tortellini Marinara	SERVING	385	419	48	534	17.31	65.3	10.2	4.28
Breadstick, Rudis	1 EACH	300	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	175	62	0	58	4.12	11.41	0.22	0.04
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			677	55	906	30.30	112.93	11.82	4.85
% of Calories						17.9%	66.7%	15.7%	6.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Thu - 05/29/2025									
Intermediate	Total	400							
Sausage, Egg and Cheese Muffin	1 each	375	407	329	889	9.3	27.7	23.9	7.11
Fries, McCain 5/16"	4 oz	400	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	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	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			796	317	1082	22.13	96.63	30.90	7.38
% of Calories						11.1%	48.6%	34.9%	8.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 05/30/2025									
Intermediate	Total	400							
Pizza, Big Daddy	1 EACH	375	470	40	730	23.98	53.97	17.99	8.99
MIXED VEGETABLES:frozen,boiled	1/2 CUP	200	59	0	32	2.6	11.91	0.14	0.03
APPLES,Fresh	1 EACH	175	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
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			659	47	910	33.14	90.85	18.64	9.13
% of Calories						20.1%	55.1%	25.4%	12.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			641	75	1017	29.78 18.6%	86.57 54.0%	19.37 27.2%	5.82 8.2%
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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	641		550 - 650	100%							
Cholesterol (mg)	75										
Sodium 1 (mg)	1017		1230								
Sodium 1a (mg)	1017		1110								
Protein (g)	29.78	18.58%									
Carbohydrate (g)	86.57	53.99%									
Total Fat (g)	19.37	27.18%	<=30.00%								
Saturated Fat (g)	5.82	8.17%	<10.00%								

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