

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

Elementary

002 - Liberty Bell Elementary School

Generated on: 3/31/2025 2:00:04 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/01/2025									
Elementary	Total	180							
Pattymelt Sandwich wheat	1 each	170	340	70	710	20.0	23.99	18.5	7.99
Ketchup, Red Gold packet	2 EACH	50	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	4 OZ	70	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	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	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			597	74	1035	28.73	69.64	22.47	8.73
% of Calories						19.2%	46.6%	33.9%	13.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 04/02/2025									
Elementary	Total	180							
Chicken, Popcorn Tyson	SERVING	170	230	30	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	70	70	0	65	2.0	14.0	0.5	0.00
Baked Beans SLSD	1/2 CUP	70	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			544	36	641	24.36	78.28	15.65	3.08
% of Calories						17.9%	57.6%	25.9%	5.1%
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

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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 - 04/03/2025									
Elementary	Total	140							
Bacon, Egg,& Cheese Croissant	1 EACH	130	495	328	930	11.0	31.0	32.5	12.00
French Fries, Govt, Crinkle Cu	SERVING	100	162	0	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	70	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			786	315	1175	22.39	87.06	35.17	12.86
% of Calories						11.4%	44.3%	40.3%	14.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 04/04/2025									
Elementary	Total	137							
Pizza, Big Daddy	1 EACH	127	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			641	48	917	32.76	87.91	18.31	9.11
% of Calories						20.5%	54.9%	25.7%	12.8%
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)
Mon - 04/07/2025									
Elementary	Total	180							
CHICKEN, Tenders, Tyson	3 each	170	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	100	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	100	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	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	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			516	32	824	25.55	65.30	15.69	3.08
% of Calories						19.8%	50.6%	27.4%	5.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 04/08/2025									
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	75	50	0	0	0.0	13.0	0.0	0.00
Fries, McCain 5/16"	4 oz	100	195	0	44	3.54	30.12	6.2	0.00
Sausage Links - Performance	1 Each	100	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	70	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	185	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			635	25	697	18.47	88.62	23.54	5.85
% of Calories						11.6%	55.8%	33.4%	8.3%
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 - 04/09/2025									
Elementary	Total	180							
Corn Dogs, Mini	Serving	170	255	23	660	9.0	27.0	12.0	2.25
Ketchup, Red Gold packet	2 EACH	170	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	90	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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	29	1251	21.48	95.59	13.63	2.86
% of Calories						14.8%	66.0%	21.2%	4.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 04/10/2025									
Elementary	Total	180							
Chicken Alfredo Pasta	SERVING	170	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	160	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	90	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	170	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	9	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			874	37	997	40.62	146.31	12.95	3.68
% of Calories						18.6%	67.0%	13.3%	3.8%
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 - 04/11/2025									
Elementary	Total	137							
Pizza, Double Stuff Cheese	1 EACH	127	240	20	550	17.0	28.0	7.0	4.00
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			428	30	751	26.29	63.84	8.12	4.48
% of Calories						24.6%	59.7%	17.1%	9.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 04/14/2025									
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	75	50	0	0	0.0	13.0	0.0	0.00
Fries, McCain 5/16"	4 oz	165	195	0	44	3.54	30.12	6.2	0.00
Sausage Links - Performance	Serving	155	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	185	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			821	52	866	20.87	109.94	34.05	8.25
% of Calories						10.2%	53.6%	37.3%	9.0%
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 - 04/15/2025									
Elementary	Total	170							
Taco in a Bag	1 Each	150	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	100	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	100	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	80	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
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			655	48	1243	34.14	88.70	19.43	6.79
% of Calories						20.9%	54.2%	26.7%	9.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 04/16/2025									
Elementary	Total	137							
Pizza, French Bread	1 EACH	127	370	20	820	16.0	41.0	14.0	3.00
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			548	30	1001	25.36	75.89	14.61	3.55
% of Calories						18.5%	55.4%	24.0%	5.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 04/17/2025									
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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Fri - 04/18/2025									
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 - 04/21/2025									
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
Tue - 04/22/2025									
Elementary	Total	180							
Max Sticks - Elem	serving	170	348	11	1068	16.79	36.21	14.91	5.12
BROCCOLI: frozen, boiled	1/2 cup	120	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	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
PBJ, Uncrustable Wheat	1 EACH	5	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			540	19	1210	27.13	73.98	15.22	5.38
% of Calories						20.1%	54.8%	25.4%	9.0%
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)
Wed - 04/23/2025									
Elementary	Total	140							
Sausage, Egg and Cheese Muffin	1 each	130	407	329	889	9.3	27.7	23.9	7.11
Hash Brown, McCain Patty	1 each	140	110	0	140	1.0	13.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	70	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			698	317	1258	19.89	77.71	29.81	8.36
% of Calories						11.4%	44.5%	38.4%	10.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 04/24/2025									
Elementary	Total	180							
Tortellini Marinara	SERVING	170	419	48	534	17.31	65.3	10.2	4.28
Breadstick, Rudis	1 EACH	80	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	50	62	0	58	4.12	11.41	0.22	0.04
CARROTS,BABY,RAW	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	170	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	9	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			668	54	862	28.46	113.23	11.71	4.80
% of Calories						17.0%	67.8%	15.8%	6.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

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Portion Values - Detailed

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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)
Fri - 04/25/2025									
Elementary	Total	180							
CHICKEN NUGGETS, Tyson	5 each	170	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	170	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	150	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	147	63	0	9	0.0	15.3	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	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			672	60	1353	33.85	104.24	15.12	3.11
% of Calories						20.1%	62.0%	20.3%	4.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 04/28/2025									
Elementary	Total	190							
MACARONI AND CHEESE(NEW)	2/3 CUP	190	331	14	1114	22.04	39.35	9.1	3.06
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
Breadstick, Rudis	1 EACH	190	109	0	232	4.0	21.4	1.1	0.20
APPLES,Fresh	1 EACH	160	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	30	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	190	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			700	23	1604	39.50	109.58	11.86	3.97
% of Calories						22.6%	62.7%	15.3%	5.1%
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 - 04/29/2025									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			570	60	1026	33.62	76.16	15.77	3.05
% of Calories						23.6%	53.4%	24.9%	4.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 04/30/2025									
Elementary	Total	140							
MiniCinnis	1 EACH	130	240	0	300	5.0	40.0	7.0	2.00
Hash Brown, McCain Patty	1 each	140	110	0	140	1.0	13.0	6.0	1.00
Sausage Links - Performance	1 Each	130	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			724	39	1014	21.46	90.63	31.76	9.18
% of Calories						11.9%	50.0%	39.4%	11.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			642	70	1038	27.63 17.2%	89.61 55.8%	19.20 26.9%	5.80 8.1%
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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	642		550 - 650	100%							
Cholesterol (mg)	70										
Sodium 1 (mg)	1038		1230								
Sodium 1a (mg)	1038		1110								
Protein (g)	27.63	17.22%									
Carbohydrate (g)	89.61	55.85%									
Total Fat (g)	19.20	26.93%	<=30.00%								
Saturated Fat (g)	5.80	8.13%	<10.00%								

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