

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2025 thru May 30, 2025

Middle

005 - SLSD Middle School

Generated on: 4/30/2025 2:13:26 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									
Middle	Total	230							
Turkey & Cheese Hoagie	1 EACH	220	323	42	1022	18.11	38.7	10.62	5.46
Mayonnaise, packet	2 EACH	220	176	17	124	0.4	0.8	19.0	3.00
Chips, Lays, Regular	SERVING	220	80	0	85	1.0	7.5	5.0	0.75
CARROTS,BABY,RAW	1/2 cup	180	40	0	88	0.73	9.34	0.15	0.03
Ranch, Dressing PC 12 G	1 EACH	180	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	50	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
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			834	70	1516	28.26	90.70	39.81	10.20
% of Calories						13.6%	43.5%	43.0%	11.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 05/02/2025									
Middle	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			600-700		1360			<=30.0	<10.00

Mon - 05/05/2025									
Middle	Total	230							
Taco in a Bag	1 Each	220	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	150	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	150	73	0	124	2.06	14.55	0.77	0.13
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02

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

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Middle

005 - SLSD Middle 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)
Weighted Daily Average			686	50	1308	37.73	93.58	18.71	6.87
% of Calories						22.0%	54.5%	24.5%	9.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Tue - 05/06/2025									
Middle	Total	230							
Chicken Patty Sandwich	1 EACH	225	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled HS	.75 cup	200	39	0	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	30	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			543	60	983	35.69	68.29	15.66	2.95
% of Calories						26.3%	50.3%	26.0%	4.9%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Wed - 05/07/2025									
Middle	Total	230							
MACARONI AND CHEESE(NEW)	2/3 CUP	225	331	14	1114	22.04	39.35	9.1	3.06
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			666	19	1522	37.07	105.24	10.97	3.63
% of Calories						22.3%	63.2%	14.8%	4.9%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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May 1, 2025 thru May 30, 2025

Middle

005 - SLSD Middle 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 - 05/08/2025									
Middle	Total	230							
Bacon, Egg,& Cheese Croissant	1 EACH	225	495	328	930	11.0	31.0	32.5	12.00
Potato, Crinkle Cut Govt	4 OZ	190	162	0	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			785	326	1140	21.14	82.77	37.01	13.32
% of Calories						10.8%	42.2%	42.5%	15.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 05/09/2025									
Middle	Total	220							
Pizza, Double Stuff Cheese	1 EACH	218	240	20	550	17.0	28.0	7.0	4.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
CARROTS,BABY,RAW	1/2 cup	170	40	0	88	0.73	9.34	0.15	0.03
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			464	32	853	26.61	66.53	10.87	5.54
% of Calories						22.9%	57.3%	21.1%	10.7%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	230							
CHICKEN, Tenders, Tyson	4 each	225	347	33	520	20.0	21.33	18.67	3.33
Roll, dinner, wheat	1 each	225	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	180	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,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			632	39	900	31.26	78.73	19.98	3.74
% of Calories						19.8%	49.8%	28.4%	5.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Tue - 05/13/2025									
Middle	Total	215							
French Toast Sticks WG	Serving	210	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	210	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	Serving	120	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	210	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			767	25	686	20.45	110.49	27.30	6.06
% of Calories						10.7%	57.7%	32.0%	7.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Middle

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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									
Middle	Total	230							
Ham&Cheese Croissant	1 EACH	220	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	1/2 CUP	150	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	20	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
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			553	75	1174	28.19	67.17	18.89	6.33
% of Calories						20.4%	48.5%	30.7%	10.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Thu - 05/15/2025									
Middle	Total	230							
Chicken Alfredo Pasta	SERVING	225	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	180	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,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			898	36	1014	41.97	152.58	12.76	3.55
% of Calories						18.7%	68.0%	12.8%	3.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Middle

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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									
Middle	Total	220							
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	0	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			547	32	755	28.81	73.57	15.80	6.54
% of Calories						21.0%	53.8%	26.0%	10.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Mon - 05/19/2025									
Middle	Total	215							
Dutch Waffle	1 each	210	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	0	0	0	0	0.0	0.0	0.0	0.00
Sausage Links - Performance	1 Each	210	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	210	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			863	57	840	22.48	108.29	38.43	9.31
% of Calories						10.4%	50.2%	40.1%	9.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Tue - 05/20/2025									
Middle	Total	230							
Fiesta Rice with Chicken	1 Cup	220	262	67	237	26.26	29.8	5.09	1.20
Seasoned Red Beans	.75 cup	150	189	0	226	10.54	35.45	0.86	0.13
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			562	72	558	41.19	86.75	6.45	1.73
% of Calories						29.3%	61.8%	10.3%	2.8%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Wed - 05/21/2025									
Middle	Total	230							
Cheeseburger on bun	1 each	228	325	52	655	24.5	25.0	14.0	6.00
Bacon, Hatfield Heat and Serve	1 each	228	90	10	290	5.0	0.0	7.0	2.00
Ketchup, Red Gold packet	2 EACH	228	20	0	210	0.0	6.0	0.0	0.00
BROCCOLI: frozen, boiled	1/2 cup	190	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,Fresh	1 EACH	135	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	230	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
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			645	69	1327	40.13	72.23	21.82	8.39
% of Calories						24.9%	44.8%	30.5%	11.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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May 1, 2025 thru May 30, 2025

Middle

005 - SLSD Middle 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 - 05/22/2025									
Middle	Total	250							
Chicken Turnover	SERVINGS	250	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	200	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	2 OZ	150	24	2	354	0.37	4.73	0.36	0.11
CORN: frozen, yellow	1/2 CUP	200	67	0	1	2.1	15.92	0.55	0.08
CELERY STICKS	3/4 CUP	25	13	0	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	50	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	250	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			754	58	1161	30.09	96.99	27.74	8.17
% of Calories						16.0%	51.4%	33.1%	9.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 05/23/2025									
Middle	Total	220							
Pizza, French Bread	1 EACH	218	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	0	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			577	32	1053	25.83	75.56	17.78	4.55
% of Calories						17.9%	52.4%	27.7%	7.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Middle

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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			600-700		1360			<=30.0	<10.00

Tue - 05/27/2025									
Middle	Total	230							
Chicken Nuggets, Tempura Batte	SERVING	225	270	40	620	14.0	13.0	18.0	3.50
Roll, dinner, wheat	1 each	225	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	180	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,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			556	45	972	27.29	70.01	19.02	3.85
% of Calories						19.6%	50.3%	30.8%	6.2%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Wed - 05/28/2025									
Middle	Total	230							
Tortellini Marinara	SERVING	225	419	48	534	17.31	65.3	10.2	4.28
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			752	53	955	32.44	130.62	12.05	4.83
% of Calories						17.2%	69.4%	14.4%	5.8%
Nutrient Guideline			600-700		1360			<=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 - 05/29/2025									
Middle	Total	230							
Sausage, Egg and Cheese Muffin	1 each	225	407	329	889	9.3	27.7	23.9	7.11
Hash Brown, McCain Patty	1 each	190	110	0	140	1.0	13.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			655	328	1194	18.08	67.98	29.65	8.25
% of Calories						11.0%	41.5%	40.7%	11.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 05/30/2025									
Middle	Total	220							
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
MIXED VEGETABLES:frozen,boiled	1/2 CUP	170	59	0	32	2.6	11.91	0.14	0.03
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			579	32	779	30.04	79.41	15.81	6.54
% of Calories						20.8%	54.9%	24.6%	10.2%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Weighted Average			666	76	1035	30.24 18.2%	88.87 53.4%	20.83 28.1%	6.22 8.4%
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		Portion	Plan	Cals	Cholst	Sodm	Protn	Carb	T-Fat	S-Fat
		Size	Qty	(kcal)	(mg)	(mg)	(g)	(g)	(g)	(g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	666		600 - 700	100%						
Cholesterol (mg)	76									
Sodium 1 (mg)	1035		1360							
Sodium 1a (mg)	1035		1225							
Protein (g)	30.24	18.16%								
Carbohydrate (g)	88.87	53.38%								
Total Fat (g)	20.83	28.14%	<=30.00%							
Saturated Fat (g)	6.22	8.40%	<10.00%							

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