

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2022 thru Apr 30, 2022

High

006 - SLSD High School

Generated on: 3/21/2022 1:16:23 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/01/2022								
High	Total	350						
Pizza, French Bread	1 EACH	340	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	340	32	18	2.13	6.54	0.47	0.07
Ranch, Lite Cup	1 each	340	150	390	1.0	2.0	15.0	2.50
CELERY STICKS	3/4 CUP	100	13	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			767	1400	28.34	92.91	30.17	5.97
% of Calories					14.8%	48.4%	35.4%	7.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/04/2022								
High	Total	350						
Chicken, Popcorn Tyson	SERVING	330	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	330	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	75	8	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			603	763	25.08	86.90	18.20	3.41
% of Calories					16.6%	57.6%	27.2%	5.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/05/2022								
High	Total	350						
Corn Dogs, Mini, MS-HS	1 EACH	300	340	880	12.0	36.0	16.0	3.00
Baked Beans SLSD	3/4 CUP	350	273	547	9.85	64.83	0.82	0.15
Ketchup, Red Gold packet	2 EACH	350	20	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			866	1773	31.08	146.94	20.75	3.97
% of Calories					14.4%	67.9%	21.6%	4.1%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/06/2022								
High	Total	350						
Eggo Mini Waffles	1 Each	335	200	270	5.0	34.0	5.0	1.50
Syrup cup, reduced calorie	1 each	335	50	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	335	190	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	335	195	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	500	20	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	10	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			849	1083	23.06	119.64	31.56	7.95
% of Calories					10.9%	56.3%	33.4%	8.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/07/2022								
High	Total	350						
Sweet and Sour Chicken Unbread	1 EACH	300	301	408	21.48	36.85	6.69	3.29
BROCCOLI: frozen, boiled HS	.75 cup	350	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			578	628	33.63	84.22	12.11	4.10
% of Calories					23.3%	58.3%	18.9%	6.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/08/2022								
High	Total	350						
Pizza, Big Daddy	1 EACH	340	470	730	23.98	53.97	17.99	8.99
Pepperoni, Sliced	SERVING	300	66	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			847	1188	37.74	105.49	31.85	12.59
% of Calories					17.8%	49.8%	33.8%	13.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/11/2022								
High	Total	350						
Dutch Waffle	1 each	335	300	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	335	50	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	335	190	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	335	195	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	500	20	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	10	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			945	1160	22.10	128.25	39.22	9.38
% of Calories					9.4%	54.3%	37.3%	8.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Tue - 04/12/2022								
High	Total	350						
CHICKEN, Tenders, Tyson	4 each	330	347	520	20.0	21.33	18.67	3.33
Roll, dinner, wheat	1 each	330	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	75	8	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			713	1027	32.62	93.81	22.60	4.19
% of Calories					18.3%	52.6%	28.5%	5.3%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/13/2022								
High	Total	350						
Pizza, Big Daddy	1 EACH	340	470	730	23.98	53.97	17.99	8.99
Salad, tossed, side	1 EACH	340	32	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	340	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	3/4 CUP	100	13	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			728	1040	35.12	104.53	20.44	9.36
% of Calories					19.3%	57.4%	25.3%	11.6%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Thu - 04/14/2022								
High	Total	0						
NO SCHOOL TODAY	SERVING	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Fri - 04/15/2022								
High	Total	0						
NO SCHOOL TODAY	SERVING	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Mon - 04/18/2022								
High	Total	0						
NO SCHOOL TODAY	SERVING	0	0	0	0.0	0.0	0.0	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			0	0	0.00	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Tue - 04/19/2022								
High	Total	350						
Chicken Patty Sandwich	1 EACH	345	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	3/4 CUP	350	273	547	9.85	64.83	0.82	0.15
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Italian dressing, PC	1 EACH	50	10	109	0.0	1.0	1.0	0.00
Apples, Sliced, pre-bagged	1 each	150	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	350	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			821	1541	41.86	135.74	16.36	3.06
% of Calories					20.4%	66.1%	17.9%	3.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Wed - 04/20/2022								
High	Total	350						
FRENCH TOAST STICKS	1 SERVING	325	377	876	13.1	56.82	10.8	2.71
SYRUP,PANCAKE	1 TBSP	325	46	16	0.0	12.06	0.0	0.00
Sausage Links - Performance	1 Each	325	190	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	300	130	310	2.0	17.0	6.0	1.00
Ketchup, Red Gold packet	2 EACH	150	20	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	25	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00

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Weighted Daily Average			895	1630	28.79	115.81	35.74	9.83
% of Calories					12.9%	51.7%	35.9%	9.9%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Thu - 04/21/2022								
High	Total	350						
Totchos Grande w/ Beef	1 EACH	300	301	768	19.71	25.24	13.71	4.46
CORN: frozen, yellow	3/4 CUP	320	100	1	3.16	23.88	0.83	0.13
Salsa, Redpack	.25 CUP	320	36	277	0.91	4.99	1.36	0.45
CARROTS,BABY,RAW	1/2 cup	175	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	25	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	25	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			661	1251	33.18	95.84	18.29	5.52
% of Calories					20.1%	58.0%	24.9%	7.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Fri - 04/22/2022								
High	Total	350						
Max Sticks	1 serving	340	508	1478	24.79	52.21	21.91	7.62
BROCCOLI: frozen, boiled HS	.75 cup	340	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	3/4 CUP	100	13	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			762	1658	37.99	102.68	22.99	7.99
% of Calories					19.9%	53.9%	27.1%	9.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2022 thru Apr 30, 2022

High

006 - SLSD High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/25/2022								
High	Total	350						
CHICKEN NUGGETS, Tyson	7 each	330	322	826	23.8	16.8	18.2	3.50
Roll, dinner, wheat	1 each	330	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	75	8	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			690	1315	36.20	89.54	22.16	4.35
% of Calories					21.0%	51.9%	28.9%	5.7%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/26/2022								
High	Total	350						
Pierogies, Mrs T	SERVING	310	270	710	10.0	39.0	8.0	4.00
MEAT BALLS	2 EACH	310	206	121	16.24	7.96	11.79	4.35
Sauce, Spaghetti Redpack	1/2 CUP	250	73	553	1.81	9.98	2.72	0.91
Roll, dinner, wheat	1 each	310	80	150	3.0	15.0	0.5	0.00
BROCCOLI: frozen, boiled HS	.75 cup	300	39	15	4.28	7.38	0.17	0.02
CARROTS,BABY,RAW	1/2 cup	150	40	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	150	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	200	77	4	0.31	20.62	0.18	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	40	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Mayonnaise, packet	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			869	1535	42.18	121.92	24.68	9.09
% of Calories					19.4%	56.1%	25.6%	9.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/27/2022								
High	Total	350						
Sausage, Egg and Cheese Muffin	1 each	300	407	889	9.3	27.7	23.9	7.11
Baked Beans SLSD	3/4 CUP	300	273	547	9.85	64.83	0.82	0.15
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			864	1493	27.36	124.56	27.40	7.47
% of Calories					12.7%	57.7%	28.6%	7.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/28/2022								
High	Total	400						
Chicken Turnover	SERVINGS	385	353	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	385	94	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	385	80	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	385	12	177	0.19	2.36	0.18	0.06
CORN: frozen, yellow	3/4 CUP	275	100	1	3.16	23.88	0.83	0.13
CELERY STICKS	3/4 CUP	45	13	72	0.62	2.67	0.15	0.04
Italian dressing, PC	1 EACH	45	10	109	0.0	1.0	1.0	0.00
BANANAS	1 EACH	250	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	235	77	4	0.31	20.62	0.18	0.01
Milk, Variety, Pocono Mtn.	Half Pint	400	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			839	1196	31.51	116.60	28.91	8.38
% of Calories					15.0%	55.6%	31.0%	9.0%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/29/2022								
High	Total	350						
Pizza, Big Daddy	1 EACH	340	470	730	23.98	53.97	17.99	8.99
Pepperoni, Sliced	SERVING	300	66	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			847	1188	37.74	105.49	31.85	12.59
% of Calories					17.8%	49.8%	33.8%	13.4%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			786	1271	32.53 16.6%	109.49 55.7%	25.29 29.0%	7.18 8.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	786		750 - 850	100%				
Sodium 1 (mg)	1271		1420					
Sodium 2 (mg)	1271		1080					
Protein (g)	32.53	16.56%						
Carbohydrate (g)	109.49	55.73%						
Total Fat (g)	25.29	28.97%	<=30.00%					
Saturated Fat (g)	7.18	8.22%	<10.00%					

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