

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2023 thru Feb 28, 2023

Middle

005 - SLSD Middle School

Generated on: 1/27/2023 2:37:16 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/01/2023									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/02/2023									
Middle	Total	215							
Eggo Mini Waffles	Serving	210	200	0	270	5.0	34.0	5.0	1.50
Sausage Links - Performance	Serving	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
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			733	38	745	22.63	96.45	29.17	9.16
% of Calories						12.3%	52.6%	35.8%	11.2%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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 - 02/03/2023									
Middle	Total	230							
Fish Sticks	Portion	225	200	40	311	14.02	16.99	8.99	1.50
MACARONI AND CHEESE(NEW)	1/2 CUP	225	248	10	835	16.53	29.52	6.82	2.29
TARTAR SAUCE	2 TBSP	90	76	6	237	0.4	5.48	6.35	0.61
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
Ketchup, Red Gold packet	2 EACH	180	20	0	210	0.0	6.0	0.0	0.00
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			719	57	1583	41.64	98.14	18.95	4.39
% of Calories						23.2%	54.6%	23.7%	5.5%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/06/2023									
Middle	Total	230							
CHICKEN, Tenders, Tyson	3 each	225	260	25	390	15.0	16.0	14.0	2.50
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			547	31	747	28.27	72.94	15.11	2.87
% of Calories						20.7%	53.4%	24.9%	4.7%
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)
Tue - 02/07/2023									
Middle	Total	230							
Tacos, Pork Carnitas	1 EACH	220	370	45	932	23.96	35.45	12.9	6.33
Seasoned Red Beans	.75 cup	150	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	220	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
Weighted Daily Average			735	51	1342	40.96	106.07	14.66	6.77
% of Calories						22.3%	57.7%	18.0%	8.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/08/2023									
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
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
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			831	57	823	21.65	105.24	36.98	10.63
% of Calories						10.4%	50.7%	40.1%	11.5%
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)
Thu - 02/09/2023									
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
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	200	55	0	2	0.31	13.99	0.05	0.00
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			799	58	1163	30.34	108.18	27.78	8.17
% of Calories						15.2%	54.2%	31.3%	9.2%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/10/2023									
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
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			448	32	785	26.82	62.67	10.84	5.55
% of Calories						23.9%	55.9%	21.8%	11.1%
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)
Mon - 02/13/2023									
Middle	Total	230							
Cheeseburger-Double on Bun	1 each	228	385	88	435	31.49	22.0	20.0	7.50
Ketchup, Red Gold packet	2 EACH	228	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	3/4 CUP	190	273	0	547	9.85	64.83	0.82	0.15
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			820	95	1264	47.89	118.75	21.42	8.01
% of Calories						23.4%	57.9%	23.5%	8.8%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/14/2023									
Middle	Total	215							
French Toast, Mini	SERVING	210	220	0	200	4.0	37.0	7.0	1.00
Sausage Links - Performance	Serving	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Smiles McCain	SERVING	210	141	0	191	2.01	20.09	6.03	1.01
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			732	38	837	20.98	92.63	32.40	8.34
% of Calories						11.5%	50.6%	39.8%	10.2%
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 - 02/15/2023									
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
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			585	45	1009	28.29	75.09	19.11	3.87
% of Calories						19.3%	51.3%	29.4%	5.9%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/16/2023									
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
CARROTS:frozen, boiled	1/2 CUP	170	27	0	43	0.42	5.64	0.5	0.09
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			554	32	788	28.36	74.57	16.09	6.58
% of Calories						20.5%	53.9%	26.2%	10.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/17/2023									
Middle	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00

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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)
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 - 02/20/2023									
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

Tue - 02/21/2023									
Middle	Total	220							
Max Sticks	serving	218	508	16	1478	24.79	52.21	21.91	7.62
PEAS: frozen,boiled	1/2 CUP	170	62	0	58	4.12	11.41	0.22	0.04
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			718	22	1668	35.80	92.12	22.71	7.99
% of Calories						19.9%	51.3%	28.5%	10.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2023 thru Feb 28, 2023

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)
Wed - 02/22/2023									
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	0	0	0	0	0.0	0.0	0.0	0.00
Sausage Links - Performance	Serving	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
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			765	38	782	22.14	94.74	33.81	9.89
% of Calories						11.6%	49.5%	39.8%	11.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/23/2023									
Middle	Total	220							
Pizza, 5" Round	1 EACH	218	390	30	660	20.0	47.0	14.0	6.00
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			597	42	894	29.80	81.50	17.78	7.53
% of Calories						20.0%	54.6%	26.8%	11.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

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Feb 1, 2023 thru Feb 28, 2023

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)
Fri - 02/24/2023									
Middle	Total	230							
Chicken Parmesan - Breaded	1 EACH	225	378	70	1191	25.31	22.48	19.97	6.41
Spaghetti and Sauce	serving	225	143	0	277	4.45	26.25	1.87	0.45
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
GREEN BEANS: frozen,boiled	1/2 CUP	180	19	0	1	1.01	4.35	0.11	0.03
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			817	75	1823	42.19	108.89	23.36	7.34
% of Calories						20.6%	53.3%	25.7%	8.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Mon - 02/27/2023									
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

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2023 thru Feb 28, 2023

Middle

005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/28/2023									
Middle	Total	230							
Grilled Cheese Sandwich wheat	1 each	215	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	150	135	0	720	3.0	30.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	140	31	0	1	0.29	7.89	0.16	0.05
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	80	51	0	2	0.21	13.75	0.12	0.01
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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Ice Cream, Pumpkin	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			551	56	1382	24.22	69.93	19.52	9.98
% of Calories						17.6%	50.8%	31.9%	16.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Weighted Average			669	48	1076	30.91	88.88	21.73	7.03
						18.5%	53.1%	29.2%	9.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	669		600 - 700	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	1076		1360					
Sodium 2 (mg)	1076		1035					41 - Correction Required - Sodium too High
Protein (g)	30.91	18.49%						
Carbohydrate (g)	88.88	53.15%						
Total Fat (g)	21.73	29.24%	<=30.00%					
Saturated Fat (g)	7.03	9.46%	<10.00%					

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