

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/01/2024									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/02/2024									
Intermediate	Total	400							
Pattymelt Sandwich wheat	1 each	375	340	70	710	20.0	23.99	18.5	7.99
Ketchup, Red Gold packet	2 EACH	375	20	0	210	0.0	6.0	0.0	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			539	73	1092	28.33	63.01	19.79	8.24
% of Calories						21.0%	46.8%	33.0%	13.8%
Nutrient Guideline			550-650		1230			<=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 - 04/03/2024									
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
Baked Beans SLSD	1/2 CUP	250	182	0	364	6.57	43.22	0.55	0.10
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

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			599	38	940	26.69	91.37	15.42	3.04
% of Calories						17.8%	61.0%	23.2%	4.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 04/04/2024									
Intermediate	Total	400							
Bacon, Egg,& Cheese Croissant	1 EACH	375	495	328	930	11.0	31.0	32.5	12.00
Fries, McCain 5/16"	4 oz	375	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			867	315	1117	23.50	97.84	38.58	11.96
% of Calories						10.8%	45.2%	40.1%	12.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 04/05/2024									
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

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/08/2024									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
CARROTS,BABY,RAW	1/2 cup	300	40	0	88	0.73	9.34	0.15	0.03
CELERY STICKS	1/2 CUP	100	8	0	48	0.41	1.78	0.1	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
Ice Cream Cup	1 EACH	300	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			670	84	1107	34.70	88.07	20.53	6.35
% of Calories						20.7%	52.6%	27.6%	8.5%
Nutrient Guideline			550-650		1230			<=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 - 04/09/2024									
Intermediate	Total	400							
MiniCinnis	1 EACH	385	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	385	190	30	270	6.0	0.0	19.0	6.00
Hash Brown, McCain Patty	1 each	385	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	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			719	37	872	20.89	88.61	32.28	9.25
% of Calories						11.6%	49.3%	40.4%	11.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/10/2024									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/11/2024									
Intermediate	Total	400							
Corn Dogs, Mini	Serving	385	255	23	660	9.0	27.0	12.0	2.25
Ketchup, Red Gold packet	2 EACH	385	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	250	182	0	364	6.57	43.22	0.55	0.10
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			543	30	1258	21.60	87.81	12.98	2.79
% of Calories						15.9%	64.6%	21.5%	4.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/12/2024									
Intermediate	Total	400							
Pizza, Double Stuff Cheese	1 EACH	375	240	20	550	17.0	28.0	7.0	4.00
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			424	28	726	25.79	62.73	8.33	4.45
% of Calories						24.3%	59.2%	17.7%	9.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 04/15/2024									
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

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/16/2024									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/17/2024									
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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/18/2024									
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

Fri - 04/19/2024									
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 - 04/22/2024									
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

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:37 PM

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

Tue - 04/23/2024									
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
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

Wed - 04/24/2024									
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
Fries, Sweet Potato 7/16"	4 OZ	250	200	0	227	1.33	29.35	8.0	1.33
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			633	57	1156	33.12	78.77	20.26	7.15
% of Calories						20.9%	49.8%	28.8%	10.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:37 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/25/2024									
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
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			501	38	719	24.36	67.43	15.15	2.99
% of Calories						19.5%	53.8%	27.2%	5.4%
Nutrient Guideline			550-650		1230			<=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 - 04/26/2024									
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

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:37 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/29/2024									
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

Tue - 04/30/2024									
Intermediate	Total	400							
Max Sticks - Elem	1 serving	375	348	11	1068	16.79	36.21	14.91	5.12
SALAD, TOSSED: no dressing	1 CUP	200	40	0	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	6	100	0.2	0.7	7.0	1.10
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			569	22	1276	26.47	72.19	19.62	6.10
% of Calories						18.6%	50.7%	31.0%	9.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			636	57	1021	28.39 17.9%	86.14 54.2%	19.86 28.1%	6.09 8.6%
------------------	--	--	-----	----	------	----------------	----------------	----------------	--------------

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

Apr 1, 2024 thru Apr 30, 2024

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 3/27/2024 2:29:37 PM

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	636		550 - 650	100%							
Cholesterol (mg)	57										
Sodium 1 (mg)	1021		1230								
Sodium 1a (mg)	1021		1110								
Protein (g)	28.39	17.86%									
Carbohydrate (g)	86.14	54.19%									
Total Fat (g)	19.86	28.10%	<=30.00%								
Saturated Fat (g)	6.09	8.62%	<10.00%								

**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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.