

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 1, 2023 thru Feb 28, 2023

Elementary

001 - Hopewell Elementary 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)
Wed - 02/01/2023									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	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			648	45	902	32.62	88.29	19.16	8.98
% of Calories						20.1%	54.5%	26.6%	12.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/02/2023									
Elementary	Total	195							
Eggo Mini Waffles	1 Each	185	200	0	270	5.0	34.0	5.0	1.50
Syrup cup, reduced calorie	1 each	65	50	0	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	185	162	0	27	2.7	27.0	4.73	1.35
Sausage Links - Performance	1 Each	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	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
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			720	34	794	21.38	100.90	26.67	8.41
% of Calories						11.9%	56.1%	33.3%	10.5%
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)
Fri - 02/03/2023									
Elementary	Total	195							
Fish Sticks	Portion	190	200	40	311	14.02	16.99	8.99	1.50
MACARONI AND CHEESE(NEW)	1/2 CUP	190	248	10	835	16.53	29.52	6.82	2.29
PEAS: frozen,boiled	1/2 CUP	190	62	0	58	4.12	11.41	0.22	0.04
Ketchup, Red Gold packet	1 EACH	190	10	0	105	0.0	3.0	0.0	0.00
TARTAR SAUCE	2 TBSP	150	76	6	237	0.4	5.48	6.35	0.61
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	195	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	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			757	61	1637	43.16	100.51	21.61	4.74
% of Calories						22.8%	53.1%	25.7%	5.6%
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)
Mon - 02/06/2023									
Elementary	Total	142							
CHICKEN, Tenders, Tyson	3 each	140	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	50	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, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	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	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			543	31	959	26.61	71.02	15.48	2.95
% of Calories						19.6%	52.3%	25.7%	4.9%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/07/2023									
Elementary	Total	130							
Taco in a Bag	1 Each	110	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	60	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	60	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	40	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	110	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			638	47	1209	32.92	86.21	19.48	6.71
% of Calories						20.6%	54.0%	27.5%	9.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/08/2023									
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	65	50	0	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	185	162	0	27	2.7	27.0	4.73	1.35
Sausage Links - Performance	1 Each	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	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
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			815	53	870	20.43	109.44	34.26	9.83
% of Calories						10.0%	53.7%	37.8%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/09/2023									
Elementary	Total	142							
Chicken, Popcorn Tyson	SERVING	140	230	30	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	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	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			535	37	597	25.53	73.27	15.51	2.97
% of Calories						19.1%	54.8%	26.1%	5.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/10/2023									
Elementary	Total	95							
Pizza, Double Stuff Cheese	1 EACH	85	240	20	550	17.0	28.0	7.0	4.00
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	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			443	28	742	26.37	65.06	9.33	4.51
% of Calories						23.8%	58.8%	19.0%	9.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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### Portion Values - Detailed

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Feb 1, 2023 thru Feb 28, 2023

Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/13/2023									
Elementary	Total	142							
Cheeseburger on bun	1 each	139	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSLSD	1/2 CUP	50	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	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	4	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			602	60	1200	36.08	80.40	16.05	6.62
% of Calories						24.0%	53.4%	24.0%	9.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/14/2023									
Elementary	Total	95							
French Toast, Mini	SERVING	90	220	0	200	4.0	37.0	7.0	1.00
Potato, Smiles McCain	SERVING	90	141	0	191	2.01	20.09	6.03	1.01
Sausage Links - Performance	1 Each	90	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	90	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	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	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			730	38	939	21.19	93.50	31.70	8.24
% of Calories						11.6%	51.3%	39.1%	10.2%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/15/2023									
Elementary	Total	142							
CHICKEN NUGGETS, Tyson 5 each	portion	140	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
PEAS: frozen,boiled	1/2 CUP	50	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, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	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	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			526	61	1161	29.88	69.10	14.40	2.94
% of Calories						22.7%	52.6%	24.6%	5.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 02/16/2023									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
CARROTS:frozen, boiled	1/2 CUP	75	27	0	43	0.42	5.64	0.5	0.09
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	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			655	45	936	32.16	89.31	19.47	9.02
% of Calories						19.6%	54.6%	26.8%	12.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 02/17/2023									
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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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/20/2023									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/21/2023									
Elementary	Total	195							
Max Sticks - Elem	serving	180	348	11	1068	16.79	36.21	14.91	5.12
BROCCOLI: frozen, boiled	1/2 cup	115	26	0	10	2.85	4.92	0.11	0.02
Ranch, Dressing PC 12 G	1 EACH	65	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	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	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	195	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	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			551	20	1211	26.43	73.03	17.23	5.63
% of Calories						19.2%	53.0%	28.1%	9.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/22/2023									
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	65	50	0	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	185	162	0	27	2.7	27.0	4.73	1.35
Sausage Links - Performance	1 Each	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	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
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

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			751	34	830	20.91	99.24	31.17	9.12
% of Calories						11.1%	52.9%	37.4%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 02/23/2023									
Elementary	Total	95							
Pizza, 5" Round	1 EACH	85	390	30	660	20.0	47.0	14.0	6.00
CARROTS:frozen, boiled	1/2 CUP	75	27	0	43	0.42	5.64	0.5	0.09
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	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			583	37	874	28.59	83.08	15.90	6.34
% of Calories						19.6%	57.0%	24.5%	9.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 02/24/2023									
Elementary	Total	192							
Chicken Parmesan - Breaded	1 EACH	190	378	70	1191	25.31	22.48	19.97	6.41
Spaghetti and Sauce	serving	190	143	0	277	4.45	26.25	1.87	0.45
Breadstick, Rudis	1 EACH	190	109	0	232	4.0	21.4	1.1	0.20
GREEN BEANS: frozen,boiled	1/2 CUP	82	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	102	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	90	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	192	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	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			841	76	1893	42.66	112.65	23.81	7.46
% of Calories						20.3%	53.6%	25.5%	8.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/27/2023									
Elementary	Total	142							
Chicken Patty Sandwich	1 EACH	140	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	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	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	142	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	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			560	61	1013	34.07	74.29	15.49	2.95
% of Calories						24.3%	53.0%	24.9%	4.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 02/28/2023									
Elementary	Total	190							
Grilled Cheese Sandwich wheat	1 each	180	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	125	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	65	40	0	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	95	23	0	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	95	51	0	2	0.21	13.75	0.12	0.01
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	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
Ice Cream, Pumpkin	1 EACH	160	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			707	81	1484	26.59	91.18	26.32	13.92
% of Calories						15.0%	51.6%	33.5%	17.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			645	47	1069	29.31 18.2%	86.69 53.8%	20.72 28.9%	6.74 9.4%
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# Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Elementary

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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) Overage	T-Fat (g) Overage	S-Fat (g) Overage	Error Messages (if any)
Calories	645		550 - 650	100%								
Cholesterol (mg)	47											
Sodium 1 (mg)	1069		1230									
<del>Sodium 2 (mg)</del>	<del>1069</del>		<del>935</del>						<del>134</del>			<del>Correction Required - Sodium too High</del>
Protein (g)	29.31	18.18%										
Carbohydrate (g)	86.69	53.78%										
Total Fat (g)	20.72	28.93%	<=30.00%									
Saturated Fat (g)	6.74	9.41%	<10.00%									

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