

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

Elementary

002 - Liberty Bell Elementary School

Generated on: 4/26/2022 9:05:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/02/2022								
Elementary	Total	180						
CHICKEN NUGGETS, Tyson	5 each	170	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	170	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	150	182	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	77	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	147	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			672	1353	33.85	104.24	15.12	3.11
% of Calories					20.1%	62.0%	20.3%	4.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/03/2022								
Elementary	Total	170						
Yogurt, Upstate blueberry	1 each	145	190	150	6.0	40.0	0.0	0.00
Bones, Scooby Doo	1 each	145	120	115	2.0	21.0	4.0	1.00
Potato, Tator Tots	SERVING	145	130	310	2.0	17.0	6.0	1.00
Honey Dew Melon	1 each	60	31	15	0.46	7.73	0.12	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	125	66	1	0.45	16.95	0.15	0.01
CELERY STICKS	1/2 CUP	25	8	48	0.41	1.78	0.1	0.03
Milk, Variety, Pocono Mtn.	Half Pint	170	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	15	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			618	758	19.93	106.48	12.86	3.02
% of Calories					12.9%	68.9%	18.7%	4.4%
Nutrient Guideline			550-650	1230			<=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 - 05/04/2022								
Elementary	Total	180						
Ham&Cheese Croissant	1 EACH	170	346	1127	20.01	26.51	17.95	5.86
CARROTS:frozen, boiled	1/2 CUP	70	27	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	120	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			537	1299	28.39	62.83	19.04	6.23
% of Calories					21.1%	46.8%	31.9%	10.4%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/05/2022								
Elementary	Total	170						
Taco in a Bag	1 Each	150	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	100	126	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	100	73	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	50	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			655	1243	34.14	88.70	19.43	6.79
% of Calories					20.9%	54.2%	26.7%	9.3%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/06/2022								
Elementary	Total	180						
Pizza, French Bread	1 EACH	170	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	120	32	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	120	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			626	1063	26.54	81.58	20.15	4.34
% of Calories					17.0%	52.2%	29.0%	6.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 05/09/2022								
Elementary	Total	180						
Chicken, Popcorn Tyson	SERVING	170	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	170	80	150	3.0	15.0	0.5	0.00
CARROTS:frozen, boiled	1/2 CUP	90	27	43	0.42	5.64	0.5	0.09
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			535	637	24.07	73.02	15.96	3.09
% of Calories					18.0%	54.6%	26.9%	5.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/10/2022								
Elementary	Total	180						
Corn Dogs, Mini	1 EACH	170	255	660	9.0	27.0	12.0	2.25
Baked Beans SLSD	1/2 CUP	80	182	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			550	1033	21.11	87.52	13.60	2.85
% of Calories					15.3%	63.6%	22.2%	4.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/11/2022								
Elementary	Total	140						
Eggo Mini Waffles	1 Each	130	200	270	5.0	34.0	5.0	1.50
Potato, Crinkle Cut Govt	4 OZ	140	162	27	2.7	27.0	4.73	1.35
Sausage Links - Performance	1 Each	130	190	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	115	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	0.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			739	873	23.16	99.06	28.62	9.07
% of Calories					12.5%	53.6%	34.8%	11.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/12/2022								
Elementary	Total	180						
Sweet and Sour Chicken Unbread	1 EACH	170	301	408	21.48	36.85	6.69	3.29
BROCCOLI: frozen, boiled	1/2 cup	80	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			524	637	31.24	79.80	8.39	3.80
% of Calories					23.8%	60.9%	14.4%	6.5%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/13/2022								
Elementary	Total	137						
Pizza, Big Daddy	1 EACH	127	470	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	115	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	0.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			641	917	32.76	87.91	18.31	9.11
% of Calories					20.5%	54.9%	25.7%	12.8%
Nutrient Guideline			550-650	1230			<=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 - 05/16/2022								
Elementary	Total	140						
French Toast Sticks WG	1 EACH	130	233	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	120	50	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	130	190	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	120	130	310	2.0	17.0	6.0	1.00
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	115	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	0.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			752	1041	21.71	93.15	33.45	9.27
% of Calories					11.6%	49.6%	40.0%	11.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Tue - 05/17/2022								
Elementary	Total	180						
CHICKEN, Tenders, Tyson	3 each	170	260	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	170	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	150	27	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	125	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			563	896	26.83	74.83	16.02	3.10
% of Calories					19.1%	53.1%	25.6%	5.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Wed - 05/18/2022								
Elementary	Total	137						
Breadsticks w/ Meatsauce Elem	1 each	120	448	970	17.64	45.8	21.25	6.24
BROCCOLI: frozen, boiled	1/2 cup	100	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	25	40	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	80	105	1	1.29	26.95	0.39	0.13
PEARS: canned,light syrup	1/2 CUP	60	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	7	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			678	1130	29.10	93.06	22.10	6.56
% of Calories					17.2%	54.9%	29.3%	8.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/19/2022								
Elementary	Total	195						
Turkey & Cheese on Hamburg Bun	1 EACH	185	267	982	23.99	25.23	8.76	3.33
Chips, Lays, Regular	SERVING	185	80	85	1.0	7.5	5.0	0.75
Mayonnaise, packet	1 EACH	185	88	62	0.2	0.4	9.5	1.50
CARROTS,BABY,RAW	1/2 cup	185	40	88	0.73	9.34	0.15	0.03
Ranch, Dressing PC 12 G	1 EACH	185	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	195	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			723	1454	34.46	79.58	30.76	7.03
% of Calories					19.1%	44.1%	38.3%	8.8%
Nutrient Guideline			550-650	1230			<=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 - 05/20/2022								
Elementary	Total	137						
Pizza, Big Daddy	1 EACH	127	470	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	115	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	0.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			641	917	32.76	87.91	18.31	9.11
% of Calories					20.5%	54.9%	25.7%	12.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 05/23/2022								
Elementary	Total	180						
Chicken Patty Sandwich	1 EACH	170	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	80	182	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	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, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			640	1184	35.28	93.18	15.96	3.09
% of Calories					22.0%	58.2%	22.4%	4.3%
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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May 1, 2022 thru May 31, 2022

Elementary

002 - Liberty Bell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/24/2022								
Elementary	Total	195						
Dutch Waffle	1 each	190	300	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	190	50	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	190	162	27	2.7	27.0	4.73	1.35
Sausage Links - Performance	1 Each	190	190	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	195	115	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	0.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			891	919	22.09	120.46	37.18	10.74
% of Calories					9.9%	54.1%	37.6%	10.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/25/2022								
Elementary	Total	170						
Totchos Grande w/ Beef	1 EACH	150	301	768	19.71	25.24	13.71	4.46
CARROTS:frozen, boiled	1/2 CUP	100	27	43	0.42	5.64	0.5	0.09
Salsa, Redpack	.25 CUP	100	36	277	0.91	4.99	1.36	0.45
CARROTS,BABY,RAW	1/2 cup	50	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	100	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			539	1120	28.24	70.92	16.50	5.19
% of Calories					21.0%	52.6%	27.6%	8.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Planned Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/26/2022								
Elementary	Total	180						
Meatball Sub	1 each	170	335	647	19.6	41.34	9.72	3.52
BROCCOLI: frozen, boiled	1/2 cup	120	26	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			544	827	30.29	80.36	11.20	4.06
% of Calories					22.3%	59.1%	18.5%	6.7%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 05/27/2022								
Elementary	Total	180						
Pizza, 5" Round	1 EACH	170	390	660	20.0	47.0	14.0	6.00
Salad, tossed, side	1 EACH	120	32	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	120	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie, Elem	1 EACH	5	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			645	912	30.32	87.24	20.15	7.17
% of Calories					18.8%	54.1%	28.1%	10.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 05/30/2022								
Elementary	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			550-650	1230			<=30.0	<10.00

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Planned Menu Spreadsheet

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May 1, 2022 thru May 31, 2022

Elementary

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/31/2022								
Elementary	Total	140						
Bacon, Egg, & Cheese Muffin	1 EACH	130	415	940	10.0	27.0	24.5	7.00
Potato, Crinkle Cut Govt	4 OZ	140	162	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	140	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES, Fresh	1 EACH	60	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	115	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	0.00
School Hoagie, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			763	1244	22.24	92.56	29.09	8.61
% of Calories					11.7%	48.6%	34.3%	10.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			642	1022	28.02	87.83	20.11	5.97
					17.5%	54.8%	28.2%	8.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	642		550 - 650	100%				
Sodium 1 (mg)	1022		1230					
Sodium 2 (mg)	1022		935				87	Correction Required - Sodium too High
Protein (g)	28.02	17.47%						
Carbohydrate (g)	87.83	54.76%						
Total Fat (g)	20.11	28.20%	<=30.00%					
Saturated Fat (g)	5.97	8.37%	<10.00%					

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