

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 4/26/2022 9:20:43 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/02/2022								
Intermediate	Total	400						
CHICKEN NUGGETS, Tyson	5 each	375	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	375	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	375	33	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	250	182	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	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	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, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			620	1345	32.44	91.84	15.17	3.10
% of Calories					20.9%	59.3%	22.0%	4.5%
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								
Intermediate	Total	400						
Taco in a Bag	1 Each	385	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	250	126	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	250	73	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	250	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	15	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			658	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

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
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Intermediate

004 - J. P. Liberati Intermediate School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<u>Wed - 05/04/2022</u>								
Intermediate	Total	400						
Ham&Cheese Croissant	1 EACH	385	346	1127	20.01	26.51	17.95	5.86
CARROTS:frozen, boiled	1/2 CUP	250	27	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	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	400	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	15	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			515	1304	28.36	58.08	18.68	6.26
% of Calories					22.0%	45.1%	32.7%	10.9%
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)
<u>Thu - 05/05/2022</u>								
Intermediate	Total	400						
Cheeseburger on bun	1 each	375	326	657	24.53	25.01	14.06	6.03
Ketchup, Red Gold packet	2 EACH	375	20	210	0.0	6.0	0.0	0.00
Fries, McCain 5/16"	4 oz	250	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	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	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, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			630	1043	34.53	79.26	19.19	6.34
% of Calories					21.9%	50.3%	27.4%	9.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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

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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								
Intermediate	Total	400						
Pizza, French Bread	1 EACH	375	370	820	16.0	41.0	14.0	3.00
SALAD,TOSSED: no dressing	1 CUP	200	40	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	100	0.2	0.7	7.0	1.10
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			590	1044	25.74	76.68	18.77	4.11
% of Calories					17.5%	52.0%	28.6%	6.3%
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)
Mon - 05/09/2022								
Intermediate	Total	400						
Chicken, Popcorn Tyson	SERVING	385	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	385	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	385	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	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	400	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	15	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			511	821	23.81	68.84	15.39	3.03
% of Calories					18.6%	53.8%	27.1%	5.3%
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)
Tue - 05/10/2022								
Intermediate	Total	400						
Corn Dogs, Mini	1 EACH	390	255	660	9.0	27.0	12.0	2.25
Baked Beans SLSD	1/2 CUP	390	182	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	50	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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			616	1186	24.42	103.83	13.26	2.80
% of Calories					15.9%	67.5%	19.4%	4.1%
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 - 05/11/2022								
Intermediate	Total	400						
Eggo Mini Waffles	1 Each	385	200	270	5.0	34.0	5.0	1.50
Sausage Links - Performance	1 Each	385	190	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	385	162	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	25	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			731	734	22.53	96.31	29.13	9.11
% of Calories					12.3%	52.7%	35.9%	11.2%
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)
Thu - 05/12/2022								
Intermediate	Total	400						
Sweet and Sour Chicken Unbread	1 EACH	390	301	408	21.48	36.85	6.69	3.29
BROCCOLI: frozen, boiled	1/2 cup	390	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	50	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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			508	596	32.96	76.09	7.65	3.74
% of Calories					25.9%	59.9%	13.6%	6.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 05/13/2022								
Intermediate	Total	400						
Pizza, Big Daddy	1 EACH	375	470	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			639	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

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Intermediate

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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								
Intermediate	Total	400						
French Toast Sticks WG	1 EACH	375	233	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	375	50	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	375	190	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	400	130	310	2.0	17.0	6.0	1.00
CELERY STICKS	1/2 CUP	25	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
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, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			793	1055	21.71	99.96	35.25	9.45
% of Calories					11.0%	50.4%	40.0%	10.7%
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)
Tue - 05/17/2022								
Intermediate	Total	400						
CHICKEN, Tenders, Tyson	3 each	375	260	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	375	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	375	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	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	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, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			551	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

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/18/2022								
Intermediate	Total	400						
Breadsticks w/ Meatsauce Elem	1 each	385	448	970	17.64	45.8	21.25	6.24
BROCCOLI: frozen, boiled	1/2 cup	385	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	150	105	1	1.29	26.95	0.39	0.13
PEARS: canned,light syrup	1/2 CUP	250	72	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			674	1136	29.21	91.48	22.07	6.64
% of Calories					17.3%	54.3%	29.5%	8.9%
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)
Thu - 05/19/2022								
Intermediate	Total	400						
Turkey & Cheese on Hamburg Bun	1 EACH	375	267	982	23.99	25.23	8.76	3.33
Chips, Lays, Regular	SERVING	375	80	85	1.0	7.5	5.0	0.75
Mayonnaise, packet	1 EACH	375	88	62	0.2	0.4	9.5	1.50
CARROTS,BABY,RAW	1/2 cup	400	40	88	0.73	9.34	0.15	0.03
Ranch, Dressing PC 12 G	1 EACH	400	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
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, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			734	1451	34.41	81.64	31.25	7.08
% of Calories					18.8%	44.5%	38.3%	8.7%
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								
Intermediate	Total	400						
Pizza, 5" Round	1 EACH	375	390	660	20.0	47.0	14.0	6.00
SALAD,TOSSED: no dressing	1 CUP	200	40	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	100	0.2	0.7	7.0	1.10
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			608	894	29.49	82.30	18.77	6.92
% of Calories					19.4%	54.1%	27.8%	10.2%
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)
Mon - 05/23/2022								
Intermediate	Total	400						
Chicken Patty Sandwich	1 EACH	390	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	150	182	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	200	40	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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			614	1157	35.37	87.25	15.42	3.00
% of Calories					23.1%	56.9%	22.6%	4.4%
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

Intermediate

004 - J. P. Liberati Intermediate 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								
Intermediate	Total	400						
Dutch Waffle	1 each	385	300	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	385	50	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	385	190	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	385	162	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	25	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			875	811	21.56	117.48	36.83	10.55
% of Calories					9.9%	53.7%	37.9%	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								
Intermediate	Total	400						
Totchos Grande w/ Beef	1 EACH	385	301	768	19.71	25.24	13.71	4.46
CARROTS:frozen, boiled	1/2 CUP	300	27	43	0.42	5.64	0.5	0.09
Salsa, Redpack	.25 CUP	300	36	277	0.91	4.99	1.36	0.45
CARROTS,BABY,RAW	1/2 cup	100	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	250	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	15	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			542	1191	29.48	71.51	15.85	5.29
% of Calories					21.7%	52.7%	26.3%	8.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

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Intermediate

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<u>Thu - 05/26/2022</u>								
Intermediate	Total	400						
Meatball Sub	1 each	375	335	647	19.6	41.34	9.72	3.52
BROCCOLI: frozen, boiled	1/2 cup	200	26	10	2.85	4.92	0.11	0.02
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			516	822	29.16	75.52	10.87	3.99
% of Calories					22.6%	58.5%	19.0%	7.0%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

<u>Fri - 05/27/2022</u>								
Intermediate	Total	400						
Pizza, Big Daddy	1 EACH	375	470	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			639	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

<u>Mon - 05/30/2022</u>								
Intermediate	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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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

Intermediate

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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								
Intermediate	Total	400						
Bacon, Egg, & Cheese Muffin	1 EACH	375	415	940	10.0	27.0	24.5	7.00
Fries, McCain 5/16"	4 oz	400	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	25	8	48	0.41	1.78	0.1	0.03
APPLES, Fresh	1 EACH	275	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	12	0.82	15.61	0.0	0.00
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, Elem	1 EACH	10	277	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			804	1129	22.78	95.97	31.46	7.28
% of Calories					11.3%	47.8%	35.2%	8.2%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			637	1036	28.81 18.1%	85.21 53.5%	20.34 28.8%	6.05 8.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		550 - 650	100%				
Sodium 1 (mg)	1036		1230					
Sodium 2 (mg)	1036		935				101	Correction Required - Sodium too High
Protein (g)	28.81	18.10%						
Carbohydrate (g)	85.21	53.54%						
Total Fat (g)	20.34	28.76%	<=30.00%					
Saturated Fat (g)	6.05	8.55%	<10.00%					

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