

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle School

Generated on: 4/26/2022 9:31:04 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/02/2022								
Middle	Total	230						
CHICKEN NUGGETS, Tyson	5 each	225	230	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	225	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	180	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			541	997	28.88	73.00	15.32	3.11
% of Calories					21.3%	53.9%	25.5%	5.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Tue - 05/03/2022								
Middle	Total	230						
Taco in a Bag	1 Each	220	342	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	150	189	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	150	73	124	2.06	14.55	0.77	0.13
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			699	1320	38.12	94.78	19.40	7.02
% of Calories					21.8%	54.2%	25.0%	9.0%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Page 2

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle School

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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								
Middle	Total	230						
Ham&Cheese Croissant	1 EACH	220	346	1127	20.01	26.51	17.95	5.86
CARROTS:frozen, boiled	3/4 CUP	150	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	20	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	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	230	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	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			566	1316	28.77	69.72	19.44	6.35
% of Calories					20.3%	49.3%	30.9%	10.1%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
Cheeseburger on bun	1 each	228	326	657	24.53	25.01	14.06	6.03
Bacon, Hatfield Heat and Serve	1 each	228	90	290	5.0	0.0	7.0	2.00
Ketchup, Red Gold packet	2 EACH	220	20	210	0.0	6.0	0.0	0.00
Fries, McCain 5/16"	4 oz	228	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	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	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	2	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			817	1357	41.32	97.83	27.93	8.41
% of Calories					20.2%	47.9%	30.8%	9.3%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Portion Values - Detailed

Page 3

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle School

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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								
Middle	Total	220						
Pizza, French Bread	1 EACH	218	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	170	32	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			564	1050	25.55	77.83	15.65	3.43
% of Calories					18.1%	55.2%	25.0%	5.5%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
Chicken, Popcorn Tyson	SERVING	225	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	225	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	180	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Un crustable Wheat	1 EACH	5	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			541	655	23.99	74.96	16.30	3.11
% of Calories					17.7%	55.4%	27.1%	5.2%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle School

Generated on: 4/26/2022 9:31:04 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/10/2022								
Middle	Total	230						
Corn Dogs, Mini, MS-HS	1 EACH	225	340	880	12.0	36.0	16.0	3.00
Baked Beans SLSD	3/4 CUP	190	273	547	9.85	64.83	0.82	0.15
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			725	1521	28.03	118.92	17.64	3.53
% of Calories					15.5%	65.6%	21.9%	4.4%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	215						
Eggo Mini Waffles	1 Each	210	200	270	5.0	34.0	5.0	1.50
Sausage Links - Performance	1 Each	210	190	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			733	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

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Page 5

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Middle

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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								
Middle	Total	230						
Sweet and Sour Chicken Unbread	1 EACH	225	301	408	21.48	36.85	6.69	3.29
BROCCOLI: frozen, boiled HS	.75 cup	190	39	15	4.28	7.38	0.17	0.02
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			493	620	32.69	72.29	7.99	3.71
% of Calories					26.5%	58.7%	14.6%	6.8%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/13/2022								
Middle	Total	220						
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			547	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

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Page 6

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Middle

005 - SLSD Middle School

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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								
Middle	Total	230						
FRENCH TOAST STICKS	1 SERVING	220	377	876	13.1	56.82	10.8	2.71
SYRUP,PANCAKE	1 TBSP	220	46	16	0.0	12.06	0.0	0.00
Sausage Links - Performance	1 Each	220	190	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	195	130	310	2.0	17.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	80	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, Sliced, pre-bagged	1 each	180	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	580	540	18.0	55.0	32.0	7.00
School Hoagie	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			879	1590	28.81	111.84	35.62	9.86
% of Calories					13.1%	50.9%	36.5%	10.1%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
CHICKEN, Tenders, Tyson	3 each	225	260	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	225	80	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	180	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	50	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			571	801	26.93	76.91	16.30	3.11
% of Calories					18.9%	53.9%	25.7%	4.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Page 7

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005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/18/2022								
Middle	Total	230						
Breadsticks w/ Meatsauce HS/MS	1 each	225	579	1176	20.45	64.55	25.94	7.18
BROCCOLI: frozen, boiled HS	.75 cup	225	39	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	30	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	110	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	120	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			796	1353	32.99	106.69	26.60	7.55
% of Calories					16.6%	53.6%	30.1%	8.5%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	250						
Chicken Turnover	SERVINGS	250	353	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	200	94	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	150	3.0	15.0	0.5	0.00
Gravy, Thick	2 OZ	150	24	354	0.37	4.73	0.36	0.11
CORN: frozen, yellow	3/4 CUP	200	100	1	3.16	23.88	0.83	0.13
CELERY STICKS	3/4 CUP	25	13	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	50	105	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	200	51	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	250	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			781	1162	30.93	103.36	27.96	8.21
% of Calories					15.8%	52.9%	32.2%	9.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Page 8

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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								
Middle	Total	220						
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	520	19.0	39.0	12.0	5.00
Salad, tossed, side	1 EACH	170	32	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			534	752	28.52	75.85	13.67	5.41
% of Calories					21.4%	56.8%	23.1%	9.1%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
Chicken Patty Sandwich	1 EACH	225	350	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	200	182	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	30	8	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	180	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			668	1287	37.68	99.46	16.00	3.02
% of Calories					22.6%	59.6%	21.6%	4.1%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle 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								
Middle	Total	215						
Dutch Waffle	1 each	210	300	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	0	0	0	0.0	0.0	0.0	0.00
Sausage Links - Performance	1 Each	210	190	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	35	8	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			831	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

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/25/2022								
Middle	Total	230						
Totchos Grande w/ Beef	1 EACH	220	301	768	19.71	25.24	13.71	4.46
CARROTS:frozen, boiled	3/4 CUP	150	41	65	0.64	8.46	0.74	0.13
Salsa, Redpack	.25 CUP	150	36	277	0.91	4.99	1.36	0.45
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			539	1152	29.45	69.24	16.21	5.30
% of Calories					21.8%	51.4%	27.1%	8.8%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle School

Generated on: 4/26/2022 9:31:04 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/26/2022								
Middle	Total	220						
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	8	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			547	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

Fri - 05/27/2022								
Middle	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			600-700	1360			<=30.0	<10.00

Mon - 05/30/2022								
Middle	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			600-700	1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

May 1, 2022 thru May 31, 2022

Middle

005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/31/2022								
Middle	Total	230						
Bacon, Egg,& Cheese Muffin	1 EACH	225	415	940	10.0	27.0	24.5	7.00
Potato, Crinkle Cut Govt	4 OZ	190	162	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			706	1150	20.16	78.86	29.18	8.43
% of Calories					11.4%	44.7%	37.2%	10.7%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			654	1058	29.24 17.9%	87.52 53.5%	20.95 28.8%	6.12 8.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	654		600 - 700	100%				
Sodium 1 (mg)	1058		1360					
Sodium 2 (mg)	1058		1035				23	Correction Required - Sodium too High
Protein (g)	29.24	17.88%						
Carbohydrate (g)	87.52	53.53%						
Total Fat (g)	20.95	28.83%	<=30.00%					
Saturated Fat (g)	6.12	8.43%	<10.00%					

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