

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Jun 1, 2018 thru Jun 4, 2018

High

006 - SLSD High School

Generated on: 5/30/2018 3:36:16 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/01/2018								
High	Total	350						
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	175	66	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	340	28	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	14	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	5	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			623	807	30.89	89.05	16.72	6.76
% of Calories					19.8%	57.2%	24.2%	9.8%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Mon - 06/04/2018								
High	Total	350						
Chicken Patty Sandwich	1 EACH	320	350	820	24.0	33.0	14.5	2.50
CARROTS,BABY,RAW	3/4 cup	320	60	133	1.09	14.02	0.22	0.04
Honey Mustard Cup	1 EACH	320	180	300	1.0	6.0	17.0	2.50
ORANGES	1 EACH	175	62	0	1.23	15.39	0.16	0.03
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	1	0.45	16.95	0.15	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	15	409	1661	23.13	36.19	19.53	7.56
Lite Mayonnaise	1 Each	15	49	107	0.13	0.98	4.86	0.67
Weighted Daily Average			768	1395	34.58	88.69	32.21	5.57
% of Calories					18.0%	46.2%	37.7%	6.5%
Nutrient Guideline			750-850	1420			<=30.0	<10.00

Weighted Average			695	1101	32.74	88.87	24.47	6.17
					18.8%	51.1%	31.7%	8.0%

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.

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Nutrient	Menu AVG	% of Cals	Portion Size Target	Plan Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	695		750 - 850	93%		55					Correction Required - Calories are Low *Target effective with 2014-2015 School Year!
Sodium (mg)	1101		1420								
Protein (g)	32.74	18.83%									
Carbohydrate (g)	88.87	51.11%									
Total Fat (g)	24.47	31.66%	<=30.00%								Correction Required - Total Fat too High
Saturated Fat (g)	6.17	7.98%	<10.00%								

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