

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 1

Jun 1, 2018 thru Jun 8, 2018

Elementary

001 - Hopewell Elementary School

Generated on: 5/30/2018 3:29:10 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/01/2018								
Elementary	Total	142						
Chicken Patty Sandwich	1 EACH	139	350	820	24.0	33.0	14.5	2.50
CARROTS:frozen, boiled	1/2 CUP	80	27	43	0.42	5.64	0.5	0.09
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	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	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			595	1071	33.77	79.83	16.76	3.21
% of Calories					22.7%	53.7%	25.4%	4.9%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 06/04/2018								
Elementary	Total	145						
Pizza, Big Daddy Rolled Edge E	SLICE	130	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	30	66	177	2.53	0.0	6.58	2.53
PEAS: frozen,boiled	1/2 CUP	65	62	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	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	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			577	767	30.06	79.96	15.53	5.90
% of Calories					20.8%	55.4%	24.2%	9.2%
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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Page 2

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/05/2018								
Elementary	Total	142						
Chicken, Popcorn Tyson	SERVING	139	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	139	80	150	3.0	15.0	0.5	0.00
Fries, McCain 5/16"	4 oz	80	195	44	3.54	30.12	6.2	0.00
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	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	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			650	651	26.72	89.70	19.97	3.16
% of Calories					16.4%	55.2%	27.7%	4.4%
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)
Wed - 06/06/2018								
Elementary	Total	95						
French Toast Sticks WG	1 EACH	85	233	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	85	50	0	0.0	13.0	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	75	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	85	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	20	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	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	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			783	964	25.99	104.91	29.56	7.44
% of Calories					13.3%	53.6%	34.0%	8.6%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

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Page 3

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/07/2018								
Elementary	Total	142						
Chicken Patty Sandwich	1 EACH	139	350	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	80	26	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	60	40	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	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	4	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			594	1053	35.14	79.42	16.54	3.17
% of Calories					23.7%	53.5%	25.1%	4.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 06/08/2018								
Elementary	Total	145						
Pizza, French Bread	1 EACH	130	370	820	16.0	41.0	14.0	3.00
Salad, tossed, side	1 EACH	65	32	18	2.13	6.54	0.47	0.06
Ranch, Dressing PC 12 G	1 EACH	65	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	10	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	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	5	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			607	1027	26.04	79.89	19.21	4.09
% of Calories					17.2%	52.6%	28.5%	6.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			634	922	29.62	85.62	19.59	4.49
					18.7%	54.0%	27.8%	6.4%

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Page 4

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Elementary

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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	634		550 - 650	100%							
Sodium (mg)	922		1230								*Target effective with 2014-2015 School Year!
Protein (g)	29.62	18.68%									
Carbohydrate (g)	85.62	54.00%									
Total Fat (g)	19.59	27.80%	<=30.00%								
Saturated Fat (g)	4.49	6.38%	<10.00%								

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