

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Jun 1, 2018 thru Jun 8, 2018

Elementary

002 - Liberty Bell Elementary School

Generated on: 5/30/2018 3:30:03 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	180						
Chicken Patty Sandwich	1 EACH	170	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	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	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			570	1039	32.43	76.44	15.91	3.06
% of Calories					22.8%	53.7%	25.1%	4.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Mon - 06/04/2018								
Elementary	Total	180						
Pizza, Big Daddy Rolled Edge E	SLICE	170	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	120	62	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	40	10	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
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			584	769	30.93	82.85	14.50	5.81
% of Calories					21.2%	56.7%	22.3%	9.0%
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)
Tue - 06/05/2018								
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
Fries, McCain 5/16"	4 oz	90	195	44	3.54	30.12	6.2	0.00
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	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			618	636	25.52	85.22	18.79	3.02
% of Calories					16.5%	55.2%	27.4%	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	140						
French Toast Sticks WG	1 EACH	120	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
PORK, Sausage Links, Maid-Rite	2 each	100	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	120	220	280	2.0	26.0	12.0	2.00
CELERY STICKS	1/2 CUP	35	10	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	10	620	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			771	955	25.54	104.18	28.89	7.19
% of Calories					13.3%	54.1%	33.7%	8.4%
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)
Thu - 06/07/2018								
Elementary	Total	180						
Chicken Patty Sandwich	1 EACH	170	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	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	242	977	17.38	22.47	11.01	4.00
Weighted Daily Average			569	1025	33.51	76.12	15.74	3.02
% of Calories					23.5%	53.5%	24.9%	4.8%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Fri - 06/08/2018								
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	0.06
Ranch, Dressing PC 12 G	1 EACH	120	67	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	10	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
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			626	1064	26.48	81.96	20.12	4.25
% of Calories					16.9%	52.4%	28.9%	6.1%
Nutrient Guideline			550-650	1230			<=30.0	<10.00

Weighted Average			623	915	29.07	84.46	18.99	4.39
					18.7%	54.2%	27.4%	6.3%

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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	623		550 - 650	100%							
Sodium (mg)	915		1230								*Target effective with 2014-2015 School Year!
Protein (g)	29.07	18.66%									
Carbohydrate (g)	84.46	54.22%									
Total Fat (g)	18.99	27.43%	<=30.00%								
Saturated Fat (g)	4.39	6.34%	<10.00%								

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