

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Jun 1, 2018 thru Jun 8, 2018

Middle

005 - SLSD Middle School

Generated on: 5/30/2018 3:33:53 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/01/2018								
Middle	Total	230						
Chicken Patty Sandwich	1 EACH	230	350	820	24.0	33.0	14.5	2.50
CARROTS:frozen, boiled	3/4 CUP	130	41	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
ORANGES	1 EACH	150	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	80	63	9	0.0	15.3	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	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			537	997	32.21	69.40	15.59	2.92
% of Calories					24.0%	51.7%	26.1%	4.9%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Mon - 06/04/2018								
Middle	Total	220						
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	150	66	177	2.53	0.0	6.58	2.53
PEAS: frozen,boiled	3/4 CUP	170	94	86	6.18	17.11	0.32	0.06
CELERY STICKS	1/2 CUP	40	10	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	100	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	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			627	866	33.42	84.87	17.50	7.16
% of Calories					21.3%	54.2%	25.1%	10.3%
Nutrient Guideline			600-700	1360			<=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 - 06/05/2018								
Middle	Total	230						
Chicken, Popcorn Tyson	SERVING	230	230	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	230	80	150	3.0	15.0	0.5	0.00
Fries, McCain 5/16"	4 oz	130	195	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
ORANGES	1 EACH	150	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	80	63	9	0.0	15.3	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	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			584	556	24.85	77.64	18.67	2.85
% of Calories					17.0%	53.2%	28.8%	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 - 06/06/2018								
Middle	Total	230						
FRENCH TOAST STICKS	1 SERVING	210	377	876	13.1	56.82	10.8	2.71
SYRUP,PANCAKE	1 TBSP	210	46	16	0.0	12.06	0.0	0.00
PORK, Sausage Links, Maid-Rite	2 each	210	130	240	12.0	1.0	9.0	3.50
Hash Brown, McCain Patty	2 each	230	220	280	2.0	26.0	12.0	2.00
Ketchup, Red Gold packet	1 EACH	260	10	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	10	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	150	30	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	90	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	10	620	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	10	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			942	1689	34.85	127.54	32.96	8.60
% of Calories					14.8%	54.2%	31.5%	8.2%
Nutrient Guideline			600-700	1360			<=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								
Middle	Total	230						
Chicken Patty Sandwich	1 EACH	230	350	820	24.0	33.0	14.5	2.50
CARROTS,BABY,RAW	1/2 cup	130	40	88	0.73	9.34	0.15	0.03
CELERY STICKS	1/2 CUP	50	10	48	0.41	1.78	0.1	0.03
ORANGES	1 EACH	150	62	0	1.23	15.39	0.16	0.03
Peaches, diced	1/2 cup	80	63	9	0.0	15.3	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	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			537	1011	32.26	69.90	15.25	2.86
% of Calories					24.0%	52.1%	25.6%	4.8%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Fri - 06/08/2018								
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	0.06
Italian dressing, PC	1 EACH	130	10	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	10	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	100	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	409	1661	23.13	36.19	19.53	7.56
Weighted Daily Average			570	1054	25.60	79.27	15.70	3.45
% of Calories					18.0%	55.6%	24.8%	5.5%
Nutrient Guideline			600-700	1360			<=30.0	<10.00

Weighted Average			633	1029	30.53	84.77	19.28	4.64
					19.3%	53.6%	27.4%	6.6%

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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	633		600 - 700	100%							
Sodium (mg)	1029		1360								*Target effective with 2014-2015 School Year!
Protein (g)	30.53	19.30%									
Carbohydrate (g)	84.77	53.59%									
Total Fat (g)	19.28	27.42%	<=30.00%								
Saturated Fat (g)	4.64	6.60%	<10.00%								

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