

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Jun 2, 2025 thru Jun 6, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 5/30/2025 3:58:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/02/2025									
Elementary	Total	95							
MiniCinnis	1 EACH	90	240	0	300	5.0	40.0	7.0	2.00
Hash Brown, McCain Patty	1 each	90	110	0	140	1.0	13.0	6.0	1.00
Sausage Links - Performance	1 Each	90	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	90	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	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	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			719	38	986	21.19	89.62	31.67	9.18
% of Calories						11.8%	49.8%	39.6%	11.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 06/03/2025									
Elementary	Total	142							
Chicken Patty Sandwich	1 EACH	140	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			560	61	1013	34.07	74.29	15.49	2.95
% of Calories						24.3%	53.0%	24.9%	4.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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.

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/04/2025									
Elementary	Total	195							
French Toast Sticks WG	1 EACH	185	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	65	50	0	0	0.0	13.0	0.0	0.00
Fries, McCain 5/16"	4 oz	185	195	0	44	3.54	30.12	6.2	0.00
Sausage Links - Performance	1 Each	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	6	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	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			782	34	846	21.71	102.20	32.57	7.84
% of Calories						11.1%	52.3%	37.5%	9.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 06/05/2025									
Elementary	Total	142							
CHICKEN, Tenders, Tyson	3 each	140	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	50	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			543	31	959	26.61	71.02	15.48	2.95
% of Calories						19.6%	52.3%	25.7%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Fri - 06/06/2025									
Elementary	Total	95							
Pizza, French Bread	1 EACH	85	370	20	820	16.0	41.0	14.0	3.00
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			559	28	983	25.47	76.69	15.60	3.61
% of Calories						18.2%	54.9%	25.1%	5.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			633	38	958	25.81	82.76	22.16	5.31
						16.3%	52.3%	31.5%	7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	633		550 - 650	100%				
Cholesterol (mg)	38							
Sodium 1 (mg)	958		1230					
Sodium 1a (mg)	958		1110					
Protein (g)	25.81	16.32%						
Carbohydrate (g)	82.76	52.32%						
Total Fat (g)	22.16	31.52%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	5.31	7.55%	<10.00%					

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