

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Jun 2, 2025 thru Jun 6, 2025

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 5/30/2025 4:06:15 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									
Intermediate	Total	400							
MiniCinnis	1 EACH	385	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	385	190	30	270	6.0	0.0	19.0	6.00
Hash Brown, McCain Patty	1 each	385	110	0	140	1.0	13.0	6.0	1.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			719	37	872	20.89	88.61	32.28	9.25
% of Calories						11.6%	49.3%	40.4%	11.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 06/03/2025									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	150	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	200	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	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			555	61	1024	33.98	72.88	15.26	2.97
% of Calories						24.5%	52.5%	24.7%	4.8%
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									
Intermediate	Total	400							
Bacon, Egg,& Cheese Bagel	1 EACH	375	525	328	1080	14.0	48.0	25.5	7.00
Hash Brown, McCain Patty	1 each	300	110	0	140	1.0	13.0	6.0	1.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			794	315	1321	23.74	95.29	30.70	8.03
% of Calories						12.0%	48.0%	34.8%	9.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 06/05/2025									
Intermediate	Total	400							
CHICKEN, Tenders, Tyson	3 each	375	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	200	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	200	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	15	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			502	31	788	25.29	61.74	15.84	3.09
% of Calories						20.2%	49.2%	28.4%	5.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/06/2025									
Intermediate	Total	400							
Pizza, French Bread	1 EACH	375	370	20	820	16.0	41.0	14.0	3.00
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	0	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			546	28	980	24.86	74.92	14.89	3.51
% of Calories						18.2%	54.9%	24.6%	5.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			623	94	997	25.75	78.69	21.79	5.37
						16.5%	50.5%	31.5%	7.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	623		550 - 650	100%				
Cholesterol (mg)	94							
Sodium 1 (mg)	997		1230					
Sodium 1a (mg)	997		1110					
Protein (g)	25.75	16.53%						
Carbohydrate (g)	78.69	50.50%						
Total Fat (g)	21.79	31.47%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	5.37	7.75%	<10.00%					

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