

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Jun 2, 2025 thru Jun 6, 2025

Elementary

002 - Liberty Bell Elementary School

Generated on: 5/30/2025 3:59:49 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	140							
MiniCinnis	1 EACH	130	240	0	300	5.0	40.0	7.0	2.00
Hash Brown, McCain Patty	1 each	140	110	0	140	1.0	13.0	6.0	1.00
Sausage Links - Performance	1 Each	130	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			724	39	1014	21.46	90.63	31.76	9.18
% of Calories						11.9%	50.0%	39.4%	11.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 06/03/2025									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	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	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			570	60	1026	33.62	76.16	15.77	3.05
% of Calories						23.6%	53.4%	24.9%	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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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	75	50	0	0	0.0	13.0	0.0	0.00
Fries, McCain 5/16"	4 oz	100	195	0	44	3.54	30.12	6.2	0.00
Sausage Links - Performance	1 Each	100	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	70	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	185	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			635	25	697	18.47	88.62	23.54	5.85
% of Calories						11.6%	55.8%	33.4%	8.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 06/05/2025									
Elementary	Total	180							
CHICKEN, Tenders, Tyson	3 each	170	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	100	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	100	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	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	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			516	32	824	25.55	65.30	15.69	3.08
% of Calories						19.8%	50.6%	27.4%	5.4%
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									
Elementary	Total	137							
Pizza, French Bread	1 EACH	127	370	20	820	16.0	41.0	14.0	3.00
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			548	30	1001	25.36	75.89	14.61	3.55
% of Calories						18.5%	55.4%	24.0%	5.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			599	37	912	24.89	79.32	20.27	4.94
						16.6%	53.0%	30.5%	7.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	599		550 - 650	100%				
Cholesterol (mg)	37							
Sodium 1 (mg)	912		1230					
Sodium 1a (mg)	912		1110					
Protein (g)	24.89	16.63%						
Carbohydrate (g)	79.32	52.99%						
Total Fat (g)	20.27	30.47%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	4.94	7.43%	<10.00%					

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