

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

High

006 - SLSD High School

Generated on: 3/31/2025 2:37:08 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/01/2025									
High	Total	350							
Pattymelt Sandwich wheat	1 each	325	340	70	710	20.0	23.99	18.5	7.99
MUSTARD: individual PC	Pkt 5g	325	3	0	55	0.19	0.29	0.17	0.01
Ketchup, Red Gold packet	2 EACH	325	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	4 OZ	325	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	75	67	6	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	24	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	1	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	1	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			795	73	1343	30.50	104.24	29.48	9.74
% of Calories						15.4%	52.5%	33.4%	11.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 04/02/2025									
High	Total	350							
Chicken, Popcorn Tyson	SERVING	330	230	30	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	330	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	330	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			755	35	1155	30.85	124.25	18.09	3.39
% of Calories						16.4%	65.8%	21.6%	4.0%
Nutrient Guideline			750-850		1420			<=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)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/03/2025									
High	Total	350							
Bacon, Egg,& Cheese Croissant	1 EACH	300	495	328	930	11.0	31.0	32.5	12.00
Fries, McCain 5/16"	4 oz	300	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	300	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			881	288	1188	23.41	100.21	39.39	11.53
% of Calories						10.6%	45.5%	40.2%	11.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 04/04/2025									
High	Total	350							
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	340	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	350	28	0	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	0	18	1.23	23.42	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			678	40	912	33.57	93.06	19.78	7.96
% of Calories						19.8%	54.9%	26.3%	10.6%
Nutrient Guideline			750-850		1420			<=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)
Mon - 04/07/2025									
High	Total	350							
CHICKEN, Tenders, Tyson	4 each	330	347	33	520	20.0	21.33	18.67	3.33
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	330	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	350	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
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	20	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			736	39	1140	33.77	98.66	22.56	4.22
% of Calories						18.3%	53.6%	27.6%	5.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 04/08/2025									
High	Total	350							
Max Sticks	serving	340	508	16	1478	24.79	52.21	21.91	7.62
BROCCOLI: frozen, boiled	1/2 cup	340	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			750	23	1653	36.60	100.29	22.93	7.98
% of Calories						19.5%	53.5%	27.5%	9.6%
Nutrient Guideline			750-850		1420			<=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)
Wed - 04/09/2025									
High	Total	350							
French Toast Sticks WG	Serving	345	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	345	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	Serving	345	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	400	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	500	20	0	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	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	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			935	38	1124	23.92	126.45	37.61	8.79
% of Calories						10.2%	54.1%	36.2%	8.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 04/10/2025									
High	Total	400							
Chicken Turnover	SERVINGS	385	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	385	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	385	12	1	177	0.19	2.36	0.18	0.06
CORN: frozen, yellow	3/4 CUP	385	100	0	1	3.16	23.88	0.83	0.13
CELERY STICKS	3/4 CUP	45	13	0	72	0.62	2.67	0.15	0.04
Italian dressing, PC	1 EACH	45	10	0	109	0.0	1.0	1.0	0.00
BANANAS	1 EACH	275	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	235	77	0	4	0.31	20.62	0.18	0.01
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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			874	57	1197	32.45	124.85	29.17	8.43
% of Calories						14.9%	57.2%	30.1%	8.7%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Fri - 04/11/2025									
High	Total	350							
Pizza, Double Stuff Cheese	1 EACH	340	240	20	550	17.0	28.0	7.0	4.00
Pepperoni, Sliced	SERVING	340	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	350	28	0	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	0	18	1.23	23.42	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			580	40	941	31.63	82.37	14.93	6.99
% of Calories						21.8%	56.8%	23.1%	10.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 04/14/2025									
High	Total	350							
Dutch Waffle	1 each	335	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	335	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	335	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	400	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	500	20	0	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	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	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	10	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			998	58	1189	23.90	136.45	40.46	9.44
% of Calories						9.6%	54.7%	36.5%	8.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Tue - 04/15/2025									
High	Total	350							
Taco in a Bag	1 Each	300	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	320	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	320	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	175	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	175	62	0	0	1.23	15.39	0.16	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	0	1	0.45	16.95	0.15	0.01
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	25	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	25	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			827	51	1484	43.43	119.29	21.01	7.02
% of Calories						21.0%	57.7%	22.9%	7.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 04/16/2025									
High	Total	350							
Pizza, French Bread	1 EACH	340	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	300	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	340	28	0	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			682	38	1162	29.18	92.21	20.88	5.68
% of Calories						17.1%	54.1%	27.6%	7.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 04/17/2025									
High	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00

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Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00
% of Calories						0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 04/18/2025									
High	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00
% of Calories						0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 04/21/2025									
High	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00
% of Calories						0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 04/22/2025									
High	Total	350							
Chicken Alfredo Pasta	SERVING	330	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	350	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
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	20	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			961	36	1019	44.41	161.46	15.48	4.02
% of Calories						18.5%	67.2%	14.5%	3.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Apr 1, 2025 thru Apr 30, 2025

High

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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 - 04/23/2025									
High	Total	350							
Chicken Nuggets, Tempura Batte	SERVING	330	270	40	620	14.0	13.0	18.0	3.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	330	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	330	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			792	45	1514	32.74	123.30	21.86	4.33
% of Calories						16.5%	62.2%	24.8%	4.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 04/24/2025									
High	Total	350							
Sausage, Egg and Cheese Muffin	1 each	300	407	329	889	9.3	27.7	23.9	7.11
Hash Brown, McCain Patty	1 each	300	110	0	140	1.0	13.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	200	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			729	289	1205	19.77	81.85	31.84	8.20
% of Calories						10.8%	44.9%	39.3%	10.1%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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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 - 04/25/2025									
High	Total	350							
Tortellini Marinara	SERVING	330	419	48	534	17.31	65.3	10.2	4.28
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	350	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
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	20	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			837	53	1023	35.60	143.72	14.83	5.25
% of Calories						17.0%	68.7%	15.9%	5.7%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 04/28/2025									
High	Total	350							
MACARONI AND CHEESE(NEW)	2/3 CUP	330	331	14	1114	22.04	39.35	9.1	3.06
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	3/4 CUP	350	94	0	86	6.18	17.11	0.32	0.06
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
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	20	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			772	20	1560	41.96	124.43	12.80	3.94
% of Calories						21.7%	64.5%	14.9%	4.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/29/2025									
High	Total	350							
Chicken Patty Sandwich	1 EACH	345	350	55	820	24.0	33.0	14.5	2.50
Honey Mustard Cup	1 EACH	250	180	15	300	1.0	6.0	17.0	2.50
BROCCOLI: frozen, boiled HS	.75 cup	350	39	0	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Italian dressing, PC	1 EACH	50	10	0	109	0.0	1.0	1.0	0.00
Apples, Sliced, pre-bagged	1 each	150	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	350	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	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			731	72	1245	38.14	85.18	27.93	4.78
% of Calories						20.9%	46.6%	34.4%	5.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 04/30/2025									
High	Total	350							
MiniCinnis	1 EACH	335	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	335	190	30	270	6.0	0.0	19.0	6.00
Hash Brown, McCain Patty	1 each	400	110	0	140	1.0	13.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	500	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Italian dressing, PC	1 EACH	50	10	0	109	0.0	1.0	1.0	0.00
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	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	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	10	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			773	38	1102	21.92	97.33	33.63	9.47
% of Calories						11.3%	50.4%	39.1%	11.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Weighted Average			794	70	1219	31.99 16.1%	111.56 56.2%	24.98 28.3%	6.90 7.8%
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				Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)				
Calories	794		750 - 850	100%								
Cholesterol (mg)	70											
Sodium 1 (mg)	1219		1420									
Sodium 1a (mg)	1219		1280									
Protein (g)	31.99	16.12%										
Carbohydrate (g)	111.56	56.20%										
Total Fat (g)	24.98	28.32%	<=30.00%									
Saturated Fat (g)	6.90	7.83%	<10.00%									

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