

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Aug 25, 2025 thru Aug 29, 2025

High

006 - SLSD High School

Generated on: 7/17/2025 3:50:25 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/25/2025									
High	Total	350							
Pizza, Big Daddy	1 EACH	340	470	40	730	23.98	53.97	17.99	8.99
Pepperoni, Sliced	SERVING	140	66	13	177	2.53	0.0	6.58	2.53
BROCCOLI: frozen, boiled HS	.75 cup	340	39	0	15	4.28	7.38	0.17	0.02
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			759	51	1007	38.47	105.63	21.74	10.32
% of Calories						20.3%	55.7%	25.8%	12.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 08/26/2025									
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
CARROTS:frozen, boiled	.75 CUP	330	41	0	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	25	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	10	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			647	47	1234	27.28	89.44	21.12	4.28
% of Calories						16.9%	55.3%	29.4%	6.0%
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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Wed - 08/27/2025									
High	Total	350							
Cheeseburger-Double on Bun	1 each	325	385	88	435	31.49	22.0	20.0	7.50
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
Baked Beans SLSD	1/2 CUP	300	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, 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	14	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	11	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	11	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			801	92	1213	45.77	111.18	23.56	8.15
% of Calories						22.8%	55.5%	26.5%	9.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 08/28/2025									
High	Total	350							
French Toast Sticks WG	Serving	350	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	350	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	Serving	250	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	350	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	350	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	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			834	29	1019	20.42	119.19	31.16	7.07
% of Calories						9.8%	57.2%	33.6%	7.6%
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)
Fri - 08/29/2025									
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

Weighted Average			760	55	1118	32.98 17.4%	106.36 56.0%	24.39 28.9%	7.46 8.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	760		750 - 850	100%				
Cholesterol (mg)	55							
Sodium 1 (mg)	1118		1420					
Sodium 1a (mg)	1118		1280					
Protein (g)	32.98	17.35%						
Carbohydrate (g)	106.36	55.96%						
Total Fat (g)	24.39	28.88%	<=30.00%					
Saturated Fat (g)	7.46	8.83%	<10.00%					

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