

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 30, 2025

High

006 - SLSD High School

Generated on: 7/17/2025 4:24:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/01/2025									
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 - 09/02/2025									
High	Total	350							
Chicken Patty Sandwich	1 EACH	345	350	55	820	24.0	33.0	14.5	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	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	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			586	60	1010	36.28	78.29	15.70	2.94
% of Calories						24.8%	53.4%	24.1%	4.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 09/03/2025									
High	Total	350							
Grilled Cheese Sandwich wheat	1 each	295	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	280	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	150	40	0	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	200	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	200	77	0	4	0.31	20.62	0.18	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	35	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
Mayonnaise, packet	1 EACH	20	88	9	62	0.2	0.4	9.5	1.50

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)
Weighted Daily Average			697	53	1536	26.65	101.21	21.88	9.77
% of Calories						15.3%	58.1%	28.3%	12.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 09/04/2025									
High	Total	350							
MiniCinnis	1 EACH	335	240	0	300	5.0	40.0	7.0	2.00
PORK, Sausage Links, Maid-Rite	2 each	335	130	40	240	12.0	1.0	9.0	3.50
Potato, Tator Tots	SERVING	335	130	0	310	2.0	17.0	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	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	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			698	47	1189	27.29	97.09	22.85	6.83
% of Calories						15.6%	55.6%	29.5%	8.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 09/05/2025									
High	Total	350							
Pizza, Mickey's, WG Cheese	SLICE	340	320	45	450	19.0	28.0	15.0	10.00
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

**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)
Weighted Daily Average			633	62	803	32.10	79.58	21.85	12.48
% of Calories						20.3%	50.3%	31.0%	17.7%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 09/08/2025									
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	335	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	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			945	57	1160	22.10	128.25	39.22	9.38
% of Calories						9.4%	54.3%	37.3%	8.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 09/09/2025									
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

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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 - 09/10/2025									
High	Total	350							
Max Sticks	serving	340	508	16	1478	24.79	52.21	21.91	7.62
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	6	100	0.2	0.7	7.0	1.10
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			821	29	1758	36.10	102.54	30.08	9.10
% of Calories						17.6%	50.0%	33.0%	10.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 09/11/2025									
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	250	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

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			867	57	1197	32.37	123.17	29.14	8.42
% of Calories						14.9%	56.8%	30.3%	8.7%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 09/12/2025									
High	Total	350							
Pizza, Big Daddy	1 EACH	340	470	40	730	23.98	53.97	17.99	8.99
Pepperoni, Sliced	SERVING	340	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			796	59	1108	39.92	105.63	25.50	11.77
% of Calories						20.1%	53.1%	28.8%	13.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 09/15/2025									
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	175	33	0	235	0.28	8.69	0.04	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, 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

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Weighted Daily Average			725	35	1020	30.16	116.69	18.03	3.38
% of Calories						16.6%	64.4%	22.4%	4.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 09/16/2025									
High	Total	350							
Ham&Cheese Croissant	1 EACH	325	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	.75 CUP	350	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	325	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	100	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			648	72	1210	29.97	86.08	21.50	6.67
% of Calories						18.5%	53.2%	29.9%	9.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 09/17/2025									
High	Total	350							
Pancakes, Mini, Maple Burst	1 EACH	335	222	0	131	4.04	39.38	6.06	0.51
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
Potato, Smiles McCain	SERVING	335	141	0	191	2.01	20.09	6.03	1.01
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	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	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

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Weighted Daily Average			796	37	942	20.64	110.95	31.55	7.80
% of Calories						10.4%	55.7%	35.7%	8.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 09/18/2025									
High	Total	350							
Hon. Must. Pork on Pretzel Rol	1 each	325	350	55	608	22.03	40.53	10.53	4.14
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			804	59	1248	32.39	119.59	22.09	6.16
% of Calories						16.1%	59.5%	24.7%	6.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 09/19/2025									
High	Total	350							
Pizza, 5" Round	1 EACH	340	390	30	660	20.0	47.0	14.0	6.00
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

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

High

006 - SLSD High School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			701	47	1007	33.07	98.03	20.88	8.59
% of Calories						18.9%	55.9%	26.8%	11.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 09/22/2025									
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 - 09/23/2025									
High	Total	350							
Corn Dogs, Mini, MS-HS	1 EACH	300	340	30	880	12.0	36.0	16.0	3.00
BROCCOLI: frozen, boiled HS	.75 cup	350	39	0	15	4.28	7.38	0.17	0.02
Ketchup, Red Gold packet	2 EACH	350	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	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			631	33	1242	25.51	89.49	20.09	3.85
% of Calories						16.2%	56.7%	28.7%	5.5%
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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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 - 09/24/2025									
High	Total	350							
Bacon, Egg,& Cheese Bagel	1 EACH	300	525	328	1080	14.0	48.0	25.5	7.00
Fries, McCain 5/16"	4 oz	300	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	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			904	288	1286	25.98	113.92	33.38	7.25
% of Calories						11.5%	50.4%	33.3%	7.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 09/25/2025									
High	Total	350							
CHICKEN NUGGETS, Tyson	7 each	330	322	77	826	23.8	16.8	18.2	3.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	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, 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			690	80	1315	36.20	89.54	22.16	4.35
% of Calories						21.0%	51.9%	28.9%	5.7%
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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Sep 1, 2025 thru Sep 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)
Fri - 09/26/2025									
High	Total	350							
Pizza, French Bread	1 EACH	340	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	200	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Lite Cup	1 each	340	150	10	390	1.0	2.0	15.0	2.50
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			805	44	1502	29.78	92.91	33.93	7.41
% of Calories						14.8%	46.2%	37.9%	8.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 09/29/2025									
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	325	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	345	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	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			877	35	1080	21.87	119.11	35.46	8.40
% of Calories						10.0%	54.4%	36.4%	8.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Southern Lehigh SD

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Tue - 09/30/2025									
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

Weighted Average			771	62	1206	31.31 16.3%	106.64 55.4%	25.09 29.3%	7.28 8.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	771		750 - 850	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	1206		1420					
Sodium 1a (mg)	1206		1280					
Protein (g)	31.31	16.25%						
Carbohydrate (g)	106.64	55.36%						
Total Fat (g)	25.09	29.30%	<=30.00%					
Saturated Fat (g)	7.28	8.50%	<10.00%					

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