

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 3/31/2025 1:56:08 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 | | | | | | | | | |
| Elementary | Total | 142 | | | | | | | |
| Pattymelt Sandwich wheat | 1 each | 139 | 340 | 70 | 710 | 20.0 | 23.99 | 18.5 | 7.99 |
| Ketchup, Red Gold packet | 2 EACH | 139 | 20 | 0 | 210 | 0.0 | 6.0 | 0.0 | 0.00 |
| Fries, Sweet Potato 7/16" | 4 OZ | 50 | 200 | 0 | 227 | 1.33 | 29.35 | 8.0 | 1.33 |
| CELERY STICKS | 1/2 CUP | 50 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| Apples, Sliced, pre-bagged | 1 each | 80 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| Peaches, diced | 1/2 cup | 70 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 148 | 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 | 4 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 623 | 77 | 1205 | 29.83 | 74.53 | 23.08 | 9.01 |
| % of Calories | | | | | | 19.1% | 47.8% | 33.3% | 13.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 04/02/2025 | | | | | | | | | |
| Elementary | Total | 142 | | | | | | | |
| Chicken, Popcorn Tyson | SERVING | 140 | 230 | 30 | 240 | 12.0 | 14.0 | 14.0 | 2.50 |
| Pretzel, Soft Rod | 1 EACH | 140 | 70 | 0 | 65 | 2.0 | 14.0 | 0.5 | 0.00 |
| Baked Beans SLSD | 1/2 CUP | 80 | 182 | 0 | 364 | 6.57 | 43.22 | 0.55 | 0.10 |
| CARROTS,BABY,RAW | 1/2 cup | 60 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| APPLES,Fresh | 1 EACH | 80 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Peaches, diced | 1/2 cup | 70 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 148 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 613 | 37 | 713 | 26.64 | 93.86 | 15.76 | 3.01 |
| % of Calories | | | | | | 17.4% | 61.3% | 23.1% | 4.4% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Page 2

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 3/31/2025 1:56:09 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 04/03/2025 | | | | | | | | | |
| Elementary | Total | 195 | | | | | | | |
| Bacon, Egg,& Cheese Croissant | 1 EACH | 190 | 495 | 328 | 930 | 11.0 | 31.0 | 32.5 | 12.00 |
| French Fries, Govt, Crinkle Cu | SERVING | 100 | 162 | 0 | 27 | 2.7 | 27.0 | 4.73 | 1.35 |
| Ketchup, Red Gold packet | 1 EACH | 90 | 10 | 0 | 105 | 0.0 | 3.0 | 0.0 | 0.00 |
| CELERY STICKS | 1/2 CUP | 10 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| APPLES,Fresh | 1 EACH | 35 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 60 | 66 | 0 | 12 | 0.82 | 15.61 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 95 | 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 | 5 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 667 | 324 | 1073 | 16.88 | 63.25 | 34.75 | 12.70 |
| % of Calories | | | | | | 10.1% | 37.9% | 46.9% | 17.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 04/04/2025 | | | | | | | | | |
| Elementary | Total | 95 | | | | | | | |
| Pizza, Big Daddy | 1 EACH | 85 | 470 | 40 | 730 | 23.98 | 53.97 | 17.99 | 8.99 |
| GREEN BEANS: frozen,boiled | 1/2 CUP | 75 | 19 | 0 | 1 | 1.01 | 4.35 | 0.11 | 0.03 |
| CARROTS,BABY,RAW | 1/2 cup | 15 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| Apples, Sliced, pre-bagged | 1 each | 70 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 CUP | 30 | 72 | 0 | 6 | 0.24 | 19.04 | 0.04 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 95 | 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 | | | 648 | 45 | 902 | 32.62 | 88.29 | 19.16 | 8.98 |
| % of Calories | | | | | | 20.1% | 54.5% | 26.6% | 12.5% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 3/31/2025 1:56:09 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 04/07/2025 | | | | | | | | | |
| Elementary | Total | 142 | | | | | | | |
| CHICKEN, Tenders, Tyson | 3 each | 140 | 260 | 25 | 390 | 15.0 | 16.0 | 14.0 | 2.50 |
| Roll, dinner, wheat | 1 each | 140 | 80 | 0 | 150 | 3.0 | 15.0 | 0.5 | 0.00 |
| BBQ Sauce SLSD | 1 OZ | 140 | 33 | 0 | 235 | 0.28 | 8.69 | 0.04 | 0.00 |
| CARROTS:frozen, boiled | 1/2 CUP | 50 | 27 | 0 | 43 | 0.42 | 5.64 | 0.5 | 0.09 |
| CELERY STICKS | 1/2 CUP | 50 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| Apples, Sliced, pre-bagged | 1 each | 50 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| Peaches, diced | 1/2 cup | 70 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 142 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 543 | 31 | 959 | 26.61 | 71.02 | 15.48 | 2.95 |
| % of Calories | | | | | | 19.6% | 52.3% | 25.7% | 4.9% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 04/08/2025 | | | | | | | | | |
| 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 | 65 | 50 | 0 | 0 | 0.0 | 13.0 | 0.0 | 0.00 |
| Fries, McCain 5/16" | 4 oz | 185 | 195 | 0 | 44 | 3.54 | 30.12 | 6.2 | 0.00 |
| Sausage Links - Performance | 1 Each | 165 | 190 | 30 | 270 | 6.0 | 0.0 | 19.0 | 6.00 |
| Ketchup, Red Gold packet | 1 EACH | 165 | 10 | 0 | 105 | 0.0 | 3.0 | 0.0 | 0.00 |
| CELERY STICKS | 1/2 CUP | 10 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| APPLES,Fresh | 1 EACH | 135 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 60 | 66 | 0 | 12 | 0.82 | 15.61 | 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 | 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 | | | 782 | 34 | 846 | 21.71 | 102.20 | 32.57 | 7.84 |
| % of Calories | | | | | | 11.1% | 52.3% | 37.5% | 9.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Page 4

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 3/31/2025 1:56:09 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 04/09/2025 | | | | | | | | | |
| Elementary | Total | 142 | | | | | | | |
| Corn Dogs, Mini | SERVING | 140 | 255 | 23 | 660 | 9.0 | 27.0 | 12.0 | 2.25 |
| Ketchup, Red Gold packet | 2 EACH | 140 | 20 | 0 | 210 | 0.0 | 6.0 | 0.0 | 0.00 |
| Baked Beans SLSD | 1/2 CUP | 80 | 182 | 0 | 364 | 6.57 | 43.22 | 0.55 | 0.10 |
| CARROTS,BABY,RAW | 1/2 cup | 60 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| APPLES,Fresh | 1 EACH | 80 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Peaches, diced | 1/2 cup | 70 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 148 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 588 | 29 | 1270 | 21.71 | 98.79 | 13.30 | 2.77 |
| % of Calories | | | | | | 14.8% | 67.2% | 20.3% | 4.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 04/10/2025 | | | | | | | | | |
| Elementary | Total | 192 | | | | | | | |
| Chicken Alfredo Pasta | SERVING | 190 | 590 | 30 | 580 | 28.0 | 91.0 | 11.0 | 3.00 |
| Breadstick, Rudis | 1 EACH | 180 | 109 | 0 | 232 | 4.0 | 21.4 | 1.1 | 0.20 |
| BROCCOLI: frozen, boiled | 1/2 cup | 82 | 26 | 0 | 10 | 2.85 | 4.92 | 0.11 | 0.02 |
| CARROTS,BABY,RAW | 1/2 cup | 110 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| APPLES,Fresh | 1 EACH | 102 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Peaches, diced | 1/2 cup | 90 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 182 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 901 | 36 | 999 | 41.08 | 152.65 | 13.00 | 3.61 |
| % of Calories | | | | | | 18.2% | 67.7% | 13.0% | 3.6% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

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Page 5

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Elementary

001 - Hopewell Elementary 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) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 04/11/2025 | | | | | | | | | |
| Elementary | Total | 95 | | | | | | | |
| Pizza, Double Stuff Cheese | 1 EACH | 85 | 240 | 20 | 550 | 17.0 | 28.0 | 7.0 | 4.00 |
| GREEN BEANS: frozen,boiled | 1/2 CUP | 75 | 19 | 0 | 1 | 1.01 | 4.35 | 0.11 | 0.03 |
| CARROTS,BABY,RAW | 1/2 cup | 15 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| Apples, Sliced, pre-bagged | 1 each | 70 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 CUP | 30 | 72 | 0 | 6 | 0.24 | 19.04 | 0.04 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 95 | 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 | | | 443 | 28 | 742 | 26.37 | 65.06 | 9.33 | 4.51 |
| % of Calories | | | | | | 23.8% | 58.8% | 19.0% | 9.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 04/14/2025 | | | | | | | | | |
| Elementary | Total | 195 | | | | | | | |
| Dutch Waffle | 1 each | 185 | 300 | 20 | 350 | 4.0 | 43.0 | 13.0 | 3.00 |
| Syrup cup, reduced calorie | 1 each | 65 | 50 | 0 | 0 | 0.0 | 13.0 | 0.0 | 0.00 |
| Fries, McCain 5/16" | 4 oz | 185 | 195 | 0 | 44 | 3.54 | 30.12 | 6.2 | 0.00 |
| Sausage Links - Performance | Serving | 165 | 190 | 30 | 270 | 6.0 | 0.0 | 19.0 | 6.00 |
| Ketchup, Red Gold packet | 1 EACH | 165 | 10 | 0 | 105 | 0.0 | 3.0 | 0.0 | 0.00 |
| CELERY STICKS | 1/2 CUP | 10 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| APPLES,Fresh | 1 EACH | 135 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 60 | 66 | 0 | 12 | 0.82 | 15.61 | 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 | 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 | | | 846 | 53 | 886 | 21.23 | 112.40 | 35.66 | 8.55 |
| % of Calories | | | | | | 10.0% | 53.1% | 37.9% | 9.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

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Page 6

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Elementary

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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 - 04/15/2025 | | | | | | | | | |
| Elementary | Total | 130 | | | | | | | |
| Taco in a Bag | 1 Each | 110 | 342 | 44 | 937 | 21.23 | 27.02 | 17.37 | 6.48 |
| Seasoned Red Beans | .5 cup | 60 | 126 | 0 | 151 | 7.03 | 23.63 | 0.57 | 0.09 |
| SPANISH RICE | 1/3 CUP | 60 | 73 | 0 | 124 | 2.06 | 14.55 | 0.77 | 0.13 |
| CARROTS,BABY,RAW | 1/2 cup | 50 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| APPLES,Fresh | 1 EACH | 100 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 40 | 66 | 0 | 12 | 0.82 | 15.61 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 110 | 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, Elem | 1 EACH | 10 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 638 | 47 | 1209 | 32.92 | 86.21 | 19.48 | 6.71 |
| % of Calories | | | | | | 20.6% | 54.0% | 27.5% | 9.5% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | | | | | | | | | |
|-----------------------------|-----------|----|---------|----|------|-------|-------|--------|--------|
| Wed - 04/16/2025 | | | | | | | | | |
| Elementary | Total | 95 | | | | | | | |
| Pizza, French Bread | 1 EACH | 85 | 370 | 20 | 820 | 16.0 | 41.0 | 14.0 | 3.00 |
| GREEN BEANS: frozen,boiled | 1/2 CUP | 75 | 19 | 0 | 1 | 1.01 | 4.35 | 0.11 | 0.03 |
| CARROTS,BABY,RAW | 1/2 cup | 15 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| Apples, Sliced, pre-bagged | 1 each | 70 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 CUP | 30 | 72 | 0 | 6 | 0.24 | 19.04 | 0.04 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 95 | 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 | | | 559 | 28 | 983 | 25.47 | 76.69 | 15.60 | 3.61 |
| % of Calories | | | | | | 18.2% | 54.9% | 25.1% | 5.8% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | | | | | | | | | |
|------------------------|---------|---|---------|---|------|------|------|--------|--------|
| Thu - 04/17/2025 | | | | | | | | | |
| Elementary | 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 | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 3/31/2025 1:56:09 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 04/18/2025 | | | | | | | | | |
| Elementary | 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 | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |
| Mon - 04/21/2025 | | | | | | | | | |
| Elementary | 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 | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |
| Tue - 04/22/2025 | | | | | | | | | |
| Elementary | Total | 145 | | | | | | | |
| Max Sticks - Elem | serving | 130 | 348 | 11 | 1068 | 16.79 | 36.21 | 14.91 | 5.12 |
| BROCCOLI: frozen, boiled | 1/2 cup | 65 | 26 | 0 | 10 | 2.85 | 4.92 | 0.11 | 0.02 |
| CELERY STICKS | 1/2 CUP | 25 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| APPLES,Fresh | 1 EACH | 50 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 85 | 66 | 0 | 12 | 0.82 | 15.61 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 145 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PBJ, Uncrustable Wheat | 1 EACH | 10 | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| School Hoagie, Elem | 1 EACH | 5 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 513 | 18 | 1160 | 25.74 | 69.78 | 14.56 | 5.17 |
| % of Calories | | | | | | 20.1% | 54.4% | 25.5% | 9.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 04/23/2025 | | | | | | | | | |
| Elementary | Total | 95 | | | | | | | |
| Sausage, Egg and Cheese Muffin | 1 each | 90 | 407 | 329 | 889 | 9.3 | 27.7 | 23.9 | 7.11 |
| Hash Brown, McCain Patty | 1 each | 90 | 110 | 0 | 140 | 1.0 | 13.0 | 6.0 | 1.00 |
| Ketchup, Red Gold packet | 1 EACH | 90 | 10 | 0 | 105 | 0.0 | 3.0 | 0.0 | 0.00 |
| CELERY STICKS | 1/2 CUP | 10 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| APPLES,Fresh | 1 EACH | 35 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 60 | 66 | 0 | 12 | 0.82 | 15.61 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 95 | 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 | 5 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 697 | 322 | 1289 | 19.58 | 77.97 | 29.68 | 8.34 |
| % of Calories | | | | | | 11.2% | 44.7% | 38.3% | 10.8% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 04/24/2025 | | | | | | | | | |
| Elementary | Total | 192 | | | | | | | |
| Tortellini Marinara | SERVING | 190 | 419 | 48 | 534 | 17.31 | 65.3 | 10.2 | 4.28 |
| Breadstick, Rudis | 1 EACH | 120 | 109 | 0 | 232 | 4.0 | 21.4 | 1.1 | 0.20 |
| PEAS: frozen,boiled | 1/2 CUP | 82 | 62 | 0 | 58 | 4.12 | 11.41 | 0.22 | 0.04 |
| CARROTS,BABY,RAW | 1/2 cup | 110 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| APPLES,Fresh | 1 EACH | 102 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Peaches, diced | 1/2 cup | 90 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 182 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 714 | 53 | 902 | 29.79 | 123.30 | 11.90 | 4.82 |
| % of Calories | | | | | | 16.7% | 69.1% | 15.0% | 6.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 3/31/2025 1:56:09 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 04/25/2025 | | | | | | | | | |
| Elementary | Total | 142 | | | | | | | |
| CHICKEN NUGGETS, Tyson | 5 each | 140 | 230 | 55 | 590 | 17.0 | 12.0 | 13.0 | 2.50 |
| Roll, dinner, wheat | 1 each | 140 | 80 | 0 | 150 | 3.0 | 15.0 | 0.5 | 0.00 |
| BBQ Sauce SLSD | 1 OZ | 140 | 33 | 0 | 235 | 0.28 | 8.69 | 0.04 | 0.00 |
| Baked Beans SLSD | 1/2 CUP | 50 | 182 | 0 | 364 | 6.57 | 43.22 | 0.55 | 0.10 |
| CELERY STICKS | 1/2 CUP | 50 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| Apples, Sliced, pre-bagged | 1 each | 50 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| Peaches, diced | 1/2 cup | 70 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 142 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 568 | 61 | 1269 | 30.75 | 80.31 | 14.51 | 2.96 |
| % of Calories | | | | | | 21.7% | 56.6% | 23.0% | 4.7% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 04/28/2025 | | | | | | | | | |
| Elementary | Total | 195 | | | | | | | |
| MACARONI AND CHEESE(NEW) | 2/3 CUP | 190 | 331 | 14 | 1114 | 22.04 | 39.35 | 9.1 | 3.06 |
| PEAS: frozen,boiled | 1/2 CUP | 190 | 62 | 0 | 58 | 4.12 | 11.41 | 0.22 | 0.04 |
| Breadstick, Rudis | 1 EACH | 190 | 109 | 0 | 232 | 4.0 | 21.4 | 1.1 | 0.20 |
| APPLES,Fresh | 1 EACH | 135 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 60 | 66 | 0 | 12 | 0.82 | 15.61 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 195 | 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 | 5 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 682 | 21 | 1545 | 38.43 | 107.17 | 11.24 | 3.74 |
| % of Calories | | | | | | 22.6% | 62.9% | 14.8% | 4.9% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary 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) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 04/29/2025 | | | | | | | | | |
| Elementary | Total | 142 | | | | | | | |
| Chicken Patty Sandwich | 1 EACH | 140 | 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 | 60 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| APPLES,Fresh | 1 EACH | 80 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Peaches, diced | 1/2 cup | 50 | 63 | 0 | 9 | 0.0 | 15.3 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 142 | 115 | 6 | 146 | 8.0 | 18.25 | 0.62 | 0.37 |
| PB Jamwich, Grape, on Wheat | 2 each | 1 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie, Elem | 1 EACH | 1 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 560 | 61 | 1013 | 34.07 | 74.29 | 15.49 | 2.95 |
| % of Calories | | | | | | 24.3% | 53.0% | 24.9% | 4.7% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 04/30/2025 | | | | | | | | | |
| Elementary | Total | 95 | | | | | | | |
| MiniCinnis | 1 EACH | 90 | 240 | 0 | 300 | 5.0 | 40.0 | 7.0 | 2.00 |
| Hash Brown, McCain Patty | 1 each | 90 | 110 | 0 | 140 | 1.0 | 13.0 | 6.0 | 1.00 |
| Sausage Links - Performance | 1 Each | 90 | 190 | 30 | 270 | 6.0 | 0.0 | 19.0 | 6.00 |
| Ketchup, Red Gold packet | 1 EACH | 90 | 10 | 0 | 105 | 0.0 | 3.0 | 0.0 | 0.00 |
| CELERY STICKS | 1/2 CUP | 10 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| APPLES,Fresh | 1 EACH | 35 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 |
| Oranges, Mandarin, World Horiz | 1/2 cup | 60 | 66 | 0 | 12 | 0.82 | 15.61 | 0.0 | 0.00 |
| Milk, Variety, Pocono Mtn. | Half Pint | 95 | 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 | 5 | 277 | 65 | 1031 | 21.34 | 23.82 | 12.06 | 5.01 |
| Weighted Daily Average | | | 719 | 38 | 986 | 21.19 | 89.62 | 31.67 | 9.18 |
| % of Calories | | | | | | 11.8% | 49.8% | 39.6% | 11.5% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | <=30.0 | <10.00 |

| | | | | | | | | | |
|------------------|--|--|-----|----|------|----------------|----------------|----------------|--------------|
| Weighted Average | | | 648 | 71 | 1050 | 27.51 17.0% | 89.86 55.5% | 19.80 27.5% | 5.86 8.1% |
|------------------|--|--|-----|----|------|----------------|----------------|----------------|--------------|

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Portion Values - Detailed

Page 11

Apr 1, 2025 thru Apr 30, 2025

Elementary

001 - Hopewell Elementary School

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| Nutrient | Menu AVG | % of Cals | Portion Size Weekly Target | Plan Qty % of Target | Cals (kcal) Miss Data | Cholst (mg) Shortfall | Sodm (mg) Shortfall | Protn (g) Overage | Carb (g) Error Messages (if any) | T-Fat (g) | S-Fat (g) |
|-------------------|----------|-----------|-------------------------------|-------------------------|--------------------------|--------------------------|------------------------|----------------------|-------------------------------------|-----------|-----------|
| Calories | 648 | | 550 - 650 | 100% | | | | | | | |
| Cholesterol (mg) | 71 | | | | | | | | | | |
| Sodium 1 (mg) | 1050 | | 1230 | | | | | | | | |
| Sodium 1a (mg) | 1050 | | 1110 | | | | | | | | |
| Protein (g) | 27.51 | 16.99% | | | | | | | | | |
| Carbohydrate (g) | 89.86 | 55.50% | | | | | | | | | |
| Total Fat (g) | 19.80 | 27.52% | <=30.00% | | | | | | | | |
| Saturated Fat (g) | 5.86 | 8.15% | <10.00% | | | | | | | | |

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