

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 25, 2025 thru Aug 29, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 7/17/2025 3:32:54 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									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
BROCCOLI: frozen, boiled	1/2 cup	75	26	0	10	2.85	4.92	0.11	0.02
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			654	45	910	34.08	88.74	19.16	8.97
% of Calories						20.8%	54.3%	26.4%	12.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 08/26/2025									
Elementary	Total	142							
CHICKEN NUGGETS, Tyson 5 each	portion	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
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			513	61	1156	28.58	67.07	14.49	2.95
% of Calories						22.3%	52.3%	25.4%	5.2%
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 - 08/27/2025									
Elementary	Total	142							
Cheeseburger on bun	1 each	139	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	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	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			602	60	1200	36.08	80.40	16.05	6.62
% of Calories						24.0%	53.4%	24.0%	9.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 08/28/2025									
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
Potato, Crinkle Cut Govt	4 OZ	185	162	0	27	2.7	27.0	4.73	1.35
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			751	34	830	20.91	99.24	31.17	9.12
% of Calories						11.1%	52.9%	37.4%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 08/29/2025									
Elementary	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			550-650		1230			<=30.0	<10.00

Weighted Average			630	50	1024	29.91 19.0%	83.86 53.2%	20.22 28.9%	6.92 9.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		550 - 650	100%				
Cholesterol (mg)	50							
Sodium 1 (mg)	1024		1230					
Sodium 1a (mg)	1024		1110					
Protein (g)	29.91	18.99%						
Carbohydrate (g)	83.86	53.24%						
Total Fat (g)	20.22	28.88%	<=30.00%					
Saturated Fat (g)	6.92	9.88%	<10.00%					

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