

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Aug 25, 2025 thru Aug 29, 2025

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 7/17/2025 3:38:23 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									
Intermediate	Total	400							
Pizza, Big Daddy	1 EACH	375	470	40	730	23.98	53.97	17.99	8.99
BROCCOLI: frozen, boiled	1/2 cup	200	26	0	10	2.85	4.92	0.11	0.02
APPLES,Fresh	1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			643	47	899	33.27	87.36	18.63	9.12
% of Calories						20.7%	54.4%	26.1%	12.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 08/26/2025									
Intermediate	Total	400							
CHICKEN NUGGETS, Tyson 5 each	portion	385	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	385	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			511	62	1158	28.62	66.92	14.43	3.03
% of Calories						22.4%	52.3%	25.4%	5.3%
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									
Intermediate	Total	400							
Cheeseburger on bun	1 each	375	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	375	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	250	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	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	15	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			622	57	1242	36.39	87.44	15.60	6.38
% of Calories						23.4%	56.2%	22.6%	9.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 08/28/2025									
Intermediate	Total	400							
French Toast Sticks WG	Serving	385	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	385	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	385	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	3 OZ	385	121	0	20	2.03	20.25	3.54	1.01
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			771	37	764	21.40	100.64	32.56	9.50
% of Calories						11.1%	52.2%	38.0%	11.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 08/29/2025									
Intermediate	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			637	51	1016	29.92 18.8%	85.59 53.8%	20.30 28.7%	7.01 9.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		550 - 650	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1016		1230					
Sodium 1a (mg)	1016		1110					
Protein (g)	29.92	18.79%						
Carbohydrate (g)	85.59	53.76%						
Total Fat (g)	20.30	28.69%	<=30.00%					
Saturated Fat (g)	7.01	9.90%	<10.00%					

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