

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Aug 25, 2025 thru Aug 29, 2025

Elementary

002 - Liberty Bell Elementary School

Generated on: 7/17/2025 3:35:41 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	137							
Pizza, Big Daddy	1 EACH	127	470	40	730	23.98	53.97	17.99	8.99
BROCCOLI: frozen, boiled	1/2 cup	100	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			646	48	924	34.11	88.32	18.31	9.10
% of Calories						21.1%	54.7%	25.5%	12.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 08/26/2025									
Elementary	Total	180							
CHICKEN NUGGETS, Tyson 5 each	portion	170	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	170	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	150	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	125	63	0	9	0.0	15.3	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	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			535	60	1084	28.72	71.05	15.08	3.10
% of Calories						21.5%	53.1%	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	180							
Cheeseburger on bun	1 each	170	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	100	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	70	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	120	63	0	9	0.0	15.3	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	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			589	58	1096	35.02	79.35	15.33	6.37
% of Calories						23.8%	53.9%	23.4%	9.7%
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	75	50	0	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	165	162	0	27	2.7	27.0	4.73	1.35
Sausage Links - Performance	1 Each	155	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	185	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			729	33	811	20.63	97.10	29.72	8.69
% of Calories						11.3%	53.3%	36.7%	10.7%
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			625	50	979	29.62 19.0%	83.95 53.8%	19.61 28.3%	6.81 9.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		550 - 650	100%				
Cholesterol (mg)	50							
Sodium 1 (mg)	979		1230					
Sodium 1a (mg)	979		1110					
Protein (g)	29.62	18.97%						
Carbohydrate (g)	83.95	53.77%						
Total Fat (g)	19.61	28.25%	<=30.00%					
Saturated Fat (g)	6.81	9.82%	<10.00%					

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