## Southern Lehigh SD

Aug 25, 2025 thru Aug 29, 2025

Planned Menu Spreadsheet Portion Values - Detailed

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005 - SLSD Middle School

Middle

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|                                | Portion<br>Size | Plan<br>Qty | Cals<br>(kcal) | Cholst (mg) | Sodm<br>(mg) | Protn<br>(g) | Carb<br>(g) | T-Fat  | S-Fat<br>(g) |
|--------------------------------|-----------------|-------------|----------------|-------------|--------------|--------------|-------------|--------|--------------|
| Mon - 08/25/2025               |                 |             |                |             |              | ,            | ,           | ,      |              |
| Middle                         | Total           | 220         |                |             |              |              |             |        |              |
| Pizza, Big Daddy Rolled Edge E | SLICE           | 218         | 340            | 20          | 520          | 19.0         | 39.0        | 12.0   | 5.00         |
| Pepperoni, Sliced              | SERVING         | 50          | 66             | 13          | 177          | 2.53         | 0.0         | 6.58   | 2.53         |
| BROCCOLI: frozen, boiled       | 1/2 cup         | 170         | 26             | 0           | 10           | 2.85         | 4.92        | 0.11   | 0.02         |
| CELERY STICKS                  | 1/2 CUP         | 40          | 8              | 0           | 48           | 0.41         | 1.78        | 0.1    | 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         | 80          | 66             | 0           | 12           | 0.82         | 15.61       | 0.0    | 0.00         |
| Milk, Variety, Pocono Mtn.     | Half Pint       | 200         | 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                  | 1 EACH          | 2           | 377            | 85          | 1342         | 26.57        | 34.05       | 14.61  | 5.02         |
| Weighted Daily Average         |                 |             | 538            | 29          | 722          | 29.66        | 74.01       | 14.30  | 5.95         |
| % of Calories                  |                 |             |                |             |              | 22.1%        | 55.0%       | 23.9%  | 10.0%        |
| Nutrient Guideline             |                 |             | 600-700        |             | 1360         |              |             | <=30.0 | <10.00       |

| Tue - 08/26/2025               |           |     |         |    |      |       |       |        |        |
|--------------------------------|-----------|-----|---------|----|------|-------|-------|--------|--------|
| Middle                         | Total     | 230 |         |    |      |       |       |        |        |
| Chicken Nuggets, Tempura Batte | SERVING   | 225 | 270     | 40 | 620  | 14.0  | 13.0  | 18.0   | 3.50   |
| Roll, dinner, wheat            | 1 each    | 225 | 80      | 0  | 150  | 3.0   | 15.0  | 0.5    | 0.00   |
| BBQ Sauce SLSD                 | 1 OZ      | 50  | 33      | 0  | 235  | 0.28  | 8.69  | 0.04   | 0.00   |
| CARROTS:frozen, boiled         | 1/2 CUP   | 180 | 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,Fresh                   | 1 EACH    | 180 | 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 | 230 | 115     | 6  | 146  | 8.0   | 18.25 | 0.62   | 0.37   |
| PBJ, Uncrustable Wheat         | 1 EACH    | 5   | 0       | 0  | 0    | 0.0   | 0.0   | 0.0    | 0.00   |
| School Hoagie                  | 1 EACH    | 0   | 0       | 0  | 0    | 0.0   | 0.0   | 0.0    | 0.00   |
| Weighted Daily Average         |           |     | 557     | 45 | 998  | 25.39 | 70.57 | 19.33  | 3.90   |
| % of Calories                  |           |     |         |    |      | 18.2% | 50.7% | 31.2%  | 6.3%   |
|                                |           |     |         |    |      |       |       |        |        |
| Nutrient Guideline             |           |     | 600-700 |    | 1360 |       |       | <=30.0 | <10.00 |

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

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<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1 -</sup> Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Aug 25, 2025 thru Aug 29, 2025

Planned Menu Spreadsheet Portion Values - Detailed

005 - SLSD Middle School

Middle

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Middle

NO SCHOOL TODAY

|   | Portion  | Plan   | Cals   | Cholst                                     | Sodm   | Protn  | Carb   | T-Fat   | S-Fat   |
|---|--|--|--|--|--|--|--|---|---|
|   | Size   | Qty  | (kcal)   | (mg)                                       | (mg)   | (g)  | (g)  | (g)   | (g)   |
| Wed - 08/27/2025  |  |  |  |  |  |  |  |   |   |
| Middle  | Total  | 230  |  |  |  |  |  |   |   |
| Cheeseburger-Double on Bun  | 1 each   | 228  | 385  | 88   | 435  | 31.49  | 22.0   | 20.0  | 7.5   |
| Ketchup, Red Gold packet  | 2 EACH   | 228  | 20   | 0  | 210  | 0.0  | 6.0  | 0.0   | 0.0   |
| Baked Beans SLSD  | 1/2 CUP  | 190  | 182  | 0  | 364  | 6.57   | 43.22  | 0.55  | 0.1   |
| CELERY STICKS   | 1/2 CUP  | 50   | 8  | 0  | 48   | 0.41   | 1.78   | 0.1   | 0.0   |
| APPLES,Fresh  | 1 EACH   | 135  | 72   | 0  | 1  | 0.36   | 19.06  | 0.23  | 0.0   |
| Peaches, diced  | 1/2 cup  | 110  | 63   | 0  | 9  | 0.0  | 15.3   | 0.0   | 0.0   |
| Milk, Variety, Pocono Mtn.  | Half Pint  | 230  | 115  | 6  | 146  | 8.0  | 18.25  | 0.62  | 0.3   |
| PBJ, Uncrustable Wheat  | 1 EACH   | 0  | 0  | 0  | 0  | 0.0  | 0.0  | 0.0   | 0.0   |
| School Hoagie   | 1 EACH   | 2  | 377  | 85   | 1342   | 26.57  | 34.05  | 14.61   | 5.0   |
| Weighted Daily Average  |  |  | 744  | 95   | 1114   | 45.18  | 100.90   | 21.19   | 7.9   |
| % of Calories   |  |  |  |  |  | 24.3%  | 54.2%  | 25.6%   | 9.69  |
|   |  |  |  |  |  |  |  | . 20.0  | <10.0   |
|   |  |  | 600-700  |  | 1360   |  |  | <=30.0  | <10.0   |
| Nutrient Guideline  |  |  | 600-700  |  | 1360   |  |  | <=30.0  | < 10.0  |
| Thu - 08/28/2025  | Total  | 215  | 600-700  |  | 1360   |  |  | <=30.0  | <10.0   |
| Thu - 08/28/2025<br>Middle  | Total  | 215  |  | 0  |  | 4.5  | 32.25  |   |   |
| Thu - 08/28/2025<br>Middle<br>French Toast Sticks WG  | Serving  | 210  | 233  | 0  | 308  | 4.5  | 32.25  | 9.75  | 2.2   |
| Thu - 08/28/2025<br>Middle<br>French Toast Sticks WG<br>Syrup cup, reduced calorie  | Serving<br>1 each  | 210<br>210   | 233<br>50  | 0  | 308  | 0.0  | 13.0   | 9.75<br>0.0   | 2.2<br>0.0  |
| Thu - 08/28/2025<br>Middle<br>French Toast Sticks WG<br>Syrup cup, reduced calorie<br>Sausage Links - Performance   | Serving<br>1 each<br>Serving   | 210<br>210<br>120                                  | 233<br>50<br>190                                     | 0<br>30                                    | 308<br>0<br>270                                    | 0.0<br>6.0   | 13.0<br>0.0  | 9.75<br>0.0<br>19.0   | 2.2<br>0.0<br>6.0   |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt  | Serving<br>1 each<br>Serving<br>4 OZ                                 | 210<br>210<br>120<br>210                           | 233<br>50<br>190<br>162                              | 0<br>30<br>0                               | 308<br>0<br>270<br>27                              | 0.0<br>6.0<br>2.7  | 13.0<br>0.0<br>27.0  | 9.75<br>0.0<br>19.0<br>4.73   | 2.2<br>0.0<br>6.0<br>1.3                                    |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS  | Serving<br>1 each<br>Serving<br>4 OZ<br>1/2 CUP                      | 210<br>210<br>120<br>210<br>35                     | 233<br>50<br>190<br>162<br>8                         | 0<br>30<br>0<br>0                          | 308<br>0<br>270<br>27<br>48                        | 0.0<br>6.0<br>2.7<br>0.41  | 13.0<br>0.0<br>27.0<br>1.78  | 9.75<br>0.0<br>19.0<br>4.73<br>0.1  | 2.2<br>0.0<br>6.0<br>1.3<br>0.0                             |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS APPLES,Fresh   | Serving<br>1 each<br>Serving<br>4 OZ<br>1/2 CUP<br>1 EACH            | 210<br>210<br>120<br>210<br>35<br>120              | 233<br>50<br>190<br>162<br>8<br>72                   | 0<br>30<br>0<br>0                          | 308<br>0<br>270<br>27<br>48<br>1                   | 0.0<br>6.0<br>2.7<br>0.41<br>0.36                                | 13.0<br>0.0<br>27.0<br>1.78<br>19.06                                   | 9.75<br>0.0<br>19.0<br>4.73<br>0.1<br>0.23                                | 2.2<br>0.0<br>6.0<br>1.3<br>0.0<br>0.0                      |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS APPLES,Fresh Oranges, Mandarin, World Horiz  | Serving<br>1 each<br>Serving<br>4 OZ<br>1/2 CUP<br>1 EACH<br>1/2 cup | 210<br>210<br>120<br>210<br>35<br>120<br>95        | 233<br>50<br>190<br>162<br>8<br>72<br>66             | 0<br>30<br>0<br>0<br>0                     | 308<br>0<br>270<br>27<br>48<br>1<br>12             | 0.0<br>6.0<br>2.7<br>0.41<br>0.36<br>0.82                        | 13.0<br>0.0<br>27.0<br>1.78<br>19.06<br>15.61                          | 9.75<br>0.0<br>19.0<br>4.73<br>0.1<br>0.23<br>0.0                         | 2.2<br>0.0<br>6.0<br>1.3<br>0.0<br>0.0                      |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS APPLES,Fresh Oranges, Mandarin, World Horiz Milk, Variety, Pocono Mtn.   | Serving 1 each Serving 4 OZ 1/2 CUP 1 EACH 1/2 cup Half Pint         | 210<br>210<br>120<br>210<br>35<br>120<br>95<br>215 | 233<br>50<br>190<br>162<br>8<br>72<br>66<br>115      | 0<br>30<br>0<br>0<br>0<br>0                | 308<br>0<br>270<br>27<br>48<br>1<br>12<br>146      | 0.0<br>6.0<br>2.7<br>0.41<br>0.36<br>0.82<br>8.0                 | 13.0<br>0.0<br>27.0<br>1.78<br>19.06<br>15.61<br>18.25                 | 9.75<br>0.0<br>19.0<br>4.73<br>0.1<br>0.23<br>0.0<br>0.62                 | 2.2<br>0.0<br>6.0<br>1.3<br>0.0<br>0.0<br>0.0<br>0.3        |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS APPLES,Fresh Oranges, Mandarin, World Horiz Milk, Variety, Pocono Mtn. PB Jamwich, Grape, on Wheat               | Serving 1 each Serving 4 OZ 1/2 CUP 1 EACH 1/2 cup Half Pint 2 each  | 210<br>210<br>120<br>210<br>35<br>120<br>95        | 233<br>50<br>190<br>162<br>8<br>72<br>66<br>115      | 0<br>30<br>0<br>0<br>0<br>0<br>0           | 308<br>0<br>270<br>27<br>48<br>1<br>12<br>146<br>0 | 0.0<br>6.0<br>2.7<br>0.41<br>0.36<br>0.82<br>8.0<br>0.0          | 13.0<br>0.0<br>27.0<br>1.78<br>19.06<br>15.61<br>18.25<br>0.0          | 9.75<br>0.0<br>19.0<br>4.73<br>0.1<br>0.23<br>0.0<br>0.62<br>0.0          | 2.2<br>0.0<br>6.0<br>1.3<br>0.0<br>0.0<br>0.0<br>0.3        |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS APPLES,Fresh Oranges, Mandarin, World Horiz Milk, Variety, Pocono Mtn. PB Jamwich, Grape, on Wheat School Hoagie | Serving 1 each Serving 4 OZ 1/2 CUP 1 EACH 1/2 cup Half Pint         | 210<br>210<br>120<br>210<br>35<br>120<br>95<br>215 | 233<br>50<br>190<br>162<br>8<br>72<br>66<br>115<br>0 | 0<br>30<br>0<br>0<br>0<br>0<br>0<br>6<br>0 | 308<br>0<br>270<br>27<br>48<br>1<br>12<br>146<br>0 | 0.0<br>6.0<br>2.7<br>0.41<br>0.36<br>0.82<br>8.0<br>0.0<br>26.57 | 13.0<br>0.0<br>27.0<br>1.78<br>19.06<br>15.61<br>18.25<br>0.0<br>34.05 | 9.75<br>0.0<br>19.0<br>4.73<br>0.1<br>0.23<br>0.0<br>0.62<br>0.0<br>14.61 | 2.2<br>0.0<br>6.0<br>1.3<br>0.0<br>0.0<br>0.0<br>0.3<br>0.0 |
| Thu - 08/28/2025 Middle French Toast Sticks WG Syrup cup, reduced calorie Sausage Links - Performance Potato, Crinkle Cut Govt CELERY STICKS APPLES,Fresh Oranges, Mandarin, World Horiz Milk, Variety, Pocono Mtn. PB Jamwich, Grape, on Wheat               | Serving 1 each Serving 4 OZ 1/2 CUP 1 EACH 1/2 cup Half Pint 2 each  | 210<br>210<br>120<br>210<br>35<br>120<br>95<br>215 | 233<br>50<br>190<br>162<br>8<br>72<br>66<br>115      | 0<br>30<br>0<br>0<br>0<br>0<br>0           | 308<br>0<br>270<br>27<br>48<br>1<br>12<br>146<br>0 | 0.0<br>6.0<br>2.7<br>0.41<br>0.36<br>0.82<br>8.0<br>0.0          | 13.0<br>0.0<br>27.0<br>1.78<br>19.06<br>15.61<br>18.25<br>0.0          | 9.75<br>0.0<br>19.0<br>4.73<br>0.1<br>0.23<br>0.0<br>0.62<br>0.0          | 2.2<br>0.0<br>6.0<br>1.3<br>0.0<br>0.0<br>0.0<br>0.0        |

0

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

Total

**SERVING** 

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## Southern Lehigh SD

Aug 25, 2025 thru Aug 29, 2025

Planned Menu Spreadsheet Portion Values - Detailed Page 3

005 - SLSD Middle School

Middle

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|   | Portion<br>Size | Plan<br>Qty | Cals<br>(kcal) | Cholst (mg) | Sodm<br>(mg) | Protn<br>(g) | Carb<br>(g)  | T-Fat<br>(g) | S-Fat<br>(g) |
|---|-----------------|-------------|----------------|-------------|--------------|--------------|--------------|--------------|--------------|
| Weighted Daily Average<br>% of Calories |                 |             | 0              | 0           | 0            | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                      |                 |             | 600-700        |             | 1360         |              |              | <=30.0       | <10.00       |
| Weighted Average                        |                 |             | 643            | 49          | 876          | 29.96        | 88.23        | 20.17        | 6.30         |
| Wolging Words                           |                 |             | 040            | 70          | 070          | 18.6%        | 54.8%        | 28.2%        | 8.8%         |

| Nutrient          | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories          | 643      |           | 600 - 700     | 100%        |           |           | _       |                         |
| Cholesterol (mg)  | 49       |           |               |             |           |           |         |                         |
| Sodium 1 (mg)     | 876      |           | 1360          |             |           |           |         |                         |
| Sodium 1a (mg)    | 876      |           | 1225          |             |           |           |         |                         |
| Protein (g)       | 29.96    | 18.63%    |               |             |           |           |         |                         |
| Carbohydrate (g)  | 88.23    | 54.84%    |               |             |           |           |         |                         |
| Total Fat (g)     | 20.17    | 28.21%    | <=30.00%      |             |           |           |         |                         |
| Saturated Fat (g) | 6.30     | 8.81%     | <10.00%       |             |           |           |         |                         |

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