

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle School

Generated on: 7/17/2025 4:21:10 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/01/2025									
Middle	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			600-700		1360			<=30.0	<10.00

Tue - 09/02/2025									
Middle	Total	230							
Chicken Patty Sandwich	1 EACH	225	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled HS	.75 cup	200	39	0	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	30	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
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
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			543	60	983	35.69	68.29	15.66	2.95
% of Calories						26.3%	50.3%	26.0%	4.9%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Wed - 09/03/2025									
Middle	Total	230							
Grilled Cheese Sandwich wheat	1 each	215	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	150	135	0	720	3.0	30.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	140	31	0	1	0.29	7.89	0.16	0.05
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	80	51	0	2	0.21	13.75	0.12	0.01
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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			551	56	1382	24.22	69.93	19.52	9.98
% of Calories						17.6%	50.8%	31.9%	16.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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

* - 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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Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle 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)
Thu - 09/04/2025									
Middle	Total	215							
MiniCinnis	1 EACH	210	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	180	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			746	33	737	21.79	102.31	28.47	8.81
% of Calories						11.7%	54.9%	34.4%	10.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 09/05/2025									
Middle	Total	220							
Pizza, Mickey's, WG Cheese	SLICE	218	320	45	450	19.0	28.0	15.0	10.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	0	1	1.01	4.35	0.11	0.03
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			528	57	686	28.81	62.67	18.77	11.49
% of Calories						21.8%	47.5%	32.0%	19.6%
Nutrient Guideline			600-700		1360			<=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

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Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle 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)
Mon - 09/08/2025									
Middle	Total	215							
Dutch Waffle	1 each	210	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	0	0	0	0	0.0	0.0	0.0	0.00
Sausage Links - Performance	1 Each	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			831	57	823	21.65	105.24	36.98	10.63
% of Calories						10.4%	50.7%	40.1%	11.5%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Tue - 09/09/2025									
Middle	Total	230							
Taco in a Bag	1 Each	220	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	150	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	150	73	0	124	2.06	14.55	0.77	0.13
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	0	12	0.82	15.61	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	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			686	50	1308	37.73	93.58	18.71	6.87
% of Calories						22.0%	54.5%	24.5%	9.0%
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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Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle 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 - 09/10/2025									
Middle	Total	220							
Max Sticks	serving	218	508	16	1478	24.79	52.21	21.91	7.62
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
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			701	22	1701	34.26	88.94	23.50	8.01
% of Calories						19.6%	50.8%	30.2%	10.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Thu - 09/11/2025									
Middle	Total	250							
Chicken Turnover	SERVINGS	250	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	200	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	2 OZ	150	24	2	354	0.37	4.73	0.36	0.11
CARROTS:frozen, boiled	3/4 CUP	200	41	0	65	0.64	8.46	0.74	0.13
CELERY STICKS	3/4 CUP	25	13	0	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	50	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	250	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	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			733	58	1212	28.92	91.03	27.89	8.21
% of Calories						15.8%	49.6%	34.2%	10.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Middle

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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 - 09/12/2025									
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	100	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			553	32	763	30.23	74.01	15.79	6.53
% of Calories						21.9%	53.6%	25.7%	10.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Mon - 09/15/2025									
Middle	Total	230							
Chicken, Popcorn Tyson	SERVING	225	230	30	240	12.0	14.0	14.0	2.50
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
Baked Beans SLSD	1/2 CUP	180	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,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			640	36	878	28.25	100.96	15.45	2.93
% of Calories						17.7%	63.1%	21.7%	4.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Sep 1, 2025 thru Sep 30, 2025

Middle

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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 - 09/16/2025									
Middle	Total	230							
Ham&Cheese Croissant	1 EACH	220	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	1/2 CUP	150	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	20	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
Peaches, diced	1/2 cup	110	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	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			553	75	1174	28.19	67.17	18.89	6.33
% of Calories						20.4%	48.5%	30.7%	10.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Wed - 09/17/2025									
Middle	Total	215							
Pancakes, Mini, Maple Burst	1 EACH	210	222	0	131	4.04	39.38	6.06	0.51
Sausage Links - Performance	1 Each	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			755	38	610	21.69	101.70	30.20	8.19
% of Calories						11.5%	53.9%	36.0%	9.8%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/18/2025									
Middle	Total	230							
Hon. Must. Pork on Pretzel Rol	1 each	228	350	55	608	22.03	40.53	10.53	4.14
Ketchup, Red Gold packet	2 EACH	228	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	4 OZ	190	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,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	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	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			725	61	1172	31.47	107.81	17.97	5.65
% of Calories						17.4%	59.5%	22.3%	7.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 09/19/2025									
Middle	Total	220							
Pizza, 5" Round	1 EACH	218	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	0	1	1.01	4.35	0.11	0.03
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			597	42	894	29.80	81.50	17.78	7.53
% of Calories						20.0%	54.6%	26.8%	11.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Mon - 09/22/2025									
Middle	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			600-700		1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle School

Generated on: 7/17/2025 4:21:10 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/23/2025									
Middle	Total	230							
Corn Dogs, Mini, MS-HS	1 EACH	225	340	30	880	12.0	36.0	16.0	3.00
BROCCOLI: frozen, boiled HS	.75 cup	190	39	0	15	4.28	7.38	0.17	0.02
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			531	35	1082	23.42	71.46	17.10	3.43
% of Calories						17.7%	53.8%	29.0%	5.8%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Wed - 09/24/2025									
Middle	Total	230							
Bacon, Egg,& Cheese Bagel	1 EACH	225	525	328	1080	14.0	48.0	25.5	7.00
Potato, Crinkle Cut Govt	4 OZ	190	162	0	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	100	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, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			814	326	1287	24.08	99.40	30.16	8.43
% of Calories						11.8%	48.9%	33.4%	9.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle 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)
Thu - 09/25/2025									
Middle	Total	230							
CHICKEN NUGGETS, Tyson	5 each	225	230	55	590	17.0	12.0	13.0	2.50
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	3/4 CUP	180	41	0	65	0.64	8.46	0.74	0.13
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			529	60	985	28.49	71.81	14.63	2.96
% of Calories						21.6%	54.3%	24.9%	5.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 09/26/2025									
Middle	Total	220							
Pizza, French Bread	1 EACH	218	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	125	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
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			601	33	1150	26.99	77.83	19.39	4.87
% of Calories						18.0%	51.8%	29.0%	7.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 30, 2025

Middle

005 - SLSD Middle 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)
Mon - 09/29/2025									
Middle	Total	215							
French Toast Sticks WG	Serving	210	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	210	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	Serving	120	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	162	0	27	2.7	27.0	4.73	1.35
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			734	25	669	19.63	107.44	25.86	7.38
% of Calories						10.7%	58.5%	31.7%	9.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Tue - 09/30/2025									
Middle	Total	230							
Chicken Alfredo Pasta	SERVING	225	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	180	26	0	10	2.85	4.92	0.11	0.02
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			898	36	1014	41.97	152.58	12.76	3.55
% of Calories						18.7%	68.0%	12.8%	3.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Weighted Average			662	60	1026	28.36 17.1%	89.78 54.2%	21.27 28.9%	6.74 9.2%
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Middle

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		Portion	Plan	Cals	Cholst	Sodm	Protn	Carb	T-Fat	S-Fat
		Size	Qty	(kcal)	(mg)	(mg)	(g)	(g)	(g)	(g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	662		600 - 700	100%						
Cholesterol (mg)	60									
Sodium 1 (mg)	1026		1360							
Sodium 1a (mg)	1026		1225							
Protein (g)	28.36	17.13%								
Carbohydrate (g)	89.78	54.22%								
Total Fat (g)	21.27	28.91%	<=30.00%							
Saturated Fat (g)	6.74	9.15%	<10.00%							

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