

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2025 thru Dec 19, 2025

High

006 - SLSD High School

Generated on: 11/21/2025 1:49:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/01/2025									
High	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			750-850		1420			<=30.0	<10.00

Tue - 12/02/2025									
High	Total	350							
CHICKEN, Tenders, Tyson	4 each	330	347	33	520	20.0	21.33	18.67	3.33
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	300	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			835	38	1284	37.71	123.61	22.43	4.16
% of Calories						18.1%	59.2%	24.2%	4.5%
Nutrient Guideline			750-850		1420			<=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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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/03/2025									
High	Total	350							
Bacon, Egg,& Cheese Bagel	1 EACH	300	525	328	1080	14.0	48.0	25.5	7.00
Fries, McCain 5/16"	4 oz	300	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	200	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			904	288	1286	25.98	113.92	33.38	7.25
% of Calories						11.5%	50.4%	33.3%	7.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 12/04/2025									
High	Total	350							
Chicken Alfredo Pasta	SERVING	330	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	350	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			961	36	1019	44.41	161.46	15.48	4.02
% of Calories						18.5%	67.2%	14.5%	3.8%
Nutrient Guideline			750-850		1420			<=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)
Fri - 12/05/2025									
High	Total	350							
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			657	33	828	30.47	89.70	20.45	6.55
% of Calories						18.5%	54.6%	28.0%	9.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 12/08/2025									
High	Total	350							
MiniCinnis	1 EACH	335	240	0	300	5.0	40.0	7.0	2.00
PORK, Sausage Links, Maid-Rite	2 each	335	130	40	240	12.0	1.0	9.0	3.50
Fries, Sweet Potato 7/16"	1/2 CUP	335	200	0	227	1.33	29.35	8.0	1.33
Ketchup, Red Gold packet	1 EACH	500	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Italian dressing, PC	1 EACH	50	10	0	109	0.0	1.0	1.0	0.00
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	10	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			765	47	1109	26.65	108.91	24.77	7.15
% of Calories						13.9%	56.9%	29.1%	8.4%
Nutrient Guideline			750-850		1420			<=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)
Tue - 12/09/2025									
High	Total	350							
CHICKEN FAJITAS	1 EACH	300	379	59	531	23.29	37.35	15.02	3.18
Seasoned Red Beans	.75 cup	320	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	320	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	175	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	175	62	0	0	1.23	15.39	0.16	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	0	1	0.45	16.95	0.15	0.01
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	25	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	25	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			859	64	1136	45.19	128.14	19.00	4.19
% of Calories						21.1%	59.7%	19.9%	4.4%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 12/10/2025									
High	Total	350							
Pierogies, Mrs T	SERVING	330	270	30	710	10.0	39.0	8.0	4.00
MEATBALLS, beef, JTM	2 EACH	330	308	72	472	24.0	12.0	18.0	7.00
Sauce, Spaghetti Redpack	.25 CUP	330	36	0	277	0.91	4.99	1.36	0.45
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	350	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Ice Cream Cup	1 EACH	250	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			1128	125	1945	53.62	148.51	36.01	15.23
% of Calories						19.0%	52.7%	28.7%	12.2%
Nutrient Guideline			750-850		1420			<=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 - 12/11/2025									
High	Total	400							
Chicken Turnover	SERVINGS	385	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	385	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	385	12	1	177	0.19	2.36	0.18	0.06
CORN: frozen, yellow	3/4 CUP	385	100	0	1	3.16	23.88	0.83	0.13
CELERY STICKS	3/4 CUP	45	13	0	72	0.62	2.67	0.15	0.04
Italian dressing, PC	1 EACH	45	10	0	109	0.0	1.0	1.0	0.00
BANANAS	1 EACH	250	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	235	77	0	4	0.31	20.62	0.18	0.01
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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			867	57	1197	32.37	123.17	29.14	8.42
% of Calories						14.9%	56.8%	30.3%	8.7%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 12/12/2025									
High	Total	350							
Pizza, French Bread	1 EACH	340	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	300	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	340	28	0	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			682	38	1162	29.18	92.21	20.88	5.68
% of Calories						17.1%	54.1%	27.6%	7.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Mon - 12/15/2025									
High	Total	350							
CHICKEN NUGGETS, Tyson	7 each	330	322	77	826	23.8	16.8	18.2	3.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	41	0	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			690	80	1315	36.20	89.54	22.16	4.35
% of Calories						21.0%	51.9%	28.9%	5.7%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 12/16/2025									
High	Total	350							
Taco in a Bag	1 Each	300	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	320	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	320	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	175	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	175	62	0	0	1.23	15.39	0.16	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	0	1	0.45	16.95	0.15	0.01
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	25	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	25	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			827	51	1484	43.43	119.29	21.01	7.02
% of Calories						21.0%	57.7%	22.9%	7.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Wed - 12/17/2025									
High	Total	350							
Dutch Waffle	1 each	335	300	20	350	4.0	43.0	13.0	3.00
Sausage Links - Performance	1 Each	335	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	335	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	500	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	10	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			883	57	1010	22.10	111.52	39.22	9.38
% of Calories						10.0%	50.5%	40.0%	9.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 12/18/2025									
High	Total	400							
Ham, Slice	3 OZ	385	106	53	759	13.67	1.52	4.56	1.52
Potatoes, Mashed	1 each	385	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	2 OZ	385	24	2	354	0.37	4.73	0.36	0.11
PEAS: frozen,boiled	1/2 CUP	275	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	3/4 CUP	45	13	0	72	0.62	2.67	0.15	0.04
Ranch, Dressing PC 12 G	1 EACH	45	67	6	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	250	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	235	77	0	4	0.31	20.62	0.18	0.01
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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			594	65	1795	31.01	92.95	11.26	3.61
% of Calories						20.9%	62.6%	17.1%	5.5%
Nutrient Guideline			750-850		1420			<=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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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2025 thru Dec 19, 2025

High

006 - SLSD High School

Generated on: 11/21/2025 1:49:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/19/2025									
High	Total	350							
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			657	33	828	30.47	89.70	20.45	6.55
% of Calories						18.5%	54.6%	28.0%	9.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Weighted Average			808	72	1243	34.92 17.3%	113.76 56.3%	23.97 26.7%	6.68 7.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	808		750 - 850	100%				
Cholesterol (mg)	72							
Sodium 1 (mg)	1243		1420					
Sodium 1a (mg)	1243		1280					
Protein (g)	34.92	17.29%						
Carbohydrate (g)	113.76	56.33%						
Total Fat (g)	23.97	26.71%	<=30.00%					
Saturated Fat (g)	6.68	7.45%	<10.00%					

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