

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 10/01/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Grilled Cheese Sandwich wheat | 1 each | 295 | 320 | 50 | 770 | 14.0 | 23.0 | 19.5 | 10.00 |
| Soup, Tomato Campbells | 6 oz | 280 | 135 | 0 | 720 | 3.0 | 30.0 | 0.0 | 0.00 |
| CARROTS,BABY,RAW | 1/2 cup | 150 | 40 | 0 | 88 | 0.73 | 9.34 | 0.15 | 0.03 |
| BANANAS | 1 EACH | 200 | 105 | 0 | 1 | 1.29 | 26.95 | 0.39 | 0.13 |
| APPLESAUCE:cnnd,unswtnd,+vit C | 3/4 CUP | 200 | 77 | 0 | 4 | 0.31 | 20.62 | 0.18 | 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 | 35 | 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 |
| Mayonnaise, packet | 1 EACH | 20 | 88 | 9 | 62 | 0.2 | 0.4 | 9.5 | 1.50 |
| Weighted Daily Average | | | 697 | 53 | 1536 | 26.65 | 101.21 | 21.88 | 9.77 |
| % of Calories | | | | | | 15.3% | 58.1% | 28.3% | 12.6% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 10/02/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Chicken Patty Sandwich | 1 EACH | 345 | 350 | 55 | 820 | 24.0 | 33.0 | 14.5 | 2.50 |
| BROCCOLI: frozen, boiled HS | .75 cup | 350 | 39 | 0 | 15 | 4.28 | 7.38 | 0.17 | 0.02 |
| 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 | 150 | 30 | 0 | 0 | 0.0 | 8.0 | 0.0 | 0.00 |
| Peaches, diced | 1/2 cup | 350 | 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 | 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 | | | 586 | 60 | 1010 | 36.28 | 78.29 | 15.70 | 2.94 |
| % of Calories | | | | | | 24.8% | 53.4% | 24.1% | 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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 10/03/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Pizza, Mickey's, WG Cheese | SLICE | 340 | 320 | 45 | 450 | 19.0 | 28.0 | 15.0 | 10.00 |
| Pepperoni, Sliced | SERVING | 150 | 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 | | | 605 | 57 | 727 | 31.01 | 79.58 | 19.03 | 11.39 |
| % of Calories | | | | | | 20.5% | 52.6% | 28.3% | 16.9% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 10/06/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Dutch Waffle | 1 each | 335 | 300 | 20 | 350 | 4.0 | 43.0 | 13.0 | 3.00 |
| Syrup cup, reduced calorie | 1 each | 335 | 50 | 0 | 0 | 0.0 | 13.0 | 0.0 | 0.00 |
| 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 | 2 EACH | 500 | 20 | 0 | 210 | 0.0 | 6.0 | 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 | | | 945 | 57 | 1160 | 22.10 | 128.25 | 39.22 | 9.38 |
| % of Calories | | | | | | 9.4% | 54.3% | 37.3% | 8.9% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 10/07/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Pizza, Big Daddy | 1 EACH | 340 | 470 | 40 | 730 | 23.98 | 53.97 | 17.99 | 8.99 |
| Pepperoni, Sliced | SERVING | 150 | 66 | 13 | 177 | 2.53 | 0.0 | 6.58 | 2.53 |
| BROCCOLI: frozen, boiled HS | .75 cup | 340 | 39 | 0 | 15 | 4.28 | 7.38 | 0.17 | 0.02 |
| 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 | | | 761 | 52 | 1012 | 38.54 | 105.63 | 21.93 | 10.40 |
| % of Calories | | | | | | 20.3% | 55.6% | 25.9% | 12.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 10/08/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Cheeseburger on bun | 1 each | 325 | 325 | 52 | 655 | 24.5 | 25.0 | 14.0 | 6.00 |
| MUSTARD: individual PC | Pkt 5g | 325 | 3 | 0 | 55 | 0.19 | 0.29 | 0.17 | 0.01 |
| Ketchup, Red Gold packet | 2 EACH | 325 | 20 | 0 | 210 | 0.0 | 6.0 | 0.0 | 0.00 |
| Baked Beans SLSD | 3/4 CUP | 325 | 273 | 0 | 547 | 9.85 | 64.83 | 0.82 | 0.15 |
| CELERY STICKS | 1/2 CUP | 75 | 8 | 0 | 48 | 0.41 | 1.78 | 0.1 | 0.03 |
| Ranch, Dressing PC 12 G | 1 EACH | 75 | 67 | 6 | 100 | 0.2 | 0.7 | 7.0 | 1.10 |
| 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 | 24 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie | 1 EACH | 1 | 377 | 85 | 1342 | 26.57 | 34.05 | 14.61 | 5.02 |
| Lite Mayonnaise | 1 Each | 1 | 49 | 0 | 107 | 0.13 | 0.98 | 4.86 | 0.67 |
| Weighted Daily Average | | | 849 | 56 | 1589 | 42.60 | 138.12 | 18.64 | 6.78 |
| % of Calories | | | | | | 20.1% | 65.1% | 19.8% | 7.2% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 10/09/2025 | | | | | | | | | |
| High | Total | 400 | | | | | | | |
| Chicken Turnover | SERVINGS | 385 | 353 | 47 | 354 | 15.08 | 19.51 | 23.34 | 6.60 |
| MASHED POTATOES:flakes,mlk+but | 1 CUP | 385 | 204 | 29 | 344 | 3.72 | 22.83 | 10.77 | 6.70 |
| 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 | | | 973 | 80 | 1181 | 34.01 | 130.70 | 36.60 | 13.63 |
| % of Calories | | | | | | 14.0% | 53.8% | 33.9% | 12.6% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 10/10/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Max Sticks | serving | 340 | 508 | 16 | 1478 | 24.79 | 52.21 | 21.91 | 7.62 |
| 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 | | | 821 | 29 | 1758 | 36.10 | 102.54 | 30.08 | 9.10 |
| % of Calories | | | | | | 17.6% | 50.0% | 33.0% | 10.0% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 10/13/2025 | | | | | | | | | |
| 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 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 10/14/2025 | | | | | | | | | |
| 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 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 10/15/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Ham&Cheese Croissant | 1 EACH | 325 | 355 | 70 | 1005 | 19.96 | 27.01 | 18.27 | 6.02 |
| CARROTS:frozen, boiled | .75 CUP | 350 | 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, Dressing PC 12 G | 1 EACH | 25 | 67 | 6 | 100 | 0.2 | 0.7 | 7.0 | 1.10 |
| BANANAS | 1 EACH | 325 | 105 | 0 | 1 | 1.29 | 26.95 | 0.39 | 0.13 |
| APPLESAUCE:cnnd,unswtnd,+vit C | 1/2 CUP | 100 | 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 | 24 | 620 | 0 | 620 | 20.0 | 70.0 | 32.0 | 5.00 |
| School Hoagie | 1 EACH | 1 | 377 | 85 | 1342 | 26.57 | 34.05 | 14.61 | 5.02 |
| Lite Mayonnaise | 1 Each | 1 | 49 | 0 | 107 | 0.13 | 0.98 | 4.86 | 0.67 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | | 648 | 72 | 1210 | 29.97 | 86.08 | 21.50 | 6.67 |
| % of Calories | | | | | | 18.5% | 53.2% | 29.9% | 9.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| Thu - 10/16/2025 | | | | | | | | | |
|-----------------------------|-----------|-----|---------|----|------|-------|--------|--------|--------|
| High | Total | 350 | | | | | | | |
| Pancakes, Mini, Maple Burst | 1 EACH | 335 | 222 | 0 | 131 | 4.04 | 39.38 | 6.06 | 0.51 |
| Syrup cup, reduced calorie | 1 each | 335 | 50 | 0 | 0 | 0.0 | 13.0 | 0.0 | 0.00 |
| Sausage Links - Performance | 1 Each | 335 | 190 | 30 | 270 | 6.0 | 0.0 | 19.0 | 6.00 |
| Potato, Smiles McCain | SERVING | 335 | 141 | 0 | 191 | 2.01 | 20.09 | 6.03 | 1.01 |
| 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 | | | 796 | 37 | 942 | 20.64 | 110.95 | 31.55 | 7.80 |
| % of Calories | | | | | | 10.4% | 55.7% | 35.7% | 8.8% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| Fri - 10/17/2025 | | | | | | | | | |
|--------------------------------|-----------|-----|-----|----|------|-------|-------|-------|------|
| High | Total | 350 | | | | | | | |
| Pizza, 5" Round | 1 EACH | 340 | 390 | 30 | 660 | 20.0 | 47.0 | 14.0 | 6.00 |
| 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 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | | 701 | 47 | 1007 | 33.07 | 98.03 | 20.88 | 8.59 |
| % of Calories | | | | | | 18.9% | 55.9% | 26.8% | 11.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| Mon - 10/20/2025 | | | | | | | | | |
|-----------------------------|-----------|-----|---------|----|------|-------|-------|--------|--------|
| High | Total | 350 | | | | | | | |
| Corn Dogs, Mini, MS-HS | 1 EACH | 300 | 340 | 30 | 880 | 12.0 | 36.0 | 16.0 | 3.00 |
| BROCCOLI: frozen, boiled HS | .75 cup | 350 | 39 | 0 | 15 | 4.28 | 7.38 | 0.17 | 0.02 |
| Ketchup, Red Gold packet | 2 EACH | 350 | 20 | 0 | 210 | 0.0 | 6.0 | 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 | | | 631 | 33 | 1242 | 25.51 | 89.49 | 20.09 | 3.85 |
| % of Calories | | | | | | 16.2% | 56.7% | 28.7% | 5.5% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| Tue - 10/21/2025 | | | | | | | | | |
|-----------------------------|-----------|-----|-----|-----|------|------|-------|------|------|
| 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 |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| 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 |

| Wed - 10/22/2025 | | | | | | | | | |
|--------------------------------|-----------|-----|---------|----|------|-------|-------|--------|--------|
| 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 |

| Thu - 10/23/2025 | | | | | | | | | |
|--------------------------------|-----------|-----|---------|----|------|-------|--------|--------|--------|
| High | Total | 350 | | | | | | | |
| MACARONI AND CHEESE(NEW) | 2/3 CUP | 330 | 331 | 14 | 1114 | 22.04 | 39.35 | 9.1 | 3.06 |
| Breadstick, Rudis | 1 EACH | 330 | 109 | 0 | 232 | 4.0 | 21.4 | 1.1 | 0.20 |
| PEAS: frozen,boiled | 3/4 CUP | 350 | 94 | 0 | 86 | 6.18 | 17.11 | 0.32 | 0.06 |
| 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 | | | 772 | 20 | 1560 | 41.96 | 124.43 | 12.80 | 3.94 |
| % of Calories | | | | | | 21.7% | 64.5% | 14.9% | 4.6% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 10/24/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Pizza, French Bread | 1 EACH | 340 | 370 | 20 | 820 | 16.0 | 41.0 | 14.0 | 3.00 |
| Pepperoni, Sliced | SERVING | 200 | 66 | 13 | 177 | 2.53 | 0.0 | 6.58 | 2.53 |
| Salad, tossed, side | 1 EACH | 340 | 32 | 0 | 18 | 2.13 | 6.54 | 0.47 | 0.07 |
| Ranch, Lite Cup | 1 each | 340 | 150 | 10 | 390 | 1.0 | 2.0 | 15.0 | 2.50 |
| 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 | | | 805 | 44 | 1502 | 29.78 | 92.91 | 33.93 | 7.41 |
| % of Calories | | | | | | 14.8% | 46.2% | 37.9% | 8.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| | | | | | | | | | |
|--------------------------------|-----------|-----|---------|----|------|-------|-------|--------|--------|
| Mon - 10/27/2025 | | | | | | | | | |
| 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 |
| Potato, Tator Tots | SERVING | 335 | 130 | 0 | 310 | 2.0 | 17.0 | 6.0 | 1.00 |
| 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 |
| 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 | | | 698 | 47 | 1189 | 27.29 | 97.09 | 22.85 | 6.83 |
| % of Calories | | | | | | 15.6% | 55.6% | 29.5% | 8.8% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 10/28/2025 | | | | | | | | | |
| 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 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 10/29/2025 | | | | | | | | | |
| 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 | 300 | 66 | 13 | 177 | 2.53 | 0.0 | 6.58 | 2.53 |
| BROCCOLI: frozen, boiled | 1/2 cup | 340 | 26 | 0 | 10 | 2.85 | 4.92 | 0.11 | 0.02 |
| 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 | | | 650 | 38 | 879 | 33.40 | 88.70 | 18.88 | 7.59 |
| % of Calories | | | | | | 20.5% | 54.6% | 26.1% | 10.5% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 10/30/2025 | | | | | | | | | |
| 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:cnnnd,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 | | | 1021 | 104 | 1895 | 52.19 | 134.94 | 31.01 | 12.02 |
| % of Calories | | | | | | 20.5% | 52.9% | 27.3% | 10.6% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | <=30.0 | <10.00 |

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 10/31/2025 | | | | | | | | | |
| High | Total | 350 | | | | | | | |
| Chicken Patty Sandwich | 1 EACH | 300 | 350 | 55 | 820 | 24.0 | 33.0 | 14.5 | 2.50 |
| Fries, Sweet Potato 7/16" | 1/2 CUP | 300 | 200 | 0 | 227 | 1.33 | 29.35 | 8.0 | 1.33 |
| 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 | | | 758 | 54 | 1220 | 32.66 | 100.40 | 25.50 | 4.54 |
| % of Calories | | | | | | 17.2% | 53.0% | 30.3% | 5.4% |
| 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 12

Oct 1, 2025 thru Oct 31, 2025

High

006 - SLSD High School

Generated on: 9/22/2025 12:00:49 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------|--------------|----------|-------------|-------------|-----------|----------------|-----------------|----------------|--------------|
| Weighted Average | | | 771 | 63 | 1272 | 33.50 17.4% | 106.08 55.0% | 24.59 28.7% | 7.52 8.8% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 771 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 63 | | | | | | | |
| Sodium 1 (mg) | 1272 | | 1420 | | | | | |
| Sodium 1a (mg) | 1272 | | 1280 | | | | | |
| Protein (g) | 33.50 | 17.37% | | | | | | |
| Carbohydrate (g) | 106.08 | 55.00% | | | | | | |
| Total Fat (g) | 24.59 | 28.69% | <=30.00% | | | | | |
| Saturated Fat (g) | 7.52 | 8.77% | <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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.