

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 10/31/2025 3:43:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/03/2025									
Elementary	Total	95							
Bacon, Egg,& Cheese Croissant	1 EACH	90	495	328	930	11.0	31.0	32.5	12.00
Potato, Crinkle Cut Govt	3 OZ	90	121	0	20	2.03	20.25	3.54	1.01
Ketchup, Red Gold packet	1 EACH	90	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			792	320	1214	22.15	87.97	35.51	12.98
% of Calories						11.2%	44.4%	40.3%	14.7%
Nutrient Guideline			550-650		1230			<=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 - 11/04/2025									
Elementary	Total	192							
Tortellini Alfredo	SERVING	190	397	58	665	18.59	56.03	10.93	5.78
Breadstick, Rudis	1 EACH	100	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	82	62	0	58	4.12	11.41	0.22	0.04
CARROTS,BABY,RAW	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	102	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	90	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	182	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			681	64	1006	30.64	111.90	12.51	6.28
% of Calories						18.0%	65.7%	16.5%	8.3%
Nutrient Guideline			550-650		1230			<=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)
Wed - 11/05/2025									
Elementary	Total	145							
Grilled Cheese Sandwich wheat	1 each	135	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	95	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	60	23	0	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	85	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	145	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			579	55	1409	24.86	74.60	20.44	10.05
% of Calories						17.2%	51.6%	31.8%	15.6%
Nutrient Guideline			550-650		1230			<=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 - 11/06/2025									
Elementary	Total	142							
CHICKEN, Tenders, Tyson	3 each	140	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	100	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	50	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, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			566	31	963	27.85	77.57	15.35	2.96
% of Calories						19.7%	54.8%	24.4%	4.7%
Nutrient Guideline			550-650		1230			<=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 - 11/07/2025									
Elementary	Total	145							
Pizza, 5" Round	1 EACH	130	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	40	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	65	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	65	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			601	41	891	29.09	80.48	18.86	7.16
% of Calories						19.3%	53.5%	28.2%	10.7%
Nutrient Guideline			550-650		1230			<=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 - 11/10/2025									
Elementary	Total	142							
Pork, Pulled BBQ Sandwich	1 EACH	139	481	108	540	37.4	33.15	21.46	7.32
Ketchup, Red Gold packet	1 EACH	50	10	0	105	0.0	3.0	0.0	0.00
Fries, Sweet Potato 7/16"	1/2 CUP	50	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, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			745	114	870	46.86	78.67	25.98	8.36
% of Calories						25.2%	42.2%	31.4%	10.1%
Nutrient Guideline			550-650		1230			<=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 - 11/11/2025									
Elementary	Total	130							
Taco in a Bag	1 Each	110	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	60	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	60	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	50	40	0	88	0.73	9.34	0.15	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	40	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	110	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			638	47	1209	32.92	86.21	19.48	6.71
% of Calories						20.6%	54.0%	27.5%	9.5%
Nutrient Guideline			550-650		1230			<=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 - 11/12/2025									
Elementary	Total	142							
CHICKEN NUGGETS, Tyson 5 each	portion	140	230	55	590	17.0	12.0	13.0	2.50
Pretzel, Soft Rod	1 EACH	140	70	0	65	2.0	14.0	0.5	0.00
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			525	61	858	29.48	70.32	14.53	2.97
% of Calories						22.5%	53.6%	24.9%	5.1%
Nutrient Guideline			550-650		1230			<=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 - 11/13/2025									
Elementary	Total	195							
Dutch Waffle	1 each	185	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	60	50	0	0	0.0	13.0	0.0	0.00
Potato, Tator Tots	SERVING	160	130	0	310	2.0	17.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	160	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			606	28	868	14.44	97.36	18.62	4.30
% of Calories						9.5%	64.3%	27.7%	6.4%
Nutrient Guideline			550-650		1230			<=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 - 11/14/2025									
Elementary	Total	145							
Max Sticks - Elem	serving	130	348	11	1068	16.79	36.21	14.91	5.12
Salad, tossed, side	1 EACH	65	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	65	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			546	21	1208	25.51	70.81	17.86	5.68
% of Calories						18.7%	51.9%	29.4%	9.4%
Nutrient Guideline			550-650		1230			<=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)
Mon - 11/17/2025									
Elementary	Total	142							
Chicken Patty Sandwich	1 EACH	140	350	55	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	80	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	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	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			648	61	1213	36.16	95.87	15.73	3.00
% of Calories						22.3%	59.1%	21.8%	4.2%
Nutrient Guideline			550-650		1230			<=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 - 11/18/2025									
Elementary	Total	195							
MACARONI AND CHEESE(NEW)	2/3 CUP	190	331	14	1114	22.04	39.35	9.1	3.06
PEAS: frozen,boiled	1/2 CUP	100	62	0	58	4.12	11.41	0.22	0.04
Breadstick, Rudis	1 EACH	100	109	0	232	4.0	21.4	1.1	0.20
APPLES,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	195	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Ice Cream Cup	1 EACH	160	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			725	46	1469	36.33	107.62	16.38	7.33
% of Calories						20.0%	59.3%	20.3%	9.1%
Nutrient Guideline			550-650		1230			<=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)
Wed - 11/19/2025									
Elementary	Total	95							
MiniCinnis	1 EACH	90	240	0	300	5.0	40.0	7.0	2.00
Fries, Sweet Potato 7/16"	1/2 CUP	70	200	0	227	1.33	29.35	8.0	1.33
Sausage Links - Performance	1 Each	70	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	70	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			721	32	941	19.96	98.30	27.89	7.95
% of Calories						11.1%	54.6%	34.8%	9.9%
Nutrient Guideline			550-650		1230			<=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 - 11/20/2025									
Elementary	Total	130							
Turkey, Sliced with Gravy	SERVING	130	147	52	713	18.88	3.15	6.29	2.10
Potatoes, Mashed	1 each	110	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	100	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	.5 OZ	50	6	0	89	0.09	1.18	0.09	0.03
CORN: frozen, yellow	1/2 CUP	100	67	0	1	2.1	15.92	0.55	0.08
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	0	1	0.36	19.06	0.23	0.04
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	60	55	0	2	0.31	13.99	0.05	0.00
Milk, Variety, Pocono Mtn.	Half Pint	120	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
Weighted Daily Average			501	63	1309	32.25	70.85	10.40	3.63
% of Calories						25.7%	56.5%	18.7%	6.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 10/31/2025 3:43:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/21/2025									
Elementary	Total	145							
Pizza, Big Daddy Rolled Edge E	SLICE	130	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	80	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	65	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	65	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	50	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	85	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	10	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			575	36	815	28.89	73.31	18.88	6.97
% of Calories						20.1%	51.0%	29.6%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			630	68	1083	29.16 18.5%	85.46 54.3%	19.23 27.5%	6.42 9.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		550 - 650	100%				
Cholesterol (mg)	68							
Sodium 1 (mg)	1083		1230					
Sodium 1a (mg)	1083		1110					
Protein (g)	29.16	18.52%						
Carbohydrate (g)	85.46	54.26%						
Total Fat (g)	19.23	27.47%	<=30.00%					
Saturated Fat (g)	6.42	9.17%	<10.00%					

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