

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 9/22/2025 11:33:18 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/01/2025									
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 - 10/02/2025									
Elementary	Total	142							
Chicken Patty Sandwich	1 EACH	140	350	55	820	24.0	33.0	14.5	2.50
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	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			560	61	1013	34.07	74.29	15.49	2.95
% of Calories						24.3%	53.0%	24.9%	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 - 10/03/2025									
Elementary	Total	95							
Pizza, Mickey's, WG Cheese	SLICE	85	320	45	450	19.0	28.0	15.0	10.00
Pepperoni, Sliced	SERVING	45	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	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	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			546	56	736	29.36	65.06	19.61	11.08
% of Calories						21.5%	47.7%	32.3%	18.3%
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 - 10/06/2025									
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	65	50	0	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	185	162	0	27	2.7	27.0	4.73	1.35
Yogurt, Upstate blueberry	1 each	165	190	5	150	6.0	40.0	0.0	0.00
Ketchup, Red Gold packet	1 EACH	165	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			815	32	769	20.43	143.28	18.18	4.76
% of Calories						10.0%	70.3%	20.1%	5.3%
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)
Tue - 10/07/2025									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	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	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			648	45	902	32.62	88.29	19.16	8.98
% of Calories						20.1%	54.5%	26.6%	12.5%
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 - 10/08/2025									
Elementary	Total	142							
Cheeseburger on bun	1 each	139	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	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	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			602	60	1200	36.08	80.40	16.05	6.62
% of Calories						24.0%	53.4%	24.0%	9.9%
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 - 10/09/2025									
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	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	50	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, 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			543	31	959	26.61	71.02	15.48	2.95
% of Calories						19.6%	52.3%	25.7%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 10/10/2025									
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

Mon - 10/13/2025									
Elementary	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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			550-650		1230			<=30.0	<10.00

Tue - 10/14/2025									
Elementary	Total	142							
Chicken, Popcorn Tyson	SERVING	140	230	30	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
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	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			623	37	796	27.63	94.85	15.76	3.01
% of Calories						17.7%	60.9%	22.8%	4.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 10/15/2025									
Elementary	Total	142							
Ham&Cheese Croissant	1 EACH	140	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	1/2 CUP	100	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, 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	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			541	76	1201	28.41	62.19	19.34	6.45
% of Calories						21.0%	46.0%	32.1%	10.7%
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)
Thu - 10/16/2025									
Elementary	Total	95							
Pancakes, Mini, Maple Burst	1 EACH	90	222	0	131	4.04	39.38	6.06	0.51
Potato, Smiles McCain	SERVING	90	141	0	191	2.01	20.09	6.03	1.01
Sausage Links - Performance	1 Each	90	190	30	270	6.0	0.0	19.0	6.00
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			732	38	874	21.23	95.76	30.81	7.77
% of Calories						11.6%	52.4%	37.9%	9.6%
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)
Fri - 10/17/2025									
Elementary	Total	95							
Pizza, 5" Round	1 EACH	85	390	30	660	20.0	47.0	14.0	6.00
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	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	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			577	37	840	29.05	82.06	15.60	6.30
% of Calories						20.1%	56.9%	24.3%	9.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Mon - 10/20/2025									
Elementary	Total	142							
Corn Dogs, Mini	1 EACH	140	255	23	660	9.0	27.0	12.0	2.25
BROCCOLI: frozen, boiled	1/2 cup	100	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	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			479	29	858	19.68	71.22	13.04	2.71
% of Calories						16.4%	59.5%	24.5%	5.1%
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 - 10/21/2025									
Elementary	Total	95							
Bacon, Egg,& Cheese Bagel	1 EACH	90	525	328	1080	14.0	48.0	25.5	7.00
Potato, Crinkle Cut Govt	4 OZ	90	162	0	27	2.7	27.0	4.73	1.35
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			859	320	1362	25.64	110.47	29.99	8.57
% of Calories						11.9%	51.5%	31.4%	9.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

Elementary

001 - Hopewell Elementary School

Generated on: 9/22/2025 11:33:18 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/22/2025									
Elementary	Total	142							
CHICKEN NUGGETS, Tyson	5 each	140	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	50	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, 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			513	61	1156	28.58	67.07	14.49	2.95
% of Calories						22.3%	52.3%	25.4%	5.2%
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)
Thu - 10/23/2025									
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	190	62	0	58	4.12	11.41	0.22	0.04
Breadstick, Rudis	1 EACH	190	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
Weighted Daily Average			682	21	1545	38.43	107.17	11.24	3.74
% of Calories						22.6%	62.9%	14.8%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

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Elementary

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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 - 10/24/2025									
Elementary	Total	145							
Pizza, French Bread	1 EACH	130	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	55	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			590	34	1053	25.76	75.10	19.54	4.74
% of Calories						17.5%	50.9%	29.8%	7.2%
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)
Mon - 10/27/2025									
Elementary	Total	95							
MiniCinnis	1 EACH	90	240	0	300	5.0	40.0	7.0	2.00
Potato, Tator Tots	SERVING	90	130	0	310	2.0	17.0	6.0	1.00
Sausage Links - Performance	1 Each	90	190	30	270	6.0	0.0	19.0	6.00
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			738	38	1147	22.13	93.41	31.67	9.18
% of Calories						12.0%	50.6%	38.6%	11.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Elementary

001 - Hopewell Elementary 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)
Tue - 10/28/2025									
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 - 10/29/2025									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
BROCCOLI: frozen, boiled	1/2 cup	75	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	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	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			654	45	910	34.08	88.74	19.16	8.97
% of Calories						20.8%	54.3%	26.4%	12.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Elementary

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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 - 10/30/2025									
Elementary	Total	192							
Pierogies, Mrs T	SERVING	190	270	30	710	10.0	39.0	8.0	4.00
Sauce, Spaghetti Redpack	.25 CUP	190	36	0	277	0.91	4.99	1.36	0.45
MEATBALLS, beef, JTM	2 EACH	190	308	72	472	24.0	12.0	18.0	7.00
Breadstick, Rudis	1 EACH	180	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			941	107	1889	48.46	120.78	29.23	11.98
% of Calories						20.6%	51.3%	28.0%	11.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 10/31/2025									
Elementary	Total	142							
Chicken Patty Sandwich	1 EACH	140	350	55	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	1/2 CUP	80	200	0	227	1.33	29.35	8.0	1.33
Ketchup, Red Gold packet	2 EACH	140	20	0	210	0.0	6.0	0.0	0.00
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			678	61	1342	33.21	93.97	19.93	3.69
% of Calories						19.6%	55.4%	26.5%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			640	60	1108	29.31 18.3%	87.13 54.4%	19.62 27.6%	6.36 8.9%
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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Plan Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g) Error Messages (if any)	T-Fat (g)	S-Fat (g)
Calories	640		550 - 650	100%							
Cholesterol (mg)	60										
Sodium 1 (mg)	1108		1230								
Sodium 1a (mg)	1108		1110								
Protein (g)	29.31	18.31%									
Carbohydrate (g)	87.13	54.44%									
Total Fat (g)	19.62	27.58%	<=30.00%								
Saturated Fat (g)	6.36	8.94%	<10.00%								

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