

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Dec 1, 2025 thru Dec 19, 2025

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 11/21/2025 1:18:47 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									
Intermediate	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			550-650		1230			<=30.0	<10.00

Tue - 12/02/2025									
Intermediate	Total	400							
CHICKEN, Tenders, Tyson	3 each	375	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	375	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	200	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	200	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			611	31	1009	29.62	86.38	16.02	3.08
% of Calories						19.4%	56.6%	23.6%	4.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 12/03/2025									
Intermediate	Total	400							
Bacon, Egg,& Cheese Bagel	1 EACH	375	525	328	1080	14.0	48.0	25.5	7.00
Fries, McCain 5/16"	4 oz	250	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	275	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			834	315	1244	25.20	104.37	30.08	7.28
% of Calories						12.1%	50.1%	32.5%	7.9%
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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Intermediate

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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 - 12/04/2025									
Intermediate	Total	400							
Chicken Alfredo Pasta	SERVING	385	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	200	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	175	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			799	38	871	39.03	129.48	12.27	3.56
% of Calories						19.6%	64.9%	13.8%	4.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 12/05/2025									
Intermediate	Total	400							
Pizza, Big Daddy Rolled Edge E	SLICE	375	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	150	66	13	177	2.53	0.0	6.58	2.53
SALAD,TOSSED: no dressing	1 CUP	200	40	0	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	6	100	0.2	0.7	7.0	1.10
APPLES,Fresh	1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			586	35	829	29.50	74.80	19.36	6.93
% of Calories						20.1%	51.0%	29.7%	10.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Intermediate

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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 - 12/08/2025									
Intermediate	Total	400							
MiniCinnis	1 EACH	385	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	250	190	30	270	6.0	0.0	19.0	6.00
Fries, Sweet Potato 7/16"	1/2 CUP	250	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
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	5	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			675	27	788	18.74	94.44	25.09	7.10
% of Calories						11.1%	56.0%	33.5%	9.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 12/09/2025									
Intermediate	Total	400							
CHICKEN FAJITAS	1 EACH	385	379	59	531	23.29	37.35	15.02	3.18
Seasoned Red Beans	.5 cup	150	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	250	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			663	66	858	35.85	93.15	16.42	3.77
% of Calories						21.6%	56.2%	22.3%	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)
Wed - 12/10/2025									
Intermediate	Total	400							
Pierogies, Mrs T	SERVING	385	270	30	710	10.0	39.0	8.0	4.00
MEATBALLS, beef, JTM	2 EACH	250	308	72	472	24.0	12.0	18.0	7.00
Sauce, Spaghetti Redpack	.25 CUP	385	36	0	277	0.91	4.99	1.36	0.45
Breadstick, Rudis	1 EACH	250	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	250	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Ice Cream Cup	1 EACH	175	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			825	96	1649	40.28	107.69	25.23	11.34
% of Calories						19.5%	52.2%	27.5%	12.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 12/11/2025									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	150	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	200	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	63	0	9	0.0	15.3	0.0	0.00
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	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			555	61	1024	33.98	72.88	15.26	2.97
% of Calories						24.5%	52.5%	24.7%	4.8%
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 - 12/12/2025									
Intermediate	Total	400							
Pizza, French Bread	1 EACH	375	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	150	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	0	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			570	33	1046	25.81	74.92	17.36	4.46
% of Calories						18.1%	52.5%	27.4%	7.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 12/15/2025									
Intermediate	Total	400							
CHICKEN NUGGETS, Tyson	5 each	375	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	250	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	63	0	9	0.0	15.3	0.0	0.00
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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			487	59	1024	27.57	60.95	14.97	3.09
% of Calories						22.6%	50.0%	27.6%	5.7%
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)
Tue - 12/16/2025									
Intermediate	Total	400							
Taco in a Bag	1 Each	385	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	200	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	250	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			643	51	1267	34.75	86.16	18.75	6.96
% of Calories						21.6%	53.6%	26.3%	9.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 12/17/2025									
Intermediate	Total	400							
Dutch Waffle	1 each	385	300	20	350	4.0	43.0	13.0	3.00
Sausage Links - Performance	1 Each	250	190	30	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	275	130	0	310	2.0	17.0	6.0	1.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
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	5	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			697	46	907	18.32	90.67	29.99	7.91
% of Calories						10.5%	52.1%	38.8%	10.2%
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 - 12/18/2025									
Intermediate	Total	375							
Ham, Slice	3 OZ	360	106	53	759	13.67	1.52	4.56	1.52
Potatoes, Mashed	1 each	300	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	120	12	1	177	0.19	2.36	0.18	0.06
PEAS: frozen,boiled	1/2 CUP	275	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	300	72	0	1	0.36	19.06	0.23	0.04
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	50	55	0	2	0.31	13.99	0.05	0.00
Milk, Variety, Pocono Mtn.	Half Pint	375	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	15	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			460	62	1366	28.16	67.99	8.17	2.94
% of Calories						24.5%	59.1%	16.0%	5.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 12/19/2025									
Intermediate	Total	400							
Pizza, Big Daddy Rolled Edge E	SLICE	375	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	150	66	13	177	2.53	0.0	6.58	2.53
SALAD,TOSSED: no dressing	1 CUP	200	40	0	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	6	100	0.2	0.7	7.0	1.10
APPLES,Fresh	1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			586	35	829	29.50	74.80	19.36	6.93
% of Calories						20.1%	51.0%	29.7%	10.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			642	68	1051	29.74 18.5%	87.05 54.2%	19.17 26.9%	5.59 7.8%
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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

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 11/21/2025 1:18:47 PM

			Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)			
Calories	642		550 - 650	100%							
Cholesterol (mg)	68										
Sodium 1 (mg)	1051		1230								
Sodium 1a (mg)	1051		1110								
Protein (g)	29.74	18.52%									
Carbohydrate (g)	87.05	54.23%									
Total Fat (g)	19.17	26.86%	<=30.00%								
Saturated Fat (g)	5.59	7.84%	<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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