

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2025 thru Oct 31, 2025

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 9/22/2025 11:31:20 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/01/2025									
Intermediate	Total	400							
Grilled Cheese Sandwich wheat	1 each	385	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	300	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	150	23	0	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	250	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	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			585	57	1490	25.01	76.86	20.00	10.20
% of Calories						17.1%	52.5%	30.8%	15.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/02/2025									
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 - 10/03/2025									
Intermediate	Total	400							
Pizza, Mickey's, WG Cheese	SLICE	375	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	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			524	56	699	28.62	62.73	18.29	11.02
% of Calories						21.9%	47.9%	31.4%	18.9%
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)
Mon - 10/06/2025									
Intermediate	Total	400							
Dutch Waffle	1 each	385	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	385	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	385	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	385	162	0	27	2.7	27.0	4.73	1.35
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			875	56	811	21.56	117.48	36.83	10.55
% of Calories						9.9%	53.7%	37.9%	10.8%
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)
Tue - 10/07/2025									
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	200	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			551	34	787	28.93	73.04	16.30	6.65
% of Calories						21.0%	53.1%	26.7%	10.9%
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)
Wed - 10/08/2025									
Intermediate	Total	400							
Cheeseburger on bun	1 each	375	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	375	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	250	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			622	57	1242	36.39	87.44	15.60	6.38
% of Calories						23.4%	56.2%	22.6%	9.2%
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 - 10/09/2025									
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	375	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			551	31	957	26.72	72.10	16.08	3.09
% of Calories						19.4%	52.4%	26.3%	5.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 10/10/2025									
Intermediate	Total	400							
Max Sticks - Elem	1 serving	375	348	11	1068	16.79	36.21	14.91	5.12
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			569	22	1276	26.47	72.19	19.62	6.10
% of Calories						18.6%	50.7%	31.0%	9.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 10/13/2025									
Intermediate	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									
Intermediate	Total	400							
Chicken, Popcorn Tyson	SERVING	385	230	30	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	385	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	250	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	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			609	38	1022	27.65	92.33	15.42	3.04
% of Calories						18.2%	60.7%	22.8%	4.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 10/15/2025									
Intermediate	Total	400							
Ham&Cheese Croissant	1 EACH	385	355	70	1005	19.96	27.01	18.27	6.02
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	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			523	76	1187	28.31	58.56	18.98	6.42
% of Calories						21.6%	44.8%	32.6%	11.0%
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									
Intermediate	Total	400							
Pancakes, Mini, Maple Burst	1 EACH	385	222	0	131	4.04	39.38	6.06	0.51
Sausage Links - Performance	1 Each	385	190	30	270	6.0	0.0	19.0	6.00
Potato, Smiles McCain	SERVING	385	141	0	191	2.01	20.09	6.03	1.01
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			732	37	758	20.94	94.84	31.40	7.82
% of Calories						11.4%	51.8%	38.6%	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									
Intermediate	Total	400							
Pizza, 5" Round	1 EACH	375	390	30	660	20.0	47.0	14.0	6.00
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			565	37	830	28.61	80.54	14.89	6.32
% of Calories						20.3%	57.1%	23.7%	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)
Mon - 10/20/2025									
Intermediate	Total	400							
Corn Dogs, Mini	1 EACH	390	255	23	660	9.0	27.0	12.0	2.25
BROCCOLI: frozen, boiled	1/2 cup	390	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	50	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			463	30	841	20.80	66.48	12.83	2.72
% of Calories						18.0%	57.4%	24.9%	5.3%
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)
Tue - 10/21/2025									
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	400	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			907	315	1261	26.53	115.66	32.40	7.28
% of Calories						11.7%	51.0%	32.2%	7.2%
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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Intermediate

004 - J. P. Liberati Intermediate 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)
Wed - 10/22/2025									
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	375	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	375	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			523	59	1144	28.60	68.35	15.14	3.09
% of Calories						21.9%	52.3%	26.1%	5.3%
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)
Thu - 10/23/2025									
Intermediate	Total	400							
MACARONI AND CHEESE(NEW)	2/3 CUP	390	331	14	1114	22.04	39.35	9.1	3.06
PEAS: frozen,boiled	1/2 CUP	300	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
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			601	21	1408	35.09	91.14	10.38	3.58
% of Calories						23.4%	60.7%	15.6%	5.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

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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)
Fri - 10/24/2025									
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
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			614	35	1110	26.68	76.68	21.23	5.06
% of Calories						17.4%	49.9%	31.1%	7.4%
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)
Mon - 10/27/2025									
Intermediate	Total	400							
MiniCinnis	1 EACH	385	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	385	190	30	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	385	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			739	37	1035	21.85	92.46	32.28	9.25
% of Calories						11.8%	50.1%	39.3%	11.3%
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 - 10/28/2025									
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	250	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			658	51	1286	35.63	89.12	18.82	6.97
% of Calories						21.6%	54.1%	25.7%	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									
Intermediate	Total	400							
Pizza, Big Daddy	1 EACH	375	470	40	730	23.98	53.97	17.99	8.99
BROCCOLI: frozen, boiled	1/2 cup	200	26	0	10	2.85	4.92	0.11	0.02
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			643	47	899	33.27	87.36	18.63	9.12
% of Calories						20.7%	54.4%	26.1%	12.8%
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)
Thu - 10/30/2025									
Intermediate	Total	400							
Pierogies, Mrs T	SERVING	385	270	30	710	10.0	39.0	8.0	4.00
MEATBALLS, beef, JTM	2 EACH	385	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	385	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
Weighted Daily Average			900	107	1856	48.86	110.65	28.61	11.81
% of Calories						21.7%	49.2%	28.6%	11.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 10/31/2025									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	1/2 CUP	150	200	0	227	1.33	29.35	8.0	1.33
Ketchup, Red Gold packet	2 EACH	390	20	0	210	0.0	6.0	0.0	0.00
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			640	61	1310	33.41	87.89	18.22	3.46
% of Calories						20.9%	54.9%	25.6%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			634	60	1102	29.27 18.5%	83.95 53.0%	20.33 28.9%	6.50 9.2%
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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)	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	634		550 - 650	100%								
Cholesterol (mg)	60											
Sodium 1 (mg)	1102		1230									
Sodium 1a (mg)	1102		1110									
Protein (g)	29.27	18.47%										
Carbohydrate (g)	83.95	52.97%										
Total Fat (g)	20.33	28.86%	<=30.00%									
Saturated Fat (g)	6.50	9.22%	<10.00%									

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