

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Dec 1, 2025 thru Dec 19, 2025

Elementary

002 - Liberty Bell Elementary School

Generated on: 11/21/2025 1:55:40 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									
Elementary	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									
Elementary	Total	180							
CHICKEN, Tenders, Tyson	3 each	170	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	170	80	0	150	3.0	15.0	0.5	0.00
Honey Mustard Cup	1 EACH	70	180	15	300	1.0	6.0	17.0	2.50
Baked Beans SLSD	1/2 CUP	60	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	125	63	0	9	0.0	15.3	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	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			653	37	967	28.90	82.04	22.38	4.03
% of Calories						17.7%	50.2%	30.8%	5.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 12/03/2025									
Elementary	Total	140							
Bacon, Egg,& Cheese Bagel	1 EACH	130	525	328	1080	14.0	48.0	25.5	7.00
Potato, Crinkle Cut Govt	3 OZ	120	121	0	20	2.03	20.25	3.54	1.01
Ketchup, Red Gold packet	1 EACH	50	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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

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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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)
Weighted Daily Average			800	315	1297	24.99	100.49	28.33	8.12
% of Calories						12.5%	50.2%	31.9%	9.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 12/04/2025									
Elementary	Total	180							
Chicken Alfredo Pasta	SERVING	170	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	120	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	90	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	170	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	9	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			849	37	946	39.73	141.55	12.71	3.63
% of Calories						18.7%	66.7%	13.5%	3.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 12/05/2025									
Elementary	Total	180							
Pizza, Big Daddy Rolled Edge E	SLICE	170	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	50	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	120	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	120	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	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
PBJ, Uncrustable Wheat	1 EACH	5	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			600	34	814	29.58	78.16	19.20	6.73
% of Calories						19.7%	52.1%	28.8%	10.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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

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Dec 1, 2025 thru Dec 19, 2025

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)
Mon - 12/08/2025									
Elementary	Total	140							
MiniCinnis	1 EACH	130	240	0	300	5.0	40.0	7.0	2.00
Fries, Sweet Potato 7/16"	1/2 CUP	140	200	0	227	1.33	29.35	8.0	1.33
Sausage Links - Performance	1 Each	80	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	50	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	140	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			740	28	937	19.66	105.05	26.97	7.37
% of Calories						10.6%	56.8%	32.8%	9.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 12/09/2025									
Elementary	Total	170							
CHICKEN FAJITAS	1 EACH	150	379	59	531	23.29	37.35	15.02	3.18
Seasoned Red Beans	.5 cup	100	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	100	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	80	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
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			687	62	885	35.96	97.81	17.35	3.88
% of Calories						20.9%	56.9%	22.7%	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									
Elementary	Total	180							
Pierogies, Mrs T	SERVING	170	270	30	710	10.0	39.0	8.0	4.00
Sauce, Spaghetti Redpack	.25 CUP	170	36	0	277	0.91	4.99	1.36	0.45
MEATBALLS, beef, JTM	2 EACH	100	308	72	472	24.0	12.0	18.0	7.00
Breadstick, Rudis	1 EACH	80	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	90	62	0	58	4.12	11.41	0.22	0.04
CARROTS,BABY,RAW	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	170	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	9	277	65	1031	21.34	23.82	12.06	5.01
Ice Cream Cup	1 EACH	80	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			813	91	1595	37.56	110.75	24.08	10.86
% of Calories						18.5%	54.5%	26.6%	12.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 12/11/2025									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	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	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			570	60	1026	33.62	76.16	15.77	3.05
% of Calories						23.6%	53.4%	24.9%	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									
Elementary	Total	137							
Pizza, French Bread	1 EACH	127	370	20	820	16.0	41.0	14.0	3.00
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			548	30	1001	25.36	75.89	14.61	3.55
% of Calories						18.5%	55.4%	24.0%	5.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 12/15/2025									
Elementary	Total	180							
CHICKEN NUGGETS, Tyson	5 each	170	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	100	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	70	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	150	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	147	63	0	9	0.0	15.3	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	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			506	60	988	27.51	65.64	14.88	3.10
% of Calories						21.7%	51.9%	26.5%	5.5%
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									
Elementary	Total	170							
Taco in a Bag	1 Each	150	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	100	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	80	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
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			625	48	1207	32.49	83.13	19.29	6.76
% of Calories						20.8%	53.2%	27.8%	9.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 12/17/2025									
Elementary	Total	170							
Ham, Slice	3 OZ	170	106	53	759	13.67	1.52	4.56	1.52
Potatoes, Mashed	1 each	150	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	1 OZ	40	12	1	177	0.19	2.36	0.18	0.06
PEAS: frozen,boiled	1/2 CUP	140	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	5	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Milk, Variety, Pocono Mtn.	Half Pint	160	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			429	64	1395	28.34	58.61	8.43	3.07
% of Calories						26.5%	54.7%	17.7%	6.4%
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)
Thu - 12/18/2025									
Elementary	Total	195							
Dutch Waffle	1 each	185	300	20	350	4.0	43.0	13.0	3.00
Potato, Crinkle Cut Govt	3 OZ	150	121	0	20	2.03	20.25	3.54	1.01
Sausage Links - Performance	Serving	125	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	185	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			701	47	802	18.50	95.02	28.61	8.11
% of Calories						10.6%	54.2%	36.7%	10.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 12/19/2025									
Elementary	Total	180							
Pizza, Big Daddy Rolled Edge E	SLICE	170	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	90	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	120	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	120	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	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
PBJ, Uncrustable Wheat	1 EACH	5	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			614	37	853	30.14	78.16	20.67	7.30
% of Calories						19.6%	50.9%	30.3%	10.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			653	68	1051	29.45 18.1%	89.18 54.7%	19.52 26.9%	5.68 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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			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	653		550 - 650	100%				3	Correction Required - Calories too High		
Cholesterol (mg)	68										
Sodium 1 (mg)	1051		1230								
Sodium 1a (mg)	1051		1110								
Protein (g)	29.45	18.05%									
Carbohydrate (g)	89.18	54.66%									
Total Fat (g)	19.52	26.92%	<=30.00%								
Saturated Fat (g)	5.68	7.84%	<10.00%								

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