

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Elementary

002 - Liberty Bell Elementary School

Generated on: 10/31/2025 3:45:42 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	140							
Bacon, Egg,& Cheese Croissant	1 EACH	130	495	328	930	11.0	31.0	32.5	12.00
Potato, Crinkle Cut Govt	3 OZ	140	121	0	20	2.03	20.25	3.54	1.01
Ketchup, Red Gold packet	1 EACH	70	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			792	315	1176	22.49	88.02	35.34	12.91
% of Calories						11.4%	44.5%	40.2%	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	180							
Tortellini Alfredo	SERVING	170	397	58	665	18.59	56.03	10.93	5.78
Breadstick, Rudis	1 EACH	160	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
Weighted Daily Average			710	64	1101	32.36	116.52	12.94	6.31
% of Calories						18.2%	65.6%	16.4%	8.0%
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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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)
Wed - 11/05/2025									
Elementary	Total	180							
Grilled Cheese Sandwich wheat	1 each	170	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	120	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	50	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	125	51	0	2	0.21	13.75	0.12	0.01
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			586	55	1426	24.87	76.63	20.43	10.12
% of Calories						17.0%	52.3%	31.4%	15.5%
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)
Thu - 11/06/2025									
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
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	80	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			622	32	1022	29.40	89.34	15.85	3.07
% of Calories						18.9%	57.5%	22.9%	4.4%
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)
Fri - 11/07/2025									
Elementary	Total	180							
Pizza, 5" Round	1 EACH	170	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	30	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			639	42	926	30.24	85.71	20.36	7.40
% of Calories						18.9%	53.6%	28.7%	10.4%
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 - 11/10/2025									
Elementary	Total	180							
Pork, Pulled BBQ Sandwich	1 EACH	170	481	108	540	37.4	33.15	21.46	7.32
Ketchup, Red Gold packet	1 EACH	100	10	0	105	0.0	3.0	0.0	0.00
Fries, Sweet Potato 7/16"	1/2 CUP	70	200	0	227	1.33	29.35	8.0	1.33
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	120	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			737	110	875	45.16	79.98	25.27	8.10
% of Calories						24.5%	43.4%	30.9%	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)
Tue - 11/11/2025									
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	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			655	48	1243	34.14	88.70	19.43	6.79
% of Calories						20.9%	54.2%	26.7%	9.3%
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)
Wed - 11/12/2025									
Elementary	Total	180							
CHICKEN NUGGETS, Tyson 5 each	portion	170	230	55	590	17.0	12.0	13.0	2.50
Pretzel, Soft Rod	1 EACH	170	70	0	65	2.0	14.0	0.5	0.00
BROCCOLI: frozen, boiled	1/2 cup	90	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			525	60	871	29.06	69.83	14.83	3.05
% of Calories						22.2%	53.2%	25.4%	5.2%
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 - 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	30	50	0	0	0.0	13.0	0.0	0.00
Potato, Tator Tots	SERVING	165	130	0	310	2.0	17.0	6.0	1.00
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			604	28	876	14.79	95.83	18.78	4.33
% of Calories						9.8%	63.5%	28.0%	6.5%
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)
Fri - 11/14/2025									
Elementary	Total	180							
Max Sticks - Elem	serving	170	348	11	1068	16.79	36.21	14.91	5.12
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			589	22	1282	26.78	75.53	20.13	6.15
% of Calories						18.2%	51.3%	30.7%	9.4%
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)
Mon - 11/17/2025									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	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	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			640	60	1184	35.28	93.18	15.96	3.09
% of Calories						22.0%	58.2%	22.4%	4.3%
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 - 11/18/2025									
Elementary	Total	190							
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	80	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	160	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	30	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	190	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
Ice Cream Cup	1 EACH	150	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			733	47	1519	37.01	108.44	16.75	7.40
% of Calories						20.2%	59.1%	20.6%	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	140							
MiniCinnis	1 EACH	130	240	0	300	5.0	40.0	7.0	2.00
Fries, Sweet Potato 7/16"	1/2 CUP	100	200	0	227	1.33	29.35	8.0	1.33
Sausage Links - Performance	1 Each	100	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	100	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			714	32	948	20.13	97.74	27.40	7.85
% of Calories						11.3%	54.8%	34.5%	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	170							
Turkey, Sliced with Gravy	SERVING	170	147	52	713	18.88	3.15	6.29	2.10
Potatoes, Mashed	1 each	150	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	125	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	.5 OZ	40	6	0	89	0.09	1.18	0.09	0.03
CORN: frozen, yellow	1/2 CUP	140	67	0	1	2.1	15.92	0.55	0.08
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
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	70	55	0	2	0.31	13.99	0.05	0.00
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			506	63	1304	32.44	71.64	10.52	3.68
% of Calories						25.7%	56.7%	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

Nov 3, 2025 thru Nov 21, 2025

Elementary

002 - Liberty Bell Elementary School

Generated on: 10/31/2025 3:45:42 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	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			644	68	1107	29.62	87.68	19.64	6.50
						18.4%	54.4%	27.4%	9.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	644		550 - 650	100%				
Cholesterol (mg)	68							
Sodium 1 (mg)	1107		1230					
Sodium 1a (mg)	1107		1110					
Protein (g)	29.62	18.39%						
Carbohydrate (g)	87.68	54.43%						
Total Fat (g)	19.64	27.44%	<=30.00%					
Saturated Fat (g)	6.50	9.08%	<10.00%					

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