

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 12/19/2025 2:08:37 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/05/2026									
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
CAULIFLOWER: frozen,boiled	1/2 CUP	250	17	0	16	1.45	3.38	0.2	0.03
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			545	31	940	27.36	70.68	15.89	3.06
% of Calories						20.1%	51.9%	26.3%	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 - 01/06/2026									
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	75	66	13	177	2.53	0.0	6.58	2.53
PEAS: frozen,boiled	1/2 CUP	200	62	0	58	4.12	11.41	0.22	0.04
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			552	30	760	29.70	76.57	14.30	5.87
% of Calories						21.5%	55.5%	23.3%	9.6%
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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Jan 5, 2026 thru Jan 30, 2026

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)
Wed - 01/07/2026									
Intermediate	Total	400							
French Toast Sticks WG	Serving	385	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	300	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	170	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	3 OZ	170	121	0	20	2.03	20.25	3.54	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			593	21	608	17.08	86.99	20.44	5.73
% of Calories						11.5%	58.6%	31.0%	8.7%
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)
Thu - 01/08/2026									
Intermediate	Total	400							
Chicken Alfredo Pasta	SERVING	385	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	385	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	250	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			854	38	981	41.42	140.30	12.80	3.65
% of Calories						19.4%	65.7%	13.5%	3.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

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 - 01/09/2026									
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	200	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			633	51	1252	34.49	84.35	18.65	6.94
% of Calories						21.8%	53.3%	26.5%	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)
Mon - 01/12/2026									
Intermediate	Total	400							
MiniCinnis	1 EACH	385	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	175	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain Evercrisp 5/16"	3 OZ	175	160	0	360	2.0	22.01	7.0	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			584	21	753	17.65	85.73	19.59	5.58
% of Calories						12.1%	58.7%	30.2%	8.6%
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)
Tue - 01/13/2026									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/14/2026									
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
French Fries, Govt, Crinkle Cu	SERVING	250	162	0	27	2.7	27.0	4.73	1.35
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			609	57	1031	33.97	77.30	18.21	7.16
% of Calories						22.3%	50.8%	26.9%	10.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Jan 5, 2026 thru Jan 30, 2026

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 - 01/15/2026									
Intermediate	Total	400							
Pizza, French Bread	1 EACH	375	370	20	820	16.0	41.0	14.0	3.00
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			579	34	1068	26.12	74.92	18.18	4.78
% of Calories						18.1%	51.8%	28.3%	7.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 01/16/2026									
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

Mon - 01/19/2026									
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

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### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

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 - 01/20/2026									
Intermediate	Total	400							
Chicken, Popcorn Tyson	SERVING	385	230	30	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	385	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	385	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	250	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			501	38	719	24.36	67.43	15.15	2.99
% of Calories						19.5%	53.8%	27.2%	5.4%
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)
Wed - 01/21/2026									
Intermediate	Total	400							
MACARONI AND CHEESE(NEW)	2/3 CUP	390	331	14	1114	22.04	39.35	9.1	3.06
Pulled Pork BBQ Mac Topping	2 Ounce	390	112	36	259	11.14	4.4	5.06	2.02
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			710	57	1660	45.95	95.43	15.32	5.56
% of Calories						25.9%	53.7%	19.4%	7.0%
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)
Thu - 01/22/2026									
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, 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			845	56	1083	20.89	107.86	38.05	10.21
% of Calories						9.9%	51.1%	40.6%	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)
Fri - 01/23/2026									
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
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			594	37	851	29.81	74.80	20.18	7.25
% of Calories						20.1%	50.3%	30.6%	11.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

Intermediate

004 - J. P. Liberati Intermediate School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/26/2026									
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)
Tue - 01/27/2026									
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
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			620	59	1345	32.44	91.84	15.17	3.10
% of Calories						20.9%	59.3%	22.0%	4.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Jan 5, 2026 thru Jan 30, 2026

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)
Wed - 01/28/2026									
Intermediate	Total	400							
Pizza, 5" Round	1 EACH	375	390	30	660	20.0	47.0	14.0	6.00
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			589	42	896	29.56	80.54	17.36	7.27
% of Calories						20.1%	54.7%	26.5%	11.1%
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)
Thu - 01/29/2026									
Intermediate	Total	400							
Bacon, Egg,& Cheese Croissant	1 EACH	375	495	328	930	11.0	31.0	32.5	12.00
Hash Brown, McCain Patty	1 each	400	110	0	140	1.0	13.0	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	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			794	315	1216	21.17	82.60	38.77	12.96
% of Calories						10.7%	41.6%	43.9%	14.7%
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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Jan 5, 2026 thru Jan 30, 2026

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)
Fri - 01/30/2026									
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

Weighted Average			628	57	1053	28.75 18.3%	84.40 53.7%	19.61 28.1%	6.19 8.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	628		550 - 650	100%				
Cholesterol (mg)	57							
Sodium 1 (mg)	1053		1230					
Sodium 1a (mg)	1053		1110					
Protein (g)	28.75	18.30%						
Carbohydrate (g)	84.40	53.73%						
Total Fat (g)	19.61	28.08%	<=30.00%					
Saturated Fat (g)	6.19	8.86%	<10.00%					

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