

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 1

Jan 5, 2026 thru Jan 30, 2026

Middle

005 - SLSD Middle 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)
Mon - 01/05/2026									
Middle	Total	230							
CHICKEN, Tenders, Tyson	4 each	225	347	33	520	20.0	21.33	18.67	3.33
Roll, dinner, wheat	1 each	150	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	130	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			600	39	842	30.19	72.61	19.71	3.72
% of Calories						20.1%	48.4%	29.5%	5.6%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	220							
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
PEAS: frozen,boiled	1/2 CUP	170	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			581	32	799	31.21	79.02	15.88	6.54
% of Calories						21.5%	54.4%	24.6%	10.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

Middle

005 - SLSD Middle 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 - 01/07/2026									
Middle	Total	215							
French Toast Sticks WG	Serving	210	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	210	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	Serving	120	190	30	270	6.0	0.0	19.0	6.00
Potato, Crinkle Cut Govt	4 OZ	210	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,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			734	25	669	19.63	107.44	25.86	7.38
% of Calories						10.7%	58.5%	31.7%	9.0%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	250							
Chicken Turnover	SERVINGS	250	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	200	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	2 OZ	150	24	2	354	0.37	4.73	0.36	0.11
CARROTS:frozen, boiled	3/4 CUP	200	41	0	65	0.64	8.46	0.74	0.13
CELERY STICKS	3/4 CUP	25	13	0	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	50	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	250	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			733	58	1212	28.92	91.03	27.89	8.21
% of Calories						15.8%	49.6%	34.2%	10.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

Middle

005 - SLSD Middle 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 - 01/09/2026									
Middle	Total	230							
Taco in a Bag	1 Each	220	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	150	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	150	73	0	124	2.06	14.55	0.77	0.13
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			686	50	1308	37.73	93.58	18.71	6.87
% of Calories						22.0%	54.5%	24.5%	9.0%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	215							
MiniCinnis	1 EACH	210	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	180	190	30	270	6.0	0.0	19.0	6.00
Fries, Sweet Potato 7/16"	1/2 CUP	210	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			783	33	932	20.46	104.60	31.67	8.80
% of Calories						10.4%	53.4%	36.4%	10.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Jan 5, 2026 thru Jan 30, 2026

Middle

005 - SLSD Middle 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)
Tue - 01/13/2026									
Middle	Total	230							
Chicken Patty Sandwich	1 EACH	225	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	200	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	30	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			532	60	979	34.45	66.15	15.61	2.95
% of Calories						25.9%	49.8%	26.4%	5.0%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	220							
Pizza, French Bread	1 EACH	218	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	0	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			577	32	1053	25.83	75.56	17.78	4.55
% of Calories						17.9%	52.4%	27.7%	7.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Middle

005 - SLSD Middle 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)
Thu - 01/15/2026									
Middle	Total	230							
Chicken Alfredo Pasta	SERVING	225	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	180	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			898	36	1014	41.97	152.58	12.76	3.55
% of Calories						18.7%	68.0%	12.8%	3.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Fri - 01/16/2026									
Middle	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			600-700		1360			<=30.0	<10.00

Mon - 01/19/2026									
Middle	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			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Jan 5, 2026 thru Jan 30, 2026

Middle

005 - SLSD Middle 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)
Tue - 01/20/2026									
Middle	Total	230							
Chicken, Popcorn Tyson	SERVING	225	230	30	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	225	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	180	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			507	36	517	24.36	70.01	15.11	2.87
% of Calories						19.2%	55.2%	26.8%	5.1%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	230							
MACARONI AND CHEESE(NEW)	2/3 CUP	225	331	14	1114	22.04	39.35	9.1	3.06
Pulled Pork BBQ Mac Topping	2 Ounce	225	112	36	259	11.14	4.4	5.06	2.02
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			776	55	1774	47.96	109.54	15.93	5.61
% of Calories						24.7%	56.5%	18.5%	6.5%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Middle

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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									
Middle	Total	215							
Dutch Waffle	1 each	210	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	0	0	0	0	0.0	0.0	0.0	0.00
Sausage Links - Performance	1 Each	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	210	130	0	310	2.0	17.0	6.0	1.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			800	57	1100	20.97	95.47	38.23	10.28
% of Calories						10.5%	47.7%	43.0%	11.6%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	220							
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			564	32	833	29.67	75.85	16.66	6.56
% of Calories						21.1%	53.8%	26.6%	10.5%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 8

Jan 5, 2026 thru Jan 30, 2026

Middle

005 - SLSD Middle 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)
Mon - 01/26/2026									
Middle	Total	230							
Grilled Cheese Sandwich wheat	1 each	215	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	150	135	0	720	3.0	30.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	140	31	0	1	0.29	7.89	0.16	0.05
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	80	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	230	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	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			551	56	1382	24.22	69.93	19.52	9.98
% of Calories						17.6%	50.8%	31.9%	16.3%
Nutrient Guideline			600-700		1360			<=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 - 01/27/2026									
Middle	Total	230							
CHICKEN NUGGETS, Tyson	5 each	225	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	225	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	180	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			640	60	1220	33.14	99.01	14.48	2.93
% of Calories						20.7%	61.9%	20.4%	4.1%
Nutrient Guideline			600-700		1360			<=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

Middle

005 - SLSD Middle 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 - 01/28/2026									
Middle	Total	220							
Pizza, 5" Round	1 EACH	218	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	125	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	170	19	0	1	1.01	4.35	0.11	0.03
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			604	43	914	30.08	81.50	18.53	7.81
% of Calories						19.9%	53.9%	27.6%	11.6%
Nutrient Guideline			600-700		1360			<=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									
Middle	Total	230							
Bacon, Egg, & Cheese Croissant	1 EACH	225	495	328	930	11.0	31.0	32.5	12.00
Hash Brown, McCain Patty	1 each	190	110	0	140	1.0	13.0	6.0	1.00
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, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	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	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			742	326	1234	19.73	71.21	38.06	13.03
% of Calories						10.6%	38.4%	46.2%	15.8%
Nutrient Guideline			600-700		1360			<=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

Middle

005 - SLSD Middle 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									
Middle	Total	220							
Max Sticks	1 EACH	218	508	16	1478	24.79	52.21	21.91	7.62
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	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	200	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	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			701	22	1701	34.26	88.94	23.50	8.01
% of Calories						19.6%	50.8%	30.2%	10.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Weighted Average			667	58	1082	29.71 17.8%	89.11 53.4%	21.44 28.9%	6.65 9.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	667		600 - 700	100%				
Cholesterol (mg)	58							
Sodium 1 (mg)	1082		1360					
Sodium 1a (mg)	1082		1225					
Protein (g)	29.71	17.81%						
Carbohydrate (g)	89.11	53.43%						
Total Fat (g)	21.44	28.92%	<=30.00%					
Saturated Fat (g)	6.65	8.97%	<10.00%					

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