

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/02/2026									
High	Total	350							
CHICKEN, Tenders, Tyson	4 each	330	347	33	520	20.0	21.33	18.67	3.33
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	330	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	350	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			736	39	1140	33.77	98.66	22.56	4.22
% of Calories						18.3%	53.6%	27.6%	5.2%
Nutrient Guideline			750-850		1420			<=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 - 02/03/2026									
High	Total	350							
French Toast Sticks WG	Serving	345	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	345	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	Serving	345	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	400	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	500	20	0	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	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	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			935	38	1124	23.92	126.45	37.61	8.79
% of Calories						10.2%	54.1%	36.2%	8.5%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/04/2026									
High	Total	350							
Chicken Alfredo Pasta	SERVING	330	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	350	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			961	36	1019	44.41	161.46	15.48	4.02
% of Calories						18.5%	67.2%	14.5%	3.8%
Nutrient Guideline			750-850		1420			<=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 - 02/05/2026									
High	Total	350							
Corn Dogs, Mini, MS-HS	Serving	325	340	30	880	12.0	36.0	16.0	3.00
MUSTARD: individual PC	Pkt 5g	325	3	0	55	0.19	0.29	0.17	0.01
Ketchup, Red Gold packet	2 EACH	325	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	3/4 CUP	325	273	0	547	9.85	64.83	0.82	0.15
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	75	67	6	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	225	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	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	24	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	1	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	1	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			863	36	1798	30.99	148.34	20.49	4.00
% of Calories						14.4%	68.8%	21.4%	4.2%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/06/2026									
High	Total	350							
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	340	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	350	28	0	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	0	18	1.23	23.42	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	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			678	40	912	33.57	93.06	19.78	7.96
% of Calories						19.8%	54.9%	26.3%	10.6%
Nutrient Guideline			750-850		1420			<=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 - 02/09/2026									
High	Total	350							
Dutch Waffle	1 each	335	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	335	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	335	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	400	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	2 EACH	500	20	0	210	0.0	6.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	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	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	10	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			998	58	1189	23.90	136.45	40.46	9.44
% of Calories						9.6%	54.7%	36.5%	8.5%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/10/2026									
High	Total	350							
Taco in a Bag	1 Each	300	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	320	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	320	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	175	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	175	62	0	0	1.23	15.39	0.16	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	200	66	0	1	0.45	16.95	0.15	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	25	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	25	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	25	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			827	51	1484	43.43	119.29	21.01	7.02
% of Calories						21.0%	57.7%	22.9%	7.6%
Nutrient Guideline			750-850		1420			<=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 - 02/11/2026									
High	Total	350							
Pattymelt Sandwich wheat	1 each	325	340	70	710	20.0	23.99	18.5	7.99
MUSTARD: individual PC	Pkt 5g	325	3	0	55	0.19	0.29	0.17	0.01
Ketchup, Red Gold packet	2 EACH	325	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	4 OZ	325	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	75	67	6	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	225	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	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	24	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	1	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	1	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			795	73	1343	30.50	104.24	29.48	9.74
% of Calories						15.4%	52.5%	33.4%	11.0%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/12/2026									
High	Total	350							
Pizza, French Bread	1 EACH	340	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	300	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	3/4 CUP	340	28	0	1	1.51	6.53	0.17	0.04
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	300	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			682	38	1162	29.18	92.21	20.88	5.68
% of Calories						17.1%	54.1%	27.6%	7.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 02/13/2026									
High	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			750-850		1420			<=30.0	<10.00

Mon - 02/16/2026									
High	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			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/17/2026									
High	Total	350							
Chicken, Popcorn Tyson	SERVING	330	230	30	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	330	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	330	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled HS	.75 cup	330	39	0	15	4.28	7.38	0.17	0.02
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			610	35	746	27.75	89.51	17.73	3.32
% of Calories						18.2%	58.7%	26.2%	4.9%
Nutrient Guideline			750-850		1420			<=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 - 02/18/2026									
High	Total	350							
Ravioli, Chs, TB, w/ Marinara	SERVING	330	268	5	739	16.5	38.37	4.68	1.89
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	350	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	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	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			695	12	1217	34.84	118.32	9.62	2.99
% of Calories						20.1%	68.1%	12.5%	3.9%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/19/2026									
High	Total	350							
Bacon, Egg, & Cheese Bagel	1 EACH	300	525	328	1080	14.0	48.0	25.5	7.00
Fries, McCain 5/16"	4 oz	300	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	300	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	50	67	6	100	0.2	0.7	7.0	1.10
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	50	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			906	288	1316	25.98	114.78	33.38	7.25
% of Calories						11.5%	50.7%	33.1%	7.2%
Nutrient Guideline			750-850		1420			<=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 - 02/20/2026									
High	Total	350							
Pizza, Big Daddy Rolled Edge E	SLICE	340	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES, Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			657	33	828	30.47	89.70	20.45	6.55
% of Calories						18.5%	54.6%	28.0%	9.0%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/23/2026									
High	Total	350							
Pancakes, Mini, Maple Burst	1 EACH	335	222	0	131	4.04	39.38	6.06	0.51
Syrup cup, reduced calorie	1 each	335	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	335	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	335	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	500	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Italian dressing, PC	1 EACH	50	10	0	109	0.0	1.0	1.0	0.00
Apples, Sliced, pre-bagged	1 each	250	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	250	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	10	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	10	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			848	37	802	22.11	120.54	31.72	6.84
% of Calories						10.4%	56.8%	33.7%	7.3%
Nutrient Guideline			750-850		1420			<=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 - 02/24/2026									
High	Total	350							
Chicken Nuggets, Tempura Batte	SERVING	330	270	40	620	14.0	13.0	18.0	3.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	250	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	300	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Lite Cup	1 each	25	150	10	390	1.0	2.0	15.0	2.50
BANANAS	1 EACH	225	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	350	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			769	45	1429	32.11	117.61	21.81	4.32
% of Calories						16.7%	61.1%	25.5%	5.1%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/25/2026									
High	Total	350							
MACARONI AND CHEESE(NEW)	2/3 CUP	330	331	14	1114	22.04	39.35	9.1	3.06
Breadstick, Rudis	1 EACH	330	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled HS	.75 cup	350	39	0	15	4.28	7.38	0.17	0.02
BANANAS	1 EACH	225	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	400	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	20	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			717	20	1489	40.06	114.70	12.64	3.90
% of Calories						22.3%	64.0%	15.9%	4.9%
Nutrient Guideline			750-850		1420			<=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 - 02/26/2026									
High	Total	400							
Chicken Turnover	SERVINGS	385	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	385	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	385	12	1	177	0.19	2.36	0.18	0.06
CORN: frozen, yellow	3/4 CUP	385	100	0	1	3.16	23.88	0.83	0.13
CELERY STICKS	3/4 CUP	45	13	0	72	0.62	2.67	0.15	0.04
Italian dressing, PC	1 EACH	45	10	0	109	0.0	1.0	1.0	0.00
BANANAS	1 EACH	250	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	235	77	0	4	0.31	20.62	0.18	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	15	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
Lite Mayonnaise	1 Each	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			867	57	1197	32.37	123.17	29.14	8.42
% of Calories						14.9%	56.8%	30.3%	8.7%
Nutrient Guideline			750-850		1420			<=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 2026

High

006 - SLSD High School

Generated on: 1/30/2026 4:43:06 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/27/2026									
High	Total	350							
Pizza, 5" Round	1 EACH	340	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	200	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Lite Cup	1 each	340	150	10	390	1.0	2.0	15.0	2.50
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	99	0	18	1.23	23.42	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	350	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	5	377	85	1342	26.57	34.05	14.61	5.02
Lite Mayonnaise	1 Each	5	49	0	107	0.13	0.98	4.86	0.67
Weighted Daily Average			824	54	1346	33.67	98.74	33.93	10.33
% of Calories						16.3%	47.9%	37.0%	11.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Weighted Average			798	55	1197	31.84	114.85	24.34	6.38
						16.0%	57.6%	27.4%	7.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	798		750 - 850	100%				
Cholesterol (mg)	55							
Sodium 1 (mg)	1197		1420					
Sodium 1a (mg)	1197		1280					
Protein (g)	31.84	15.95%						
Carbohydrate (g)	114.85	57.55%						
Total Fat (g)	24.34	27.45%	<=30.00%					
Saturated Fat (g)	6.38	7.19%	<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.