

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 1

Feb 2, 2026 thru Feb 27, 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 - 02/02/2026									
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	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
CARROTS:frozen, boiled	1/2 CUP	180	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			632	39	900	31.26	78.73	19.98	3.74
% of Calories						19.8%	49.8%	28.4%	5.3%
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 - 02/03/2026									
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
Fries, McCain 5/16"	4 oz	210	195	0	44	3.54	30.12	6.2	0.00
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			767	25	686	20.45	110.49	27.30	6.06
% of Calories						10.7%	57.7%	32.0%	7.1%
Nutrient Guideline			600-700		1360			<=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  
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### Portion Values - Detailed

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Feb 2, 2026 thru Feb 27, 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 - 02/04/2026									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/05/2026									
Middle	Total	230							
Corn Dogs, Mini, MS-HS	Serving	228	340	30	880	12.0	36.0	16.0	3.00
Ketchup, Red Gold packet	2 EACH	228	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	3/4 CUP	190	273	0	547	9.85	64.83	0.82	0.15
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	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	230	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
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			775	37	1706	28.57	132.63	17.45	3.54
% of Calories						14.7%	68.4%	20.3%	4.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 2, 2026 thru Feb 27, 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 - 02/06/2026									
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
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			547	32	755	28.81	73.57	15.80	6.54
% of Calories						21.0%	53.8%	26.0%	10.7%
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 - 02/09/2026									
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
Fries, McCain 5/16"	4 oz	210	195	0	44	3.54	30.12	6.2	0.00
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			863	57	840	22.48	108.29	38.43	9.31
% of Calories						10.4%	50.2%	40.1%	9.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Feb 2, 2026 thru Feb 27, 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 - 02/10/2026									
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)
Wed - 02/11/2026									
Middle	Total	230							
Pattymelt Sandwich wheat	1 each	228	340	70	710	20.0	23.99	18.5	7.99
Ketchup, Red Gold packet	2 EACH	228	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	4 OZ	190	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	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	230	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
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			715	76	1273	29.46	91.41	25.86	9.47
% of Calories						16.5%	51.2%	32.6%	11.9%
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 - 02/12/2026									
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

Fri - 02/13/2026									
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 - 02/16/2026									
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

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### Portion Values - Detailed

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Feb 2, 2026 thru Feb 27, 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 - 02/17/2026									
Middle	Total	230							
Chicken, Popcorn Tyson	SERVING	225	230	30	240	12.0	14.0	14.0	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
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			517	36	600	25.34	70.99	15.11	2.87
% of Calories						19.6%	54.9%	26.3%	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 - 02/18/2026									
Middle	Total	230							
Ravioli, Chs, TB, w/ Marinara	SERVING	225	268	5	739	16.5	38.37	4.68	1.89
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			605	11	1155	31.65	104.27	6.65	2.48
% of Calories						20.9%	68.9%	9.9%	3.7%
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 - 02/19/2026									
Middle	Total	230							
Bacon, Egg, & Cheese Bagel	1 EACH	225	525	328	1080	14.0	48.0	25.5	7.00
Potato, Crinkle Cut Govt	4 OZ	190	162	0	27	2.7	27.0	4.73	1.35
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			814	326	1287	24.08	99.40	30.16	8.43
% of Calories						11.8%	48.9%	33.4%	9.3%
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)
Fri - 02/20/2026									
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

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Feb 2, 2026 thru Feb 27, 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 - 02/23/2026									
Middle	Total	215							
Pancakes, Mini, Maple Burst	1 EACH	210	222	0	131	4.04	39.38	6.06	0.51
Sausage Links - Performance	1 Each	210	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			755	38	610	21.69	101.70	30.20	8.19
% of Calories						11.5%	53.9%	36.0%	9.8%
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 - 02/24/2026									
Middle	Total	230							
CHICKEN NUGGETS, Tyson	6 each	225	276	66	708	20.4	14.4	15.6	3.00
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			685	71	1335	36.46	101.35	17.02	3.42
% of Calories						21.3%	59.2%	22.4%	4.5%
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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Feb 2, 2026 thru Feb 27, 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 - 02/25/2026									
Middle	Total	230							
MACARONI AND CHEESE(NEW)	2/3 CUP	225	331	14	1114	22.04	39.35	9.1	3.06
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled HS	.75 cup	180	39	0	15	4.28	7.38	0.17	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			647	19	1488	37.19	102.09	10.94	3.62
% of Calories						23.0%	63.1%	15.2%	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)
Thu - 02/26/2026									
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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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 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 - 02/27/2026									
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
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			621	43	992	30.95	83.78	19.39	7.84
% of Calories						19.9%	54.0%	28.1%	11.4%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Weighted Average			689	57	1058	29.58	97.07	20.45	5.85
						17.2%	56.4%	26.7%	7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	689		600 - 700	100%				
Cholesterol (mg)	57							
Sodium 1 (mg)	1058		1360					
Sodium 1a (mg)	1058		1225					
Protein (g)	29.58	17.18%						
Carbohydrate (g)	97.07	56.36%						
Total Fat (g)	20.45	26.71%	<=30.00%					
Saturated Fat (g)	5.85	7.64%	<10.00%					

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