

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 4, 2026 thru May 29, 2026

Middle

005 - SLSD Middle School

Generated on: 4/29/2026 2:49:06 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 05/04/2026 | | | | | | | | | |
| 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 |
| 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 | | | 666 | 19 | 1522 | 37.07 | 105.24 | 10.97 | 3.63 |
| % of Calories | | | | | | 22.3% | 63.2% | 14.8% | 4.9% |
| 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 - 05/05/2026 | | | | | | | | | |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Southern Lehigh SD

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Portion Values - Detailed

Page 2

May 4, 2026 thru May 29, 2026

Middle

005 - SLSD Middle School

Generated on: 4/29/2026 2:49:06 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 05/06/2026 | | | | | | | | | |
| Middle | Total | 230 | | | | | | | |
| Sausage, Egg and Cheese Bagel | 1 each | 225 | 515 | 329 | 1025 | 13.23 | 48.3 | 24.88 | 7.11 |
| Fries, Wedge cut | 1/2 cup | 190 | 166 | 0 | 595 | 2.77 | 24.89 | 6.92 | 1.38 |
| 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 | | | 807 | 328 | 1702 | 23.38 | 97.95 | 31.36 | 8.57 |
| % of Calories | | | | | | 11.6% | 48.6% | 35.0% | 9.6% |
| 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 - 05/07/2026 | | | | | | | | | |
| 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 |
| MIXED VEGETABLES:frozen,boiled | 1/2 CUP | 180 | 59 | 0 | 32 | 2.6 | 11.91 | 0.14 | 0.03 |
| 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 | | | 657 | 39 | 891 | 32.97 | 83.63 | 19.70 | 3.69 |
| % of Calories | | | | | | 20.1% | 50.9% | 27.0% | 5.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

May 4, 2026 thru May 29, 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 - 05/08/2026 | | | | | | | | | |
| Middle | Total | 220 | | | | | | | |
| Pizza, Double Stuff Cheese | 1 EACH | 218 | 240 | 20 | 550 | 17.0 | 28.0 | 7.0 | 4.00 |
| Pepperoni, Sliced | SERVING | 100 | 66 | 13 | 177 | 2.53 | 0.0 | 6.58 | 2.53 |
| CARROTS:frozen, boiled | 1/2 CUP | 170 | 27 | 0 | 43 | 0.42 | 5.64 | 0.5 | 0.09 |
| 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 | | | 455 | 32 | 818 | 26.37 | 63.67 | 11.14 | 5.59 |
| % of Calories | | | | | | 23.2% | 56.0% | 22.0% | 11.1% |
| 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 05/11/2026 | | | | | | | | | |
| 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 |
| Potatoes, French Fried Govt | 3 OZ | 210 | 121 | 0 | 20 | 2.03 | 20.25 | 3.54 | 1.01 |
| 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 | | | 695 | 25 | 662 | 18.97 | 100.84 | 24.70 | 7.05 |
| % of Calories | | | | | | 10.9% | 58.1% | 32.0% | 9.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

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Page 4

May 4, 2026 thru May 29, 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 - 05/12/2026 | | | | | | | | | |
| Middle | Total | 230 | | | | | | | |
| Chicken Patty Sandwich | 1 EACH | 225 | 350 | 55 | 820 | 24.0 | 33.0 | 14.5 | 2.50 |
| Baked Beans SLSD | 1/2 CUP | 200 | 182 | 0 | 364 | 6.57 | 43.22 | 0.55 | 0.10 |
| 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 | | | 668 | 60 | 1287 | 37.68 | 99.46 | 16.00 | 3.02 |
| % of Calories | | | | | | 22.6% | 59.6% | 21.6% | 4.1% |
| 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 - 05/13/2026 | | | | | | | | | |
| Middle | Total | 230 | | | | | | | |
| Ham&Cheese Croissant | 1 EACH | 220 | 355 | 70 | 1005 | 19.96 | 27.01 | 18.27 | 6.02 |
| CARROTS:frozen, boiled | 1/2 CUP | 150 | 27 | 0 | 43 | 0.42 | 5.64 | 0.5 | 0.09 |
| CELERY STICKS | 1/2 CUP | 20 | 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 | 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 | | | 553 | 75 | 1174 | 28.19 | 67.17 | 18.89 | 6.33 |
| % of Calories | | | | | | 20.4% | 48.5% | 30.7% | 10.3% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

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Page 5

May 4, 2026 thru May 29, 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 05/14/2026 | | | | | | | | | |
| 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 |
| CORN: frozen, yellow | 1/2 CUP | 200 | 67 | 0 | 1 | 2.1 | 15.92 | 0.55 | 0.08 |
| 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 | | | 754 | 58 | 1161 | 30.09 | 96.99 | 27.74 | 8.17 |
| % of Calories | | | | | | 16.0% | 51.4% | 33.1% | 9.7% |
| 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 05/15/2026 | | | | | | | | | |
| 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 |

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Middle

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|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 05/18/2026 | | | | | | | | | |
| Middle | Total | 230 | | | | | | | |
| Fiesta Rice with Chicken | 1 Cup | 220 | 262 | 67 | 237 | 26.26 | 29.8 | 5.09 | 1.20 |
| Seasoned Red Beans | .75 cup | 150 | 189 | 0 | 226 | 10.54 | 35.45 | 0.86 | 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 | | | 562 | 72 | 558 | 41.19 | 86.75 | 6.45 | 1.73 |
| % of Calories | | | | | | 29.3% | 61.8% | 10.3% | 2.8% |
| 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 - 05/19/2026 | | | | | | | | | |
| 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, Sweet Potato 7/16" | 4 OZ | 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 | | | 868 | 57 | 1019 | 20.32 | 107.53 | 40.19 | 10.61 |
| % of Calories | | | | | | 9.4% | 49.5% | 41.7% | 11.0% |
| 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) |
|----------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 05/20/2026 | | | | | | | | | |
| Middle | Total | 230 | | | | | | | |
| Cheeseburger on bun | 1 each | 228 | 325 | 52 | 655 | 24.5 | 25.0 | 14.0 | 6.00 |
| Ketchup, Red Gold packet | 2 EACH | 228 | 20 | 0 | 210 | 0.0 | 6.0 | 0.0 | 0.00 |
| Fries, McCain 5/16" | 4 oz | 190 | 195 | 0 | 44 | 3.54 | 30.12 | 6.2 | 0.00 |
| 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 |
| Ice Cream Cup | 1 EACH | 228 | 150 | 30 | 70 | 2.0 | 19.0 | 7.0 | 4.50 |
| Weighted Daily Average | | | 844 | 89 | 1137 | 37.73 | 111.88 | 26.85 | 10.86 |
| % of Calories | | | | | | 17.9% | 53.0% | 28.6% | 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 - 05/21/2026 | | | | | | | | | |
| 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 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

May 4, 2026 thru May 29, 2026

Middle

005 - SLSD Middle School

Generated on: 4/29/2026 2:49:06 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 05/22/2026 | | | | | | | | | |
| 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 |
| MIXED VEGETABLES:frozen,boiled | 1/2 CUP | 170 | 59 | 0 | 32 | 2.6 | 11.91 | 0.14 | 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 | | | 608 | 32 | 1077 | 27.07 | 81.40 | 17.79 | 4.55 |
| % of Calories | | | | | | 17.8% | 53.5% | 26.3% | 6.7% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

| | | | | | | | | | |
|------------------------|---------|---|---------|---|------|------|------|--------|--------|
| Mon - 05/25/2026 | | | | | | | | | |
| 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 |

| | | | | | | | | | |
|--------------------------------|-----------|-----|-----|----|-----|------|-------|------|------|
| Tue - 05/26/2026 | | | | | | | | | |
| Middle | Total | 230 | | | | | | | |
| Chicken Nuggets, Tempura Batte | SERVING | 225 | 270 | 40 | 620 | 14.0 | 13.0 | 18.0 | 3.50 |
| 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 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

May 4, 2026 thru May 29, 2026

Middle

005 - SLSD Middle School

Generated on: 4/29/2026 2:49:06 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | | 556 | 45 | 972 | 27.29 | 70.01 | 19.02 | 3.85 |
| % of Calories | | | | | | 19.6% | 50.3% | 30.8% | 6.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

| Wed - 05/27/2026 | | | | | | | | | |
|--------------------------------|-----------|-----|---------|----|------|-------|--------|--------|--------|
| Middle | Total | 215 | | | | | | | |
| MiniCinnis | 1 EACH | 210 | 240 | 0 | 300 | 5.0 | 40.0 | 7.0 | 2.00 |
| Sausage Links - Performance | Serving | 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 | | | 805 | 38 | 792 | 23.45 | 105.36 | 32.56 | 8.33 |
| % of Calories | | | | | | 11.7% | 52.4% | 36.4% | 9.3% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

| Thu - 05/28/2026 | | | | | | | | | |
|----------------------------|-----------|-----|---------|----|------|-------|--------|--------|--------|
| Middle | Total | 230 | | | | | | | |
| Meatball Sub | 1 each | 228 | 335 | 30 | 647 | 19.6 | 41.34 | 9.72 | 3.52 |
| 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 | | | 709 | 37 | 1210 | 29.06 | 108.61 | 17.16 | 5.04 |
| % of Calories | | | | | | 16.4% | 61.2% | 21.8% | 6.4% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

May 4, 2026 thru May 29, 2026

Middle

005 - SLSD Middle School

Generated on: 4/29/2026 2:49:06 PM

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 05/29/2026 | | | | | | | | | |
| 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 |
| MIXED VEGETABLES:frozen,boiled | 1/2 CUP | 170 | 59 | 0 | 32 | 2.6 | 11.91 | 0.14 | 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 | | | 579 | 32 | 779 | 30.04 | 79.41 | 15.81 | 6.54 |
| % of Calories | | | | | | 20.8% | 54.9% | 24.6% | 10.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | <=30.0 | <10.00 |

| | | | | | | | | | |
|------------------|--|--|-----|----|------|----------------|----------------|----------------|--------------|
| Weighted Average | | | 659 | 61 | 1018 | 29.57 17.9% | 89.64 54.4% | 20.31 27.7% | 5.99 8.2% |
|------------------|--|--|-----|----|------|----------------|----------------|----------------|--------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 659 | | 600 - 700 | 100% | | | | |
| Cholesterol (mg) | 61 | | | | | | | |
| Sodium 1 (mg) | 1018 | | 1360 | | | | | |
| Sodium 1a (mg) | 1018 | | 1225 | | | | | |
| Protein (g) | 29.57 | 17.94% | | | | | | |
| Carbohydrate (g) | 89.64 | 54.38% | | | | | | |
| Total Fat (g) | 20.31 | 27.73% | <=30.00% | | | | | |
| Saturated Fat (g) | 5.99 | 8.18% | <10.00% | | | | | |

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