

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 4, 2026 thru May 29, 2026

Elementary

001 - Hopewell Elementary School

Generated on: 4/29/2026 3:05:03 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									
Elementary	Total	195							
MACARONI AND CHEESE(NEW)	2/3 CUP	190	331	14	1114	22.04	39.35	9.1	3.06
PEAS: frozen,boiled	1/2 CUP	190	62	0	58	4.12	11.41	0.22	0.04
Breadstick, Rudis	1 EACH	190	109	0	232	4.0	21.4	1.1	0.20
APPLES,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	195	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			682	21	1545	38.43	107.17	11.24	3.74
% of Calories						22.6%	62.9%	14.8%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/05/2026									
Elementary	Total	130							
Taco in a Bag	1 Each	110	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	60	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	60	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	50	40	0	88	0.73	9.34	0.15	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	40	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	110	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			638	47	1209	32.92	86.21	19.48	6.71
% of Calories						20.6%	54.0%	27.5%	9.5%
Nutrient Guideline			550-650		1230			<=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.

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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 - 05/06/2026									
Elementary	Total	195							
Sausage, Egg and Cheese Bagel	1 each	190	515	329	1025	13.23	48.3	24.88	7.11
Fries, Wedge cut	1/2 cup	100	166	0	595	2.77	24.89	6.92	1.38
Ketchup, Red Gold packet	1 EACH	90	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			688	326	1456	19.09	79.03	28.45	7.95
% of Calories						11.1%	46.0%	37.2%	10.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/07/2026									
Elementary	Total	142							
CHICKEN, Tenders, Tyson	3 each	140	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	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, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			554	31	955	27.38	73.22	15.35	2.93
% of Calories						19.8%	52.9%	24.9%	4.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Elementary

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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									
Elementary	Total	95							
Pizza, Double Stuff Cheese	1 EACH	85	240	20	550	17.0	28.0	7.0	4.00
CARROTS:frozen, boiled	1/2 CUP	95	27	0	43	0.42	5.64	0.5	0.09
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			449	28	770	25.88	65.79	9.72	4.57
% of Calories						23.1%	58.7%	19.5%	9.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/11/2026									
Elementary	Total	195							
French Toast Sticks WG	1 EACH	185	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	65	50	0	0	0.0	13.0	0.0	0.00
Potatoes, French Fried Govt	3 OZ	185	121	0	20	2.03	20.25	3.54	1.01
Sausage Links - Performance	1 Each	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			712	34	823	20.27	92.84	30.05	8.80
% of Calories						11.4%	52.1%	38.0%	11.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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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									
Elementary	Total	142							
Chicken Patty Sandwich	1 EACH	140	350	55	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	80	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	60	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	80	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	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			648	61	1213	36.16	95.87	15.73	3.00
% of Calories						22.3%	59.1%	21.8%	4.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/13/2026									
Elementary	Total	142							
Ham&Cheese Croissant	1 EACH	140	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	1/2 CUP	100	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, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			541	76	1201	28.41	62.19	19.34	6.45
% of Calories						21.0%	46.0%	32.1%	10.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Elementary

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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									
Elementary	Total	192							
Chicken Alfredo Pasta	SERVING	190	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	180	109	0	232	4.0	21.4	1.1	0.20
BROCCOLI: frozen, boiled	1/2 cup	82	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	102	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	90	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	182	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			901	36	999	41.08	152.65	13.00	3.61
% of Calories						18.2%	67.7%	13.0%	3.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/15/2026									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
GREEN BEANS: frozen,boiled	1/2 CUP	75	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			648	45	902	32.62	88.29	19.16	8.98
% of Calories						20.1%	54.5%	26.6%	12.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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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 - 05/18/2026									
Elementary	Total	130							
Fiesta Rice with Chicken	1 Cup	110	262	67	237	26.26	29.8	5.09	1.20
Seasoned Black Beans	.5 cup	60	126	0	151	7.54	23.55	0.49	0.12
CARROTS,BABY,RAW	1/2 cup	50	40	0	88	0.73	9.34	0.15	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	40	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	110	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	10	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			536	67	560	36.45	81.80	8.68	2.20
% of Calories						27.2%	61.0%	14.6%	3.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/19/2026									
Elementary	Total	195							
Dutch Waffle	1 each	185	300	20	350	4.0	43.0	13.0	3.00
Fries, Sweet Potato 7/16"	3 OZ	185	150	0	170	1.0	22.01	6.0	1.00
Sausage Links - Performance	Serving	165	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	165	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	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
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	180	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			787	53	1006	18.82	100.37	35.47	9.50
% of Calories						9.6%	51.0%	40.6%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Wed - 05/20/2026									
Elementary	Total	142							
Cheeseburger on bun	1 each	139	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	0.00
Fries, McCain Evercrisp 5/16"	3 OZ	50	160	0	360	2.0	22.01	7.0	1.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	277	65	1031	21.34	23.82	12.06	5.01
Ice Cream Cup	1 EACH	130	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			732	87	1262	36.31	90.32	24.73	11.06
% of Calories						19.8%	49.4%	30.4%	13.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/21/2026									
Elementary	Total	142							
Chicken, Popcorn Tyson	SERVING	140	230	30	240	12.0	14.0	14.0	2.50
Pretzel, Soft Rod	1 EACH	140	70	0	65	2.0	14.0	0.5	0.00
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	60	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			511	37	496	24.41	69.09	15.49	2.97
% of Calories						19.1%	54.0%	27.3%	5.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 4, 2026 thru May 29, 2026

Elementary

001 - Hopewell Elementary 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 - 05/22/2026									
Elementary	Total	95							
Pizza, French Bread	1 EACH	85	370	20	820	16.0	41.0	14.0	3.00
MIXED VEGETABLES:frozen,boiled	1/2 CUP	75	59	0	32	2.6	11.91	0.14	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			591	28	1008	26.73	82.66	15.61	3.61
% of Calories						18.1%	56.0%	23.8%	5.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 05/25/2026									
Elementary	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00
% of Calories						0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 05/26/2026									
Elementary	Total	142							
CHICKEN NUGGETS, Tyson	5 each	140	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	140	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	140	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	50	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, Sliced, pre-bagged	1 each	50	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	142	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	1	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	1	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			513	61	1144	29.44	66.82	14.36	2.93
% of Calories						23.0%	52.1%	25.2%	5.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 4, 2026 thru May 29, 2026

Elementary

001 - Hopewell Elementary School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/27/2026									
Elementary	Total	95							
MiniCinnis	1 EACH	90	240	0	300	5.0	40.0	7.0	2.00
Fries, McCain 5/16"	3 oz	90	146	0	33	2.66	22.59	4.65	0.00
Sausage Links - Performance	1 Each	90	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	90	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	35	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	60	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			754	38	885	22.76	98.71	30.39	8.23
% of Calories						12.1%	52.4%	36.3%	9.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/28/2026									
Elementary	Total	142							
Meatball Sub	1 each	139	335	30	647	19.6	41.34	9.72	3.52
Ketchup, Red Gold packet	2 EACH	139	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	3 OZ	50	150	0	170	1.0	22.01	6.0	1.00
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	70	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	148	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	4	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			601	38	1123	29.33	88.93	13.78	4.51
% of Calories						19.5%	59.2%	20.6%	6.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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May 4, 2026 thru May 29, 2026

Elementary

001 - Hopewell Elementary 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 - 05/29/2026									
Elementary	Total	95							
Pizza, Big Daddy	1 EACH	85	470	40	730	23.98	53.97	17.99	8.99
MIXED VEGETABLES:frozen,boiled	1/2 CUP	75	59	0	32	2.6	11.91	0.14	0.03
CARROTS,BABY,RAW	1/2 cup	15	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	70	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	30	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	95	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie, Elem	1 EACH	5	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			680	45	927	33.88	94.26	19.18	8.98
% of Calories						19.9%	55.4%	25.4%	11.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			640	61	1026	29.49 18.4%	88.22 55.1%	18.91 26.6%	5.83 8.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		550 - 650	100%				
Cholesterol (mg)	61							
Sodium 1 (mg)	1026		1230					
Sodium 1a (mg)	1026		1110					
Protein (g)	29.49	18.42%						
Carbohydrate (g)	88.22	55.11%						
Total Fat (g)	18.91	26.57%	<=30.00%					
Saturated Fat (g)	5.83	8.19%	<10.00%					

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