

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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May 4, 2026 thru May 29, 2026

High

006 - SLSD High 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 - 05/04/2026									
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
PEAS: frozen,boiled	3/4 CUP	350	94	0	86	6.18	17.11	0.32	0.06
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	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			772	20	1560	41.96	124.43	12.80	3.94
% of Calories						21.7%	64.5%	14.9%	4.6%
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)
Tue - 05/05/2026									
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

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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									
High	Total	350							
Sausage, Egg and Cheese Bagel	1 each	300	515	329	1025	13.23	48.3	24.88	7.11
Fries, Wedge cut	1/2 cup	300	166	0	595	2.77	24.89	6.92	1.38
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			873	289	1741	24.66	110.55	33.47	8.53
% of Calories						11.3%	50.7%	34.5%	8.8%
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 - 05/07/2026									
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
MIXED VEGETABLES:frozen,boiled	1/2 CUP	350	59	0	32	2.6	11.91	0.14	0.03
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			768	39	1128	35.95	104.93	22.20	4.16
% of Calories						18.7%	54.6%	26.0%	4.9%
Nutrient Guideline			750-850		1420			<=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)
Fri - 05/08/2026									
High	Total	350							
Pizza, Double Stuff Cheese	1 EACH	340	240	20	550	17.0	28.0	7.0	4.00
Pepperoni, Sliced	SERVING	340	66	13	177	2.53	0.0	6.58	2.53
CARROTS:frozen, boiled	1/2 CUP	340	27	0	43	0.42	5.64	0.5	0.09
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			562	39	961	29.39	78.71	15.15	6.98
% of Calories						20.9%	56.0%	24.3%	11.2%
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)
Mon - 05/11/2026									
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
Potatoes, French Fried Govt	4 OZ	400	162	0	27	2.7	27.0	4.73	1.35
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			897	38	1104	22.95	122.89	35.93	10.33
% of Calories						10.2%	54.8%	36.0%	10.4%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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### Portion Values - Detailed

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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									
High	Total	350							
Chicken Patty Sandwich	1 EACH	345	350	55	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	350	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
Italian dressing, PC	1 EACH	50	10	0	109	0.0	1.0	1.0	0.00
Apples, Sliced, pre-bagged	1 each	150	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	350	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	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			730	60	1359	38.57	114.13	16.08	3.01
% of Calories						21.1%	62.6%	19.8%	3.7%
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 - 05/13/2026									
High	Total	350							
Ham&Cheese Croissant	1 EACH	325	355	70	1005	19.96	27.01	18.27	6.02
CARROTS:frozen, boiled	.75 CUP	350	41	0	65	0.64	8.46	0.74	0.13
CELERY STICKS	1/2 CUP	75	8	0	48	0.41	1.78	0.1	0.03
Ranch, Dressing PC 12 G	1 EACH	25	67	6	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	325	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	100	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			648	72	1210	29.97	86.08	21.50	6.67
% of Calories						18.5%	53.2%	29.9%	9.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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May 4, 2026 thru May 29, 2026

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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									
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	275	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			874	57	1197	32.45	124.85	29.17	8.43
% of Calories						14.9%	57.2%	30.1%	8.7%
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 - 05/15/2026									
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	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			653	38	871	32.10	90.26	18.94	7.62
% of Calories						19.7%	55.3%	26.1%	10.5%
Nutrient Guideline			750-850		1420			<=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									
High	Total	350							
Fiesta Rice with Chicken	1 Cup	300	262	67	237	26.26	29.8	5.09	1.20
Seasoned Red Beans	.75 cup	320	189	0	226	10.54	35.45	0.86	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			691	70	770	45.86	108.37	9.77	2.37
% of Calories						26.5%	62.7%	12.7%	3.1%
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 - 05/19/2026									
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, Sweet Potato 7/16"	4 OZ	400	200	0	227	1.33	29.35	8.0	1.33
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			1004	58	1398	21.37	135.57	42.52	10.96
% of Calories						8.5%	54.0%	38.1%	9.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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### Portion Values - Detailed

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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									
High	Total	350							
Cheeseburger on bun	1 each	325	325	52	655	24.5	25.0	14.0	6.00
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
Fries, McCain 5/16"	4 oz	325	195	0	44	3.54	30.12	6.2	0.00
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
Ice Cream Cup	1 EACH	325	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			915	84	1187	38.59	123.53	30.13	10.83
% of Calories						16.9%	54.0%	29.6%	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)
Thu - 05/21/2026									
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

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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May 4, 2026 thru May 29, 2026

High

006 - SLSD High 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									
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

Mon - 05/25/2026									
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

Tue - 05/26/2026									
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	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

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

May 4, 2026 thru May 29, 2026

High

006 - SLSD High 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)
Weighted Daily Average			657	45	1184	30.58	89.51	21.50	4.26
% of Calories						18.6%	54.5%	29.5%	5.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 05/27/2026									
High	Total	350							
MiniCinnis	1 EACH	335	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	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	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	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			870	38	992	24.83	116.89	33.86	8.32
% of Calories						11.4%	53.7%	35.0%	8.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 05/28/2026									
High	Total	350							
Meatball Sub	1 each	325	335	30	647	19.6	41.34	9.72	3.52
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

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## Planned Menu Spreadsheet

### Portion Values - Detailed

May 4, 2026 thru May 29, 2026

High

006 - SLSD High 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)
Weighted Daily Average			790	36	1284	30.14	120.35	21.33	5.58
% of Calories						15.3%	61.0%	24.3%	6.4%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 05/29/2026									
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	300	66	13	177	2.53	0.0	6.58	2.53
MIXED VEGETABLES:frozen,boiled	1/2 CUP	340	59	0	32	2.6	11.91	0.14	0.03
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			683	38	901	33.16	95.49	18.90	7.60
% of Calories						19.4%	55.9%	24.9%	10.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Weighted Average			763	60	1170	32.26	107.77	23.31	6.61
						16.9%	56.5%	27.5%	7.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	60							
Sodium 1 (mg)	1170		1420					
Sodium 1a (mg)	1170		1280					
Protein (g)	32.26	16.90%						
Carbohydrate (g)	107.77	56.47%						
Total Fat (g)	23.31	27.48%	<=30.00%					
Saturated Fat (g)	6.61	7.79%	<10.00%					

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