

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Jun 1, 2026 thru Jun 5, 2026

Middle

005 - SLSD Middle School

Generated on: 5/28/2026 3:19:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/01/2026									
Middle	Total	230							
Chicken Patty Sandwich	1 EACH	225	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled HS	.75 cup	200	39	0	15	4.28	7.38	0.17	0.02
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			543	60	983	35.69	68.29	15.66	2.95
% of Calories						26.3%	50.3%	26.0%	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 - 06/02/2026									
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

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Wed - 06/03/2026									
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

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/04/2026									
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
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			448	32	785	26.82	62.67	10.84	5.55
% of Calories						23.9%	55.9%	21.8%	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)
Fri - 06/05/2026									
Middle	Total	0							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0	0.00

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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

Weighted Average			597	39	839	28.56 19.1%	80.04 53.6%	18.44 27.8%	4.58 6.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	597		600 - 700	100%		3		Correction Required - Calories are Low
Cholesterol (mg)	39							
Sodium 1 (mg)	839		1360					
Sodium 1a (mg)	839		1225					
Protein (g)	28.56	19.12%						
Carbohydrate (g)	80.04	53.59%						
Total Fat (g)	18.44	27.78%	<=30.00%					
Saturated Fat (g)	4.58	6.89%	<10.00%					

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