

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Jun 1, 2026 thru Jun 5, 2026

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 5/28/2026 3:19:18 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									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	150	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	200	40	0	88	0.73	9.34	0.15	0.03
ORANGES	1 EACH	200	62	0	0	1.23	15.39	0.16	0.02
Peaches, diced	1/2 cup	200	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	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			555	61	1024	33.98	72.88	15.26	2.97
% of Calories						24.5%	52.5%	24.7%	4.8%
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 - 06/02/2026									
Intermediate	Total	400							
CHICKEN, Tenders, Tyson	3 each	375	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	200	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	200	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	250	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	200	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	150	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	15	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			502	31	788	25.29	61.74	15.84	3.09
% of Calories						20.2%	49.2%	28.4%	5.5%
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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Wed - 06/03/2026									
Intermediate	Total	400							
French Toast Sticks WG	Serving	385	233	0	308	4.5	32.25	9.75	2.25
Syrup cup, reduced calorie	1 each	385	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	385	190	30	270	6.0	0.0	19.0	6.00
Fries, McCain 5/16"	4 oz	385	195	0	44	3.54	30.12	6.2	0.00
CELERY STICKS	1/2 CUP	25	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	250	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	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, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			842	37	787	22.86	110.14	35.12	8.53
% of Calories						10.9%	52.3%	37.5%	9.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 06/04/2026									
Intermediate	Total	400							
Pizza, Double Stuff Cheese	1 EACH	375	240	20	550	17.0	28.0	7.0	4.00
GREEN BEANS: frozen,boiled	1/2 CUP	200	19	0	1	1.01	4.35	0.11	0.03
APPLES,Fresh	1 EACH	175	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	150	66	0	12	0.82	15.61	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	40	40	0	88	0.73	9.34	0.15	0.03
Milk, Variety, Pocono Mtn.	Half Pint	375	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	20	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			424	28	726	25.79	62.73	8.33	4.45
% of Calories						24.3%	59.2%	17.7%	9.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 06/05/2026									
Intermediate	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

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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 Average			581	39	831	26.98 18.6%	76.87 53.0%	18.64 28.9%	4.76 7.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	581		550 - 650	100%				
Cholesterol (mg)	39							
Sodium 1 (mg)	831		1230					
Sodium 1a (mg)	831		1110					
Protein (g)	26.98	18.59%						
Carbohydrate (g)	76.87	52.96%						
Total Fat (g)	18.64	28.89%	<=30.00%					
Saturated Fat (g)	4.76	7.38%	<10.00%					

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