

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2026 thru Oct 30, 2026

High

006 - SLSD High School

Generated on: 9/28/2026 5:34:32 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/01/2026									
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
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	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			738	61	1358	38.60	114.08	16.94	3.17
% of Calories						20.9%	61.9%	20.7%	3.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 10/02/2026									
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	200	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	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			695	40	929	31.92	89.70	24.21	8.00
% of Calories						18.4%	51.6%	31.4%	10.4%
Nutrient Guideline			750-850		1420			<=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

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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 - 10/05/2026									
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	1 EACH	325	10	0	105	0.0	3.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	325	182	0	364	6.57	43.22	0.55	0.10
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
Weighted Daily Average			755	56	1322	39.55	115.27	18.38	6.74
% of Calories						21.0%	61.1%	21.9%	8.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 10/06/2026									
High	Total	350							
Max Sticks	serving	340	508	16	1478	24.79	52.21	21.91	7.62
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	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	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			752	23	1644	35.30	101.85	22.99	8.01
% of Calories						18.8%	54.2%	27.5%	9.6%
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 - 10/07/2026									
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, McCain 5/16"	4 oz	335	195	0	44	3.54	30.12	6.2	0.00
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	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	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			945	57	1160	22.10	128.25	39.22	9.38
% of Calories						9.4%	54.3%	37.3%	8.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 10/08/2026									
High	Total	350							
CHICKEN, Tenders, Tyson	3 each	330	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	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	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			625	30	884	27.85	88.69	17.62	3.31
% of Calories						17.8%	56.7%	25.4%	4.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Fri - 10/09/2026									
High	Total	350							
Pizza, Double Stuff Cheese	1 EACH	340	240	20	550	17.0	28.0	7.0	4.00
Pepperoni, Sliced	SERVING	200	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Lite Cup	1 each	340	150	10	390	1.0	2.0	15.0	2.50
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	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			679	44	1239	30.76	80.28	27.13	8.39
% of Calories						18.1%	47.3%	36.0%	11.1%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 10/12/2026									
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

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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 - 10/13/2026									
High	Total	350							
Frudel - Apple	1 Each	335	210	0	270	5.0	38.0	5.0	1.00
Sausage Links - Performance	Serving	335	190	30	270	6.0	0.0	19.0	6.00
Potato, Smiles McCain	SERVING	400	141	0	191	2.01	20.09	6.03	1.01
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
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			787	39	1130	23.10	103.48	32.60	8.67
% of Calories						11.7%	52.6%	37.3%	9.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 10/14/2026									
High	Total	350							
CHICKEN NUGGETS, Tyson	7 each	330	322	77	826	23.8	16.8	18.2	3.50
Roll, dinner, wheat	1 each	330	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	3/4 CUP	300	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	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			684	79	1295	36.14	89.45	21.58	4.25
% of Calories						21.1%	52.3%	28.4%	5.6%
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)
Thu - 10/15/2026									
High	Total	350							
Ham&Cheese Croissant	1 EACH	325	355	70	1005	19.96	27.01	18.27	6.02
BROCCOLI: frozen, boiled HS	.75 cup	350	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, 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			646	72	1161	33.62	85.00	20.93	6.56
% of Calories						20.8%	52.6%	29.2%	9.1%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 10/16/2026									
High	Total	350							
Pizza, 5" Round	1 EACH	340	390	30	660	20.0	47.0	14.0	6.00
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			701	47	1007	33.07	98.03	20.88	8.59
% of Calories						18.9%	55.9%	26.8%	11.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Mon - 10/19/2026									
High	Total	350							
Corn Dogs, Mini, MS-HS	1 EACH	300	340	30	880	12.0	36.0	16.0	3.00
Baked Beans SLSD	1/2 CUP	350	182	0	364	6.57	43.22	0.55	0.10
Ketchup, Red Gold packet	2 EACH	350	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	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			774	33	1591	27.80	125.33	20.47	3.92
% of Calories						14.4%	64.7%	23.8%	4.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 10/20/2026									
High	Total	350							
Bacon, Egg,& Cheese Bagel	1 EACH	300	525	328	1080	14.0	48.0	25.5	7.00
Fries, McCain 5/16"	4 oz	300	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	200	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			904	288	1286	25.98	113.92	33.38	7.25
% of Calories						11.5%	50.4%	33.3%	7.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Planned Menu Spreadsheet

Portion Values - Detailed

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High

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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 - 10/21/2026									
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
BROCCOLI: frozen, boiled HS	.75 cup	350	39	0	15	4.28	7.38	0.17	0.02
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			717	20	1489	40.06	114.70	12.64	3.90
% of Calories						22.3%	64.0%	15.9%	4.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 10/22/2026									
High	Total	400							
Chicken Turnover	SERVINGS	385	353	47	354	15.08	19.51	23.34	6.60
MASHED POTATOES:flakes,mlk+but	3/4 CUP	385	153	22	258	2.79	17.12	8.08	5.03
Roll, dinner, wheat	1 each	385	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	.5 OZ	385	6	0	89	0.09	1.18	0.09	0.03
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
Ranch, Dressing PC 12 G	1 EACH	45	67	6	100	0.2	0.7	7.0	1.10
BANANAS	1 EACH	250	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			924	74	1012	33.04	124.03	34.59	12.12
% of Calories						14.3%	53.7%	33.7%	11.8%
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 - 10/23/2026									
High	Total	350							
Pizza, French Bread	1 EACH	340	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	200	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	340	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	340	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	3/4 CUP	100	13	0	72	0.62	2.67	0.15	0.04
APPLES,Fresh	1 EACH	200	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	3/4 cup	200	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			724	40	1220	29.01	91.64	26.16	6.05
% of Calories						16.0%	50.6%	32.5%	7.5%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 10/26/2026									
High	Total	350							
MiniCinnis	1 EACH	335	240	0	300	5.0	40.0	7.0	2.00
PORK, Sausage Links, Maid-Rite	2 each	335	130	40	240	12.0	1.0	9.0	3.50
Potato, Tator Tots	SERVING	335	130	0	310	2.0	17.0	6.0	1.00
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	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	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			698	47	1189	27.29	97.09	22.85	6.83
% of Calories						15.6%	55.6%	29.5%	8.8%
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)
Tue - 10/27/2026									
High	Total	350							
Taco in a Bag	1 Each	300	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	320	126	0	151	7.03	23.63	0.57	0.09
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			769	51	1414	40.22	108.48	20.75	6.98
% of Calories						20.9%	56.4%	24.3%	8.2%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Wed - 10/28/2026									
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
BROCCOLI: frozen, boiled HS	.75 cup	340	39	0	15	4.28	7.38	0.17	0.02
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			663	38	884	34.79	91.09	18.93	7.60
% of Calories						21.0%	55.0%	25.7%	10.3%
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)
Thu - 10/29/2026									
High	Total	350							
Pierogies, Mrs T	SERVING	330	270	30	710	10.0	39.0	8.0	4.00
MEATBALLS, beef, JTM	2 EACH	330	308	72	472	24.0	12.0	18.0	7.00
Sauce, Spaghetti Redpack	.25 CUP	330	36	0	277	0.91	4.99	1.36	0.45
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
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	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			1046	104	1903	54.20	140.55	30.54	11.94
% of Calories						20.7%	53.7%	26.3%	10.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 10/30/2026									
High	Total	350							
Chicken Patty Sandwich	1 EACH	300	350	55	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	1/2 CUP	300	200	0	227	1.33	29.35	8.0	1.33
Ketchup, Red Gold packet	1 EACH	200	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
Ice Cream Cup	1 EACH	275	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			876	78	1275	34.23	115.33	31.00	8.07
% of Calories						15.6%	52.7%	31.9%	8.3%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

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Southern Lehigh SD

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Weighted Average			767	63	1257	33.27 17.4%	105.54 55.1%	24.47 28.7%	7.13 8.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	767		750 - 850	100%				
Cholesterol (mg)	63							
Sodium 1 (mg)	1257		1420					
Sodium 1a (mg)	1257		1280					
Protein (g)	33.27	17.35%						
Carbohydrate (g)	105.54	55.05%						
Total Fat (g)	24.47	28.72%	<=30.00%					
Saturated Fat (g)	7.13	8.37%	<10.00%					

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