

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2026 thru Oct 30, 2026

Elementary

002 - Liberty Bell Elementary School

Generated on: 9/28/2026 4:26:58 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									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	350	55	820	24.0	33.0	14.5	2.50
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			570	60	1026	33.62	76.16	15.77	3.05
% of Calories						23.6%	53.4%	24.9%	4.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 10/02/2026									
Elementary	Total	137							
Pizza, Big Daddy Rolled Edge E	SLICE	127	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	40	66	13	177	2.53	0.0	6.58	2.53
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			540	33	775	28.88	74.03	14.68	6.14
% of Calories						21.4%	54.9%	24.5%	10.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Elementary

002 - Liberty Bell 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)
Mon - 10/05/2026									
Elementary	Total	180							
Cheeseburger on bun	1 each	170	325	52	655	24.5	25.0	14.0	6.00
Ketchup, Red Gold packet	2 EACH	100	20	0	210	0.0	6.0	0.0	0.00
Baked Beans SLSD	1/2 CUP	70	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	120	63	0	9	0.0	15.3	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	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			589	58	1096	35.02	79.35	15.33	6.37
% of Calories						23.8%	53.9%	23.4%	9.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 10/06/2026									
Elementary	Total	180							
Max Sticks - Elem	serving	170	348	11	1068	16.79	36.21	14.91	5.12
GREEN BEANS: frozen,boiled	1/2 CUP	120	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	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	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
PBJ, Uncrustable Wheat	1 EACH	5	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			536	19	1203	25.90	73.61	15.22	5.39
% of Calories						19.3%	55.0%	25.6%	9.1%
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)
Wed - 10/07/2026									
Elementary	Total	195							
Dutch Waffle	1 each	185	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	75	50	0	0	0.0	13.0	0.0	0.00
Potato, Crinkle Cut Govt	4 OZ	165	162	0	27	2.7	27.0	4.73	1.35
Yogurt, Upstate blueberry	1 each	155	190	5	150	6.0	40.0	0.0	0.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	115	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	185	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			793	32	756	20.15	139.09	17.70	4.63
% of Calories						10.2%	70.1%	20.1%	5.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 10/08/2026									
Elementary	Total	180							
CHICKEN, Tenders, Tyson	3 each	170	260	25	390	15.0	16.0	14.0	2.50
Roll, dinner, wheat	1 each	170	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	100	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	150	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	125	63	0	9	0.0	15.3	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	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			563	32	896	26.83	74.83	16.02	3.10
% of Calories						19.1%	53.1%	25.6%	5.0%
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)
Fri - 10/09/2026									
Elementary	Total	180							
Pizza, Double Stuff Cheese	1 EACH	170	240	20	550	17.0	28.0	7.0	4.00
Pepperoni, Sliced	SERVING	55	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	120	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	120	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	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
PBJ, Uncrustable Wheat	1 EACH	5	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			507	35	847	27.76	67.77	14.66	5.86
% of Calories						21.9%	53.5%	26.0%	10.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 10/12/2026									
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 - 10/13/2026									
Elementary	Total	140							
Frudel - Apple	1 Each	130	210	0	270	5.0	38.0	5.0	1.00
Potato, Smiles McCain	SERVING	140	141	0	191	2.01	20.09	6.03	1.01
Sausage Links - Performance	1 Each	130	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	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	140	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

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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			727	39	1037	22.47	95.87	29.93	8.26
% of Calories						12.4%	52.7%	37.0%	10.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 10/14/2026									
Elementary	Total	180							
CHICKEN NUGGETS, Tyson	5 each	170	230	55	590	17.0	12.0	13.0	2.50
Roll, dinner, wheat	1 each	70	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	70	33	0	235	0.28	8.69	0.04	0.00
CARROTS:frozen, boiled	1/2 CUP	150	27	0	43	0.42	5.64	0.5	0.09
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	147	63	0	9	0.0	15.3	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	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			493	60	963	27.01	63.14	14.79	3.10
% of Calories						21.9%	51.3%	27.0%	5.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 10/15/2026									
Elementary	Total	180							
Ham&Cheese Croissant	1 EACH	170	355	70	1005	19.96	27.01	18.27	6.02
BROCCOLI: frozen, boiled	1/2 cup	70	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	77	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	85	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	120	63	0	9	0.0	15.3	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	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			545	74	1172	29.28	63.02	19.19	6.36
% of Calories						21.5%	46.3%	31.7%	10.5%
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)
Fri - 10/16/2026									
Elementary	Total	137							
Pizza, 5" Round	1 EACH	127	390	30	660	20.0	47.0	14.0	6.00
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	0	1	1.01	4.35	0.11	0.03
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			567	39	853	29.07	81.45	14.61	6.33
% of Calories						20.5%	57.5%	23.2%	10.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 10/19/2026									
Elementary	Total	180							
Corn Dogs, Mini	1 EACH	170	255	23	660	9.0	27.0	12.0	2.25
Baked Beans SLSD	1/2 CUP	80	182	0	364	6.57	43.22	0.55	0.10
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			550	29	1033	21.11	87.52	13.60	2.85
% of Calories						15.3%	63.6%	22.2%	4.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Tue - 10/20/2026									
Elementary	Total	140							
Bacon, Egg,& Cheese Bagel	1 EACH	130	525	328	1080	14.0	48.0	25.5	7.00
Potato, Crinkle Cut Govt	4 OZ	140	162	0	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	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	140	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			865	315	1374	25.95	112.06	30.02	8.61
% of Calories						12.0%	51.8%	31.2%	9.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 10/21/2026									
Elementary	Total	190							
MACARONI AND CHEESE(NEW)	2/3 CUP	190	331	14	1114	22.04	39.35	9.1	3.06
BROCCOLI: frozen, boiled	1/2 cup	180	26	0	10	2.85	4.92	0.11	0.02
Breadstick, Rudis	1 EACH	190	109	0	232	4.0	21.4	1.1	0.20
APPLES,Fresh	1 EACH	160	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	30	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	190	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			665	23	1559	38.30	103.43	11.76	3.95
% of Calories						23.0%	62.2%	15.9%	5.3%
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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Oct 1, 2026 thru Oct 30, 2026

Elementary

002 - Liberty Bell 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)
Thu - 10/22/2026									
Elementary	Total	180							
Chicken, Popcorn Tyson	SERVING	170	230	30	240	12.0	14.0	14.0	2.50
Roll, dinner, wheat	1 each	170	80	0	150	3.0	15.0	0.5	0.00
CARROTS:frozen, boiled	1/2 CUP	90	27	0	43	0.42	5.64	0.5	0.09
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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			535	36	637	24.07	73.02	15.96	3.09
% of Calories						18.0%	54.6%	26.9%	5.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 10/23/2026									
Elementary	Total	180							
Pizza, French Bread	1 EACH	170	370	20	820	16.0	41.0	14.0	3.00
Pepperoni, Sliced	SERVING	55	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	120	32	0	18	2.13	6.54	0.47	0.07
Ranch, Dressing PC 12 G	1 EACH	120	67	6	100	0.2	0.7	7.0	1.10
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	125	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
PBJ, Uncrustable Wheat	1 EACH	5	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			630	35	1102	26.81	80.05	21.27	4.92
% of Calories						17.0%	50.9%	30.4%	7.0%
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)
Mon - 10/26/2026									
Elementary	Total	140							
MiniCinnis	1 EACH	130	240	0	300	5.0	40.0	7.0	2.00
Potato, Tator Tots	SERVING	140	130	0	310	2.0	17.0	6.0	1.00
Sausage Links - Performance	1 Each	130	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	140	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	60	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	140	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			744	39	1184	22.46	94.63	31.76	9.18
% of Calories						12.1%	50.8%	38.4%	11.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 10/27/2026									
Elementary	Total	170							
Taco in a Bag	1 Each	150	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	100	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	100	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	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	145	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			655	48	1243	34.14	88.70	19.43	6.79
% of Calories						20.9%	54.2%	26.7%	9.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Oct 1, 2026 thru Oct 30, 2026

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)
Wed - 10/28/2026									
Elementary	Total	137							
Pizza, Big Daddy	1 EACH	127	470	40	730	23.98	53.97	17.99	8.99
BROCCOLI: frozen, boiled	1/2 cup	100	26	0	10	2.85	4.92	0.11	0.02
CARROTS,BABY,RAW	1/2 cup	25	40	0	88	0.73	9.34	0.15	0.03
Apples, Sliced, pre-bagged	1 each	80	30	0	0	0.0	8.0	0.0	0.00
PEARS: canned,light syrup	1/2 CUP	60	72	0	6	0.24	19.04	0.04	0.00
Milk, Variety, Pocono Mtn.	Half Pint	137	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			646	48	924	34.11	88.32	18.31	9.10
% of Calories						21.1%	54.7%	25.5%	12.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 10/29/2026									
Elementary	Total	180							
Pierogies, Mrs T	SERVING	170	270	30	710	10.0	39.0	8.0	4.00
Sauce, Spaghetti Redpack	.25 CUP	170	36	0	277	0.91	4.99	1.36	0.45
MEATBALLS, beef, JTM	2 EACH	170	308	72	472	24.0	12.0	18.0	7.00
Breadstick, Rudis	1 EACH	160	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	90	62	0	58	4.12	11.41	0.22	0.04
CARROTS,BABY,RAW	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	100	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	170	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	9	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			915	105	1851	47.78	116.48	28.45	11.67
% of Calories						20.9%	50.9%	28.0%	11.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Fri - 10/30/2026									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	350	55	820	24.0	33.0	14.5	2.50
Fries, Sweet Potato 7/16"	1/2 CUP	80	200	0	227	1.33	29.35	8.0	1.33
Ketchup, Red Gold packet	2 EACH	170	20	0	210	0.0	6.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	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	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
Ice Cream Cup	1 EACH	150	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			792	85	1379	34.62	108.52	25.11	7.39
% of Calories						17.5%	54.8%	28.5%	8.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			639	59	1091	29.30	87.67	19.22	6.01
						18.3%	54.9%	27.1%	8.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		550 - 650	100%				
Cholesterol (mg)	59							
Sodium 1 (mg)	1091		1230					
Sodium 1a (mg)	1091		1110					
Protein (g)	29.30	18.34%						
Carbohydrate (g)	87.67	54.86%						
Total Fat (g)	19.22	27.06%	<=30.00%					
Saturated Fat (g)	6.01	8.46%	<10.00%					

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