

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:40 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/02/2026									
High	Total	350							
Bacon, Egg,& Cheese Croissant	1 EACH	300	495	328	930	11.0	31.0	32.5	12.00
Fries, McCain 5/16"	4 oz	300	195	0	44	3.54	30.12	6.2	0.00
Ketchup, Red Gold packet	1 EACH	100	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			875	288	1128	23.41	98.50	39.39	11.53
% of Calories						10.7%	45.0%	40.5%	11.9%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Tue - 11/03/2026									
High	Total	350							
Chicken Alfredo Pasta	SERVING	330	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	300	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	300	62	0	58	4.12	11.41	0.22	0.04
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			980	36	1038	44.75	164.48	15.46	4.02
% of Calories						18.3%	67.2%	14.2%	3.7%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:40 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/04/2026									
High	Total	350							
Grilled Cheese Sandwich wheat	1 each	295	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	280	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	150	40	0	88	0.73	9.34	0.15	0.03
BANANAS	1 EACH	200	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	200	77	0	4	0.31	20.62	0.18	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	35	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
Mayonnaise, packet	1 EACH	20	88	9	62	0.2	0.4	9.5	1.50
Weighted Daily Average			697	53	1536	26.65	101.21	21.88	9.77
% of Calories						15.3%	58.1%	28.3%	12.6%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 11/05/2026									
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	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			867	57	1197	32.37	123.17	29.14	8.42
% of Calories						14.9%	56.8%	30.3%	8.7%
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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/06/2026									
High	Total	350							
Pizza, 5" Round	1 EACH	340	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	150	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			815	52	1321	33.31	98.74	32.99	9.97
% of Calories						16.3%	48.5%	36.4%	11.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Mon - 11/09/2026									
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: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			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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/10/2026									
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

Wed - 11/11/2026									
High	Total	350							
Chicken Nuggets, Tempura Batte	SERVING	330	270	40	620	14.0	13.0	18.0	3.50
Pretzel, Soft Rod	1 EACH	330	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	175	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	300	26	0	10	2.85	4.92	0.11	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			619	45	994	27.92	81.98	21.42	4.25
% of Calories						18.0%	53.0%	31.2%	6.2%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/12/2026									
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	300	50	0	0	0.0	13.0	0.0	0.00
Sausage Links - Performance	1 Each	300	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	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	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			901	54	923	21.50	120.95	37.32	8.78
% of Calories						9.5%	53.7%	37.3%	8.8%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Fri - 11/13/2026									
High	Total	350							
Max Sticks	serving	340	508	16	1478	24.79	52.21	21.91	7.62
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			821	29	1758	36.10	102.54	30.08	9.10
% of Calories						17.6%	50.0%	33.0%	10.0%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/16/2026									
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

Tue - 11/17/2026									
High	Total	350							
Cheesesteak	1 EACH	330	399	63	976	25.06	35.28	17.85	8.81
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
Ice Cream Cup	1 EACH	300	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			910	92	1419	44.62	127.14	26.89	13.18
% of Calories						19.6%	55.9%	26.6%	13.0%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/18/2026									
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
Fries, Sweet Potato 7/16"	1/2 CUP	335	200	0	227	1.33	29.35	8.0	1.33
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			765	47	1109	26.65	108.91	24.77	7.15
% of Calories						13.9%	56.9%	29.1%	8.4%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Thu - 11/19/2026									
High	Total	400							
Turkey, Sliced with Gravy	SERVING	385	147	52	713	18.88	3.15	6.29	2.10
Potatoes, Mashed	1 each	385	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	300	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	250	12	1	177	0.19	2.36	0.18	0.06
CORN: frozen, yellow	3/4 CUP	275	100	0	1	3.16	23.88	0.83	0.13
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	150	55	0	2	0.31	13.99	0.05	0.00
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			647	63	1451	34.60	102.08	13.03	4.16
% of Calories						21.4%	63.1%	18.1%	5.8%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Nov 2, 2026 thru Nov 20, 2026

High

006 - SLSD High School

Generated on: 10/21/2026 3:15:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/20/2026									
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	0	0	0	0	0.0	0.0	0.0	0.00
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			657	33	828	30.47	89.70	20.45	6.55
% of Calories						18.5%	54.6%	28.0%	9.0%
Nutrient Guideline			750-850		1420			<=30.0	<10.00

Weighted Average			792	65	1274	33.75 17.0%	111.82 56.5%	24.18 27.5%	7.39 8.4%
------------------	--	--	-----	----	------	----------------	-----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	792		750 - 850	100%				
Cholesterol (mg)	65							
Sodium 1 (mg)	1274		1420					
Sodium 1a (mg)	1274		1280					
Protein (g)	33.75	17.05%						
Carbohydrate (g)	111.82	56.46%						
Total Fat (g)	24.18	27.47%	<=30.00%					
Saturated Fat (g)	7.39	8.40%	<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.