

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 2, 2026 thru Nov 20, 2026

Elementary

002 - Liberty Bell Elementary School

Generated on: 10/21/2026 3:09:19 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									
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	50	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	40	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	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			572	32	875	27.86	77.32	15.72	3.05
% of Calories						19.5%	54.1%	24.7%	4.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 11/03/2026									
Elementary	Total	180							
Chicken Alfredo Pasta	SERVING	170	590	30	580	28.0	91.0	11.0	3.00
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			892	37	1021	41.25	149.55	13.00	3.69
% of Calories						18.5%	67.1%	13.1%	3.7%
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 - 11/04/2026									
Elementary	Total	180							
Grilled Cheese Sandwich wheat	1 each	170	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	80	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	50	40	0	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	60	23	0	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	125	51	0	2	0.21	13.75	0.12	0.01
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			556	55	1266	24.20	69.97	20.43	10.12
% of Calories						17.4%	50.3%	33.0%	16.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 11/05/2026									
Elementary	Total	140							
Bacon, Egg,& Cheese Croissant	1 EACH	130	495	328	930	11.0	31.0	32.5	12.00
Potato, Crinkle Cut Govt	3 OZ	100	121	0	20	2.03	20.25	3.54	1.01
Ketchup, Red Gold packet	1 EACH	70	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			757	315	1170	21.91	82.24	34.32	12.62
% of Calories						11.6%	43.5%	40.8%	15.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
Fri - 11/06/2026									
Elementary	Total	180							
Pizza, 5" Round	1 EACH	170	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	30	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			639	42	926	30.24	85.71	20.36	7.40
% of Calories						18.9%	53.6%	28.7%	10.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 11/09/2026									
Elementary	Total	180							
CHICKEN NUGGETS, Tyson 5 each	portion	170	230	55	590	17.0	12.0	13.0	2.50
Pretzel, Soft Rod	1 EACH	100	70	0	65	2.0	14.0	0.5	0.00
BROCCOLI: frozen, boiled	1/2 cup	90	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			497	60	846	28.28	64.38	14.63	3.05
% of Calories						22.7%	51.8%	26.5%	5.5%
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)
Tue - 11/10/2026									
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	80	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	80	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			631	48	1211	33.08	84.20	19.27	6.76
% of Calories						21.0%	53.4%	27.5%	9.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 11/11/2026									
Elementary	Total	190							
MACARONI AND CHEESE(NEW)	2/3 CUP	190	331	14	1114	22.04	39.35	9.1	3.06
CARROTS:frozen, boiled	1/2 CUP	180	27	0	43	0.42	5.64	0.5	0.09
Breadstick, Rudis	1 EACH	100	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			614	23	1480	34.10	93.98	11.60	3.92
% of Calories						22.2%	61.2%	17.0%	5.7%
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)
Thu - 11/12/2026									
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	30	50	0	0	0.0	13.0	0.0	0.00
Potato, Tator Tots	SERVING	150	130	0	310	2.0	17.0	6.0	1.00
Ketchup, Red Gold packet	1 EACH	80	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			591	28	820	14.64	93.60	18.32	4.25
% of Calories						9.9%	63.4%	27.9%	6.5%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 11/13/2026									
Elementary	Total	180							
Max Sticks - Elem	serving	170	348	11	1068	16.79	36.21	14.91	5.12
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			589	22	1282	26.78	75.53	20.13	6.15
% of Calories						18.2%	51.3%	30.7%	9.4%
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)
Mon - 11/16/2026									
Elementary	Total	180							
Chicken Patty Sandwich	1 EACH	170	350	55	820	24.0	33.0	14.5	2.50
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			640	60	1184	35.28	93.18	15.96	3.09
% of Calories						22.0%	58.2%	22.4%	4.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 11/17/2026									
Elementary	Total	190							
Cheesesteak	1 EACH	190	399	63	976	25.06	35.28	17.85	8.81
BROCCOLI: frozen, boiled	1/2 cup	80	26	0	10	2.85	4.92	0.11	0.02
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
Ice Cream Cup	1 EACH	150	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			728	96	1239	37.40	90.36	24.88	13.04
% of Calories						20.5%	49.6%	30.7%	16.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Wed - 11/18/2026									
Elementary	Total	140							
MiniCinnis	1 EACH	130	240	0	300	5.0	40.0	7.0	2.00
Fries, Sweet Potato 7/16"	1/2 CUP	100	200	0	227	1.33	29.35	8.0	1.33
Sausage Links - Performance	1 Each	100	190	30	270	6.0	0.0	19.0	6.00
Ketchup, Red Gold packet	1 EACH	100	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			714	32	948	20.13	97.74	27.40	7.85
% of Calories						11.3%	54.8%	34.5%	9.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 11/19/2026									
Elementary	Total	170							
Turkey, Sliced with Gravy	SERVING	170	147	52	713	18.88	3.15	6.29	2.10
Potatoes, Mashed	1 each	150	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	125	80	0	150	3.0	15.0	0.5	0.00
CORN: frozen, yellow	1/2 CUP	140	67	0	1	2.1	15.92	0.55	0.08
CELERY STICKS	1/2 CUP	5	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	70	72	0	1	0.36	19.06	0.23	0.04
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	70	55	0	2	0.31	13.99	0.05	0.00
Milk, Variety, Pocono Mtn.	Half Pint	160	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			504	63	1283	32.42	71.36	10.50	3.67
% of Calories						25.7%	56.6%	18.7%	6.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Fri - 11/20/2026									
Elementary	Total	180							
Pizza, Big Daddy Rolled Edge E	SLICE	170	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	50	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			600	34	814	29.58	78.16	19.20	6.73
% of Calories						19.7%	52.1%	28.8%	10.1%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			635	63	1091	29.14	87.15	19.05	6.36
						18.4%	54.9%	27.0%	9.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		550 - 650	100%				
Cholesterol (mg)	63							
Sodium 1 (mg)	1091		1230					
Sodium 1a (mg)	1091		1110					
Protein (g)	29.14	18.36%						
Carbohydrate (g)	87.15	54.90%						
Total Fat (g)	19.05	27.00%	<=30.00%					
Saturated Fat (g)	6.36	9.01%	<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.