

Southern Lehigh SD

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 2, 2026 thru Nov 20, 2026

Intermediate

004 - J. P. Liberati Intermediate School

Generated on: 10/21/2026 3:05:43 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									
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	300	80	0	150	3.0	15.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	150	33	0	235	0.28	8.69	0.04	0.00
Baked Beans SLSD	1/2 CUP	150	182	0	364	6.57	43.22	0.55	0.10
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			569	31	906	28.20	77.08	15.86	3.07
% of Calories						19.8%	54.2%	25.1%	4.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 11/03/2026									
Intermediate	Total	400							
Chicken Alfredo Pasta	SERVING	385	590	30	580	28.0	91.0	11.0	3.00
Breadstick, Rudis	1 EACH	350	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	150	62	0	58	4.12	11.41	0.22	0.04
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			852	38	976	40.83	139.63	12.72	3.64
% of Calories						19.2%	65.6%	13.4%	3.8%
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

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Intermediate

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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									
Intermediate	Total	400							
Grilled Cheese Sandwich wheat	1 each	385	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	250	135	0	720	3.0	30.0	0.0	0.00
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
WATERMELON,CHUNKS	1/2 CUP	150	23	0	1	0.46	5.74	0.11	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	250	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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			568	57	1400	24.63	73.11	20.00	10.20
% of Calories						17.3%	51.5%	31.7%	16.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 11/05/2026									
Intermediate	Total	400							
Bacon, Egg,& Cheese Croissant	1 EACH	375	495	328	930	11.0	31.0	32.5	12.00
Fries, McCain 5/16"	4 oz	325	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	275	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	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			842	315	1112	23.05	94.08	37.80	11.96
% of Calories						10.9%	44.7%	40.4%	12.8%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Intermediate

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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									
Intermediate	Total	400							
Pizza, 5" Round	1 EACH	375	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
SALAD,TOSSED: no dressing	1 CUP	200	40	0	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	6	100	0.2	0.7	7.0	1.10
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			625	43	938	30.12	82.30	20.41	7.55
% of Calories						19.3%	52.7%	29.4%	10.9%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Mon - 11/09/2026									
Intermediate	Total	400							
MACARONI AND CHEESE	2/3 CUP	390	321	33	961	22.95	30.52	12.2	6.89
CARROTS:frozen, boiled	1/2 CUP	300	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
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			565	40	1248	33.20	78.20	13.62	7.35
% of Calories						23.5%	55.4%	21.7%	11.7%
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)
Tue - 11/10/2026									
Intermediate	Total	400							
Taco in a Bag	1 Each	385	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.5 cup	200	126	0	151	7.03	23.63	0.57	0.09
SPANISH RICE	1/3 CUP	250	73	0	124	2.06	14.55	0.77	0.13
CARROTS,BABY,RAW	1/2 cup	100	40	0	88	0.73	9.34	0.15	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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			643	51	1267	34.75	86.16	18.75	6.96
% of Calories						21.6%	53.6%	26.3%	9.7%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Wed - 11/11/2026									
Intermediate	Total	400							
CHICKEN NUGGETS, Tyson 5 each	portion	385	230	55	590	17.0	12.0	13.0	2.50
Pretzel, Soft Rod	1 EACH	275	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	250	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	250	26	0	10	2.85	4.92	0.11	0.02
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	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	15	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			471	62	959	28.53	58.72	14.04	2.98
% of Calories						24.2%	49.9%	26.8%	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									
Intermediate	Total	400							
Dutch Waffle	1 each	385	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	250	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
Potato, Tator Tots	SERVING	300	130	0	310	2.0	17.0	6.0	1.00
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			760	50	960	19.19	99.86	32.74	8.73
% of Calories						10.1%	52.6%	38.8%	10.3%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Fri - 11/13/2026									
Intermediate	Total	400							
Max Sticks - Elem	serving	375	348	11	1068	16.79	36.21	14.91	5.12
SALAD,TOSSED: no dressing	1 CUP	200	40	0	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	6	100	0.2	0.7	7.0	1.10
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			569	22	1276	26.47	72.19	19.62	6.10
% of Calories						18.6%	50.7%	31.0%	9.6%
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									
Intermediate	Total	400							
Chicken Patty Sandwich	1 EACH	390	350	55	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	150	182	0	364	6.57	43.22	0.55	0.10
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			614	61	1157	35.37	87.25	15.42	3.00
% of Calories						23.1%	56.9%	22.6%	4.4%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Tue - 11/17/2026									
Intermediate	Total	400							
Cheesesteak	1 EACH	390	399	63	976	25.06	35.28	17.85	8.81
BROCCOLI: frozen, boiled	1/2 cup	300	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
Ice Cream Cup	1 EACH	250	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			706	88	1224	37.34	88.82	22.94	11.94
% of Calories						21.2%	50.3%	29.2%	15.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Wed - 11/18/2026									
Intermediate	Total	400							
MiniCinnis	1 EACH	385	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	300	190	30	270	6.0	0.0	19.0	6.00
Fries, Sweet Potato 7/16"	1/2 CUP	300	200	0	227	1.33	29.35	8.0	1.33
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			723	30	850	19.65	98.11	28.47	8.01
% of Calories						10.9%	54.3%	35.4%	10.0%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Thu - 11/19/2026									
Intermediate	Total	375							
Turkey, Sliced with Gravy	SERVING	360	147	52	713	18.88	3.15	6.29	2.10
Potatoes, Mashed	1 each	300	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	.5 OZ	120	6	0	89	0.09	1.18	0.09	0.03
CORN: frozen, yellow	1/2 CUP	330	67	0	1	2.1	15.92	0.55	0.08
CELERY STICKS	1/2 CUP	10	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	300	72	0	1	0.36	19.06	0.23	0.04
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	50	55	0	2	0.31	13.99	0.05	0.00
Milk, Variety, Pocono Mtn.	Half Pint	375	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	15	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			510	61	1252	31.96	74.82	10.14	3.53
% of Calories						25.1%	58.7%	17.9%	6.2%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

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Planned Menu Spreadsheet

Portion Values - Detailed

Nov 2, 2026 thru Nov 20, 2026

Intermediate

004 - J. P. Liberati Intermediate 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)
Fri - 11/20/2026									
Intermediate	Total	400							
Pizza, Big Daddy Rolled Edge E	SLICE	375	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	150	66	13	177	2.53	0.0	6.58	2.53
SALAD,TOSSED: no dressing	1 CUP	200	40	0	28	2.56	7.18	0.87	0.12
Ranch, Dressing PC 12 G	1 EACH	200	67	6	100	0.2	0.7	7.0	1.10
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			586	35	829	29.50	74.80	19.36	6.93
% of Calories						20.1%	51.0%	29.7%	10.6%
Nutrient Guideline			550-650		1230			<=30.0	<10.00

Weighted Average			640	66	1090	29.52	85.68	20.13	6.80
						18.4%	53.5%	28.3%	9.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		550 - 650	100%				
Cholesterol (mg)	66							
Sodium 1 (mg)	1090		1230					
Sodium 1a (mg)	1090		1110					
Protein (g)	29.52	18.45%						
Carbohydrate (g)	85.68	53.54%						
Total Fat (g)	20.13	28.30%	<=30.00%					
Saturated Fat (g)	6.80	9.56%	<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.