

Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 08/30/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	60	340	698	3	22.82	34.88
HAMBURGER /BUN CHEESE	1 each	60	341	750	2	20.58	31.01
boat chix tender HS	Portion	60	322	836	*2	20.74	41.48
VEGGIE BURGER on a Roll	1 EACH	30	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	60	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	30	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			563	1408	*24	31.89	78.11
% of Calories					*17.4%	22.7%	55.5%
Nutrient Guideline			740-842	1395			

Thu - 08/31/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	1	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 each	1	197	313	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST PIZZA	slice	3	237	388	*1	13.59	25.53
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	60	340	698	3	22.82	34.88
HOT DOG BEEF ON A WG BUN	1 EACH	60	315	801	*1	10.17	22.46
Chicken Patty Spicy Brd Sand	1 EACH	60	360	765	*2	22.15	41.49
VEGGIE BURGER on a Roll	1 EACH	30	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	60	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	30	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7

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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Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			565	1399	*24	30.16	76.34
% of Calories					*17.2%	21.4%	54.1%
Nutrient Guideline			740-842	1395			

Fri - 09/01/2017							
PORTLAND & DEERING HI	Total	0					
NO SCHOOL	SERVING	0	0	0	0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline			740-842	1395			

Mon - 09/04/2017							
PORTLAND & DEERING HI	Total	0					
LABOR DAY - NO SCHOOL	1	0	0	0	0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline			740-842	1395			

Tue - 09/05/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	*N/A*	7.15	27.7
BREAKFAST PIZZA	slice	1	237	388	*1	13.59	25.53
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	60	340	698	3	22.82	34.88
MOZZARELLA STICK 5	5 EACH	60	406	801	*1	19.0	38.01
HAMBURGER /BUN CHEESE	1 each	30	341	750	2	20.58	31.01
sand buffalo chicken wrap	1 each	60	550	1212	*0	21.47	44.84
VEGGIE BURGER on a Roll	1 EACH	15	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	60	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	15	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			609	1484	*24	31.58	76.16
% of Calories					*15.8%	20.7%	50.0%
Nutrient Guideline			740-842	1395			

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LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/06/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	75	340	698	3	22.82	34.88
boat chix tender HS	Portion	100	322	836	*2	20.74	41.48
HAMBURGER /BUN CHEESE	1 each	25	341	750	2	20.58	31.01
Chicken Burrito	1 Burrito	50	*268	*609	*0	*14.14	*39.99
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	100	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			*665	*1765	*25	*38.19	*92.51
% of Calories					*15.1%	*23.0%	*55.6%
Nutrient Guideline			740-842	1395			

Thu - 09/07/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	1	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 each	1	197	313	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST PIZZA	slice	3	237	388	*1	13.59	25.53
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
CHICKEN PARM SANDWICH	1 EACH	50	*457	*935	*3	*25.22	*47.03
Grilled Chicken Sandwich	1 Each	50	263	586	2	27.89	29.49
Nachos Cheese w/Chili	1 EACH	50	*378	*1093	*6	*23.07	*25.22
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*574	*1416	*25 *17.6%	*33.99 *23.7%	*75.52 *52.6%
Nutrient Guideline			740-842	1395			

Fri - 09/08/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix tender HS	Portion	75	322	836	*2	20.74	41.48
FISHBURGER w/CHEESE 2M 2G	1 EACH	25	418	876	*2	19.39	45.99
Caprese Turkey Ciabatta	2MMA2G	50	*289	*892	*2	*21.91	*34.05
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*556	*1416	*24 *17.5%	*31.81 *22.9%	*78.47 *56.4%
Nutrient Guideline			740-842	1395			

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/11/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix nugget HS	Portion	75	332	504	*2	22.82	38.49
Meatball Sub Sand WG Beef	4 MEATBALLS	25	372	1134	*0	16.27	41.53
Nachos Cheese w/Chili	1 EACH	50	*378	*1093	*6	*23.07	*25.22
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			*569	*1389	*25	*32.24	*75.96
% of Calories					*17.4%	*22.7%	*53.4%
Nutrient Guideline			740-842	1395			

Tue - 09/12/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	*N/A*	7.15	27.7
BREAKFAST PIZZA	slice	1	237	388	*1	13.59	25.53
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
chicken drumsticks & Mashed HS	1 ea 3-4oz drum	25	309	648	*0	25.91	19.12
ROLL DINNER WG 1OZ HS 2-EA	2 EACH	25	446	904	*2	6.0	28.0
HOT DOG BEEF ON A WG BUN	1 EACH	50	315	801	*1	10.17	22.46
Chicken Patty Spicy Brd Sand	1 EACH	50	360	765	*2	22.15	41.49
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	75	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			596	1508	*24 *16.4%	31.34 21.0%	76.75 51.5%
Nutrient Guideline			740-842	1395			

Wed - 09/13/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
PIZZA, PAZZO 16 CUT	1 EACH	50	*381	*749	*3	*17.8	*34.98
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
QUESADILLA CHICKEN CHEESEtasty	1 EACH	50	310	670	*N/A*	18.0	28.0
HAMBURGER /BUN CHEESE	1 each	50	341	750	2	20.58	31.01
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*561	*1371	*24 *17.1%	*30.45 *21.7%	*75.46 *53.8%
Nutrient Guideline			740-842	1395			

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/14/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	1	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 each	1	197	313	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST PIZZA	slice	3	237	388	*1	13.59	25.53
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
CHICKEN PARM SANDWICH	1 EACH	50	*457	*935	*3	*25.22	*47.03
Chicken General Tso w/Rice AS	5oz chx/1C rice	50	321	387	*10	24.89	20.64
Grilled Chicken Sandwich	1 Each	50	263	586	2	27.89	29.49
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			*565	*1302	*26	*34.28	*74.78
% of Calories					*18.3%	*24.3%	*53.0%
Nutrient Guideline			740-842	1395			

Fri - 09/15/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
sand buffalo chicken wrap	1 each	50	550	1212	*0	21.47	44.84
CHICKEN BURGER 2M 3G	1 EACH	50	393	746	*2	20.89	41.49
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			602	1450	*24	31.87	79.85
% of Calories					*15.9%	21.2%	53.1%
Nutrient Guideline			740-842	1395			

Mon - 09/18/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
Meatball Sub Sand WG Beef	4 MEATBALLS	50	372	1134	*0	16.27	41.53
BBQ CHICKEN SANDWICH WG	3oz meat	50	315	634	*2	26.63	39.62
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			560	1419	*24	31.95	79.01
% of Calories					*17.1%	22.8%	56.4%
Nutrient Guideline			740-842	1395			

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/19/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	*N/A*	7.15	27.7
BREAKFAST PIZZA	slice	1	237	388	*1	13.59	25.53
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
MOZZARELLA STICK 5	5 EACH	50	406	801	*1	19.0	38.01
sand buffalo chicken wrap	1 each	50	550	1212	*0	21.47	44.84
HAMBURGER /BUN CHEESE	1 each	50	341	750	2	20.58	31.01
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			602	1435	*24	31.39	76.93
% of Calories					*15.9%	20.8%	51.1%
Nutrient Guideline			740-842	1395			

Wed - 09/20/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
PIZZA, PAZZO 16 CUT	1 EACH	50	*381	*749	*3	*17.8	*34.98
boat chix nugget HS	Portion	50	332	504	*2	22.82	38.49
HAMBURGER /BUN CHEESE	1 each	50	341	750	2	20.58	31.01
Chicken Burrito	1 Burrito	50	*268	*609	*0	*14.14	*39.99
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

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Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			*556	*1308	*24	*30.16	*76.91
% of Calories					*17.2%	*21.7%	*55.3%
Nutrient Guideline			740-842	1395			

Thu - 09/21/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	1	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 each	1	197	313	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST PIZZA	slice	3	237	388	*1	13.59	25.53
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
CHICKEN PARM SANDWICH	1 EACH	50	*457	*935	*3	*25.22	*47.03
Grilled Chicken Sandwich	1 Each	50	263	586	2	27.89	29.49
Nachos Cheese w/Chili	1 EACH	50	*378	*1093	*6	*23.07	*25.22
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			*574	*1416	*25	*33.99	*75.52
% of Calories					*17.6%	*23.7%	*52.6%
Nutrient Guideline			740-842	1395			

Fri - 09/22/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53

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Portland Public Schools

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BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
FISHBURGER w/CHEESE 2M 2G	1 EACH	25	418	876	*2	19.39	45.99
Caprese Turkey Ciabatta	2MMA2G	75	*289	*892	*2	*21.91	*34.05
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*553	*1420	*24 *17.7%	*31.90 *23.1%	*77.87 *56.3%
Nutrient Guideline			740-842	1395			

Mon - 09/25/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix nugget HS	Portion	50	332	504	*2	22.82	38.49
Meatball Sub Sand WG Beef	4 MEATBALLS	50	372	1134	*0	16.27	41.53
Nachos Cheese w/Chili	1 EACH	50	*378	*1093	*6	*23.07	*25.22
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*572	*1439	*25 *17.2%	*31.72 *22.2%	*76.21 *53.3%
Nutrient Guideline			740-842	1395			

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/26/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	*N/A*	7.15	27.7
BREAKFAST PIZZA	slice	1	237	388	*1	13.59	25.53
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
chicken drumsticks & Mashed HS	1 ea 3-4oz drum	50	309	648	*0	25.91	19.12
ROLL DINNER WG 1OZ HS 2-EA	2 EACH	50	446	904	*2	6.0	28.0
HOT DOG BEEF ON A WG BUN	1 EACH	50	315	801	*1	10.17	22.46
Chicken Patty Spicy Brd Sand	1 EACH	50	360	765	*2	22.15	41.49
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			624	1492	*24	31.90	76.48
% of Calories					*15.5%	20.5%	49.0%
Nutrient Guideline			740-842	1395			

Wed - 09/27/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	300					
PIZZA, PAZZO 16 CUT	1 EACH	50	*381	*749	*3	*17.8	*34.98
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
QUESADILLA CHICKEN CHEESE	1 EACH	50	310	670	*N/A*	18.0	28.0
HAMBURGER /BUN CHEESE	1 each	50	341	750	2	20.58	31.01
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*561	*1371	*24 *17.1%	*30.45 *21.7%	*75.46 *53.8%
Nutrient Guideline			740-842	1395			

Thu - 09/28/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	1	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 each	1	197	313	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST PIZZA	slice	3	237	388	*1	13.59	25.53
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI	Total	300					
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
CHICKEN PARM SANDWICH	1 EACH	50	*457	*935	*3	*25.22	*47.03
Chicken General Tso w/Rice AS	5oz chx/1C rice	50	321	387	*10	24.89	20.64
Grilled Chicken Sandwich	1 Each	50	263	586	2	27.89	29.49
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			*565	*1302	*26 *18.3%	*34.28 *24.3%	*74.78 *53.0%
Nutrient Guideline			740-842	1395			

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

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Combined: HIGH SCHOOL
BREAKFAST/PORTLAND & DEERING HIGH
LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/29/2017							
HIGH SCHOOL BREAKFAS	Total	10					
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	96	138	*6	1.25	20.1
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	75	*N/A*	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	242	292	*1	7.71	30.21
Muffin Trans Fat Free	4 oz	2	340	601	*N/A*	4.0	62.0
Bread Banana Slice	1 each	1	280	220	*N/A*	5.0	44.0
APPLE FRUDEL PILLSBURY	1 EACH	5	210	270	*N/A*	4.99	35.96
BREAKFAST SANDWICH ASST	1 EACH	3	280	752	*2	13.79	26.89
Milk Variety High School	1 each	10	124	162	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	*N/A*	1.0	14.0
FRUIT_BREAKFAST	1 EACH	1	66	1	10	1.07	16.53
PORTLAND & DEERING HI							
Pizza 16" PortP Cheese 8c 2M2G	1 EACH	50	340	698	3	22.82	34.88
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
sand buffalo chicken wrap	1 each	50	550	1212	*0	21.47	44.84
CHICKEN BURGER 2M 3G	1 EACH	50	393	746	*2	20.89	41.49
VEGGIE BURGER on a Roll	1 EACH	25	337	1151	*2	26.25	39.91
DELI BAR HS	EACH 2G2M	50	407	1745	*4	24.98	50.38
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	25	472	285	*N/A*	14.97	90.2
SALAD BAR HS/MS	Serving	300	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	300	122	171	19	8.0	20.7
Weighted Daily Average			602	1450	*24	31.87	79.85
% of Calories					*15.9%	21.2%	53.1%
Nutrient Guideline			740-842	1395			

Weighted Average			*581	*1427	*25 *38.0%	*32.26 *22.2%	*77.57 *53.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	581		740 - 842	78%	Missing	160		Correction Required - Calories are Low Correction Required - Sodium too High
Sodium (mg)	1427		1395		Missing		32	
Sugars (g)	25	16.88%			Missing			
Protein (g)	32.26	22.22%			Missing			
Carbohydrate (g)	77.57	53.42%			Missing			

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