

Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: ELEMENTARY
BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Hall School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 08/30/2017							
ELEMENTARY BREAKFAS	Total	300					
CEREAL, CHEERIOS	each 1oz	300	111	111	10	2.03	22.27
BANANAS,RAW Petite 150 ct	1 EACH	300	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
ITALIAN, TURKEY	Total	150					
SAND ITALIAN CHEESE 2M2B	1 SANDWICH	130	276	1229	*2	14.96	34.29
FRUIT & VEG BAR!	SERVING	20	326	1284	*2	16.02	34.57
PEPPERS, DICED fresh	-----	0	0	0	0	0.0	0.0
PICKLES,DILL DICED	1/4 CUP	50	7	0	*N/A*	0.41	1.63
TOMATO SLICES ROMA 1/2c	1/8 Cup	200	3	195	0	0.12	0.58
PEACHES: canned	4 OZ	50	12	3	*N/A*	0.57	2.54
MILK - VARIETY maine	1/2 CUP	150	55	5	13	0.79	14.49
BAG LUNCH	8 OZ	150	122	171	19	8.0	20.7
	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			407	726	*26	15.97	73.77
% of Calories					*25.7%	15.7%	72.5%
Nutrient Guideline			434-563	830			

Thu - 08/31/2017							
ELEMENTARY BREAKFAS	Total	300					
Yogurt (upstate) Strawberry Ba	each 4 oz	300	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IV	1 each	300	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	300	95	2	16	0.6	25.28
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
HOT DOG BEEF 8:1	Total	175					
TURKEY AND CHEESE SAND.	1 EACH	150	305	559	*1	10.17	20.46
FRUIT & VEG BAR!	1 each	25	338	822	*1	27.34	33.04
BEANS, BAKED, VEGETARIAN, CAN	-----	0	0	0	0	0.0	0.0
CARROTS,BABY,RAW 1/2C	1/2 cup	150	140	440	15	6.06	32.22
WATERMELON,RAW, LOCAL	1/2 CUP	54	22	49	3	0.4	5.19
MILK - VARIETY maine	1/2 CUP	175	46	0	*N/A*	0.99	11.94
MANAGERS CHOICE dnp	8 OZ	175	122	171	19	8.0	20.7
BAG LUNCH	1	0	0	0	0	0.0	0.0
	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			483	555	*34	19.14	80.43
% of Calories					*28.3%	15.8%	66.6%
Nutrient Guideline			434-563	830			

Fri - 09/01/2017							
ELEMENTARY BREAKFAS	Total	0					
NO SCHOOL	SERVING	0	0	0	0	0.0	0.0
ELEMENTARY LUNCH	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			434-563	830			

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004 - Hall School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/04/2017							
ELEMENTARY BREAKFAS	Total	0					
LABOR DAY - NO SCHOOL	1	0	0	0	0	0.0	0.0
ELEMENTARY LUNCH	Total	0					
LABOR DAY - NO SCHOOL	1	0	0	0	0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			434-563	830			

Tue - 09/05/2017							
ELEMENTARY BREAKFAS	Total	300					
Apple Berry VERTICAL Bar	1 each	300	260	105	11	4.0	40.0
Fruit Cup - Diced Peaches	1 Cup	300	60	5	13	0.0	15.0
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	190					
CHICKEN BURGER 2M 3G	1 Each	175	393	746	*2	20.89	41.49
Sunbutter & Jelly Sand 2M2B	1 Each	15	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CARROTS,BABY,RAW 1/2C	1/2 CUP	108	22	49	3	0.4	5.19
APPLESAUCE: canned	1/2 CUP	150	55	3	*N/A*	0.22	14.52
MILK - VARIETY maine	8 OZ	175	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average % of Calories			521	509	*30 *23.2%	18.74 14.4%	79.84 61.3%
Nutrient Guideline			434-563	830			

Wed - 09/06/2017							
ELEMENTARY BREAKFAS	Total	300					
CEREAL, CINN TOAST CRUNCH	each 1oz	300	111	162	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	300	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	245					
PIZZA, PAZZO 20 CUT	1 EACH	225	350	690	*2	16.77	28.48
PIZZA DIPPING SAUCE	1/4 CUP	175	22	234	*N/A*	0.9	3.6
Sunbutter & Jelly Sand 2M2B	1 Each	20	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	83	153	481	*1	3.83	9.93
PEACHES,FRESH	1 EACH	175	51	0	11	1.18	12.4
MILK - VARIETY maine	8 OZ	230	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average % of Calories			473	692	*23 *19.1%	18.20 15.4%	70.89 59.9%
Nutrient Guideline			434-563	830			

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BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Hall School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/07/2017							
ELEMENTARY BREAKFAS	Total	300					
Yogurt (upstate) Raspberry 4oz	1 EACH	300	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	300	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	300	95	2	16	0.6	25.28
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
TACO, 100% Beef, Local	1/3 Cup	160	*134	*242	*1	*14.27	*3.06
BEANS, CANNED, PINTO	1/2 CUP	160	70	334	*N/A*	4.86	12.26
Taco Boat	1 each	160	110	0	0	2.0	12.98
Cornbread Loaf Muffintown	1 EACH	170	200	210	*N/A*	3.0	28.0
Sunbutter & Jelly Sand 2M2B	1 Each	50	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
Lettuce Shredded 1/2 Cup	.5 cup serving	105	6	0	*N/A*	0.38	1.14
TOMATO DICED	1/4 CUP	75	10	3	1	0.47	2.08
SALSA -PPS	1/4 cup	175	22	197	*2	0.78	5.06
PINEAPPLE CHUNKS: canned	1/2 CUP	200	63	1	15	0.43	16.17
MILK - VARIETY maine	8 OZ	200	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			*537	*543	*34	*21.27	*85.35
% of Calories					*25.1%	*15.8%	*63.5%
Nutrient Guideline			434-563	830			

Fri - 09/08/2017							
ELEMENTARY BREAKFAS	Total	300					
Cereal Bar - Apple Cinnamon	Bar	300	150	100	8	2.0	30.0
string cheese	1 EACH	300	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	300	75	1	0	0.38	20.05
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
Chicken Nuggets	5 EACH	190	241	394	*N/A*	22.87	13.98
Potato Wedges	1/2 Cup	190	94	21	0	1.05	15.74
ROLL DINNER WG 1 OZ	1 EACH	120	313	647	*1	3.0	14.0
Sunbutter & Jelly Sand 2M2B	1 Each	20	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BELL PEPPER, CUT STRIPS 1/4c	1/4 CUP	125	6	0	*N/A*	0.34	1.36
CANTALOUPE	1/2 CUP	225	28	13	6	0.68	6.64
MILK - VARIETY maine	8 OZ	200	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			517	659	*22	24.79	66.17
% of Calories					*17.2%	19.2%	51.2%
Nutrient Guideline			434-563	830			

Mon - 09/11/2017							
ELEMENTARY BREAKFAS	Total	300					
BAGEL & CRM CHEESE	1 each	300	242	292	*1	7.71	30.21
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Fruit Cup - Diced Pears Delmon	1 Cup	300	60	5	13	0.0	15.0
Milk Breakfast	1 each	300	108	125	12	8.0	13.0

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BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Hall School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ELEMENTARY LUNCH	Total	210					
FISHBURGER w/CHEESE 2M 2G	1 EACH	165	418	876	*2	19.39	45.99
bento EGG CHZ PRETZEL	1 EACH	40	341	636	*0	17.06	32.08
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
COLE SLAW 1 Cup	1 CUP	75	140	243	*8	2.63	19.11
FRUIT COCKTAIL: canned 1/2C	1/2 cup	200	71	8	17	0.5	18.69
MILK - VARIETY maine	8 OZ	200	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
TURKEY AND CHEESE SAND.	1 each	0	0	0	*0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			532	696	*32	20.87	77.84
% of Calories					*23.7%	15.7%	58.5%
Nutrient Guideline			434-563	830			

Tue - 09/12/2017							
ELEMENTARY BREAKFAS	Total	300					
Cinnamon Crisp VERTICAL Bar	1 each	300	240	80	14	3.0	39.0
ORANGE fresh 138ct SMILES	1 EACH	300	63	0	12	1.25	15.64
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	225					
BBQ CHICKEN SANDWICH WG	3oz meat	180	315	634	*2	26.63	39.62
BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	180	140	440	15	6.06	32.22
bento EGG CHZ PRETZEL	1 EACH	45	341	636	*0	17.06	32.08
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CORN: frozen, yellow 1/2 Cup	1/2 Cup	60	92	1	3	2.89	21.89
STRAWBERRIES, FRESH	1/2 CUP	225	28	1	4	0.58	6.64
MILK - VARIETY maine	8 OZ	215	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average			492	610	*38	23.53	79.85
% of Calories					*30.8%	19.1%	64.9%
Nutrient Guideline			434-563	830			

Wed - 09/13/2017							
ELEMENTARY BREAKFAS	Total	300					
CEREAL, GOLDEN GRAHAMS	each 1oz	300	111	223	9	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	300	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	210					
Pasta, Marinara, Beef, Elem	2/3 CUP	170	*215	*222	*2	*15.18	*24.69
bento EGG CHZ PRETZEL	1 EACH	40	341	636	*0	17.06	32.08
ROLL DINNER WG 1 OZ	1 EACH	120	313	647	*1	3.0	14.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
Curry Roasted Chick Peas	1/2 Cup	75	111	442	*0	6.17	17.01
CUCUMBER SLICES	1/2 Cup	125	10	1	*N/A*	0.37	2.13
MANDARIN ORANGE SEGMENTS	1/2 CUP	210	63	9	*N/A*	0.89	15.2
MILK - VARIETY maine	8 OZ	210	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0

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004 - Hall School

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Weighted Daily Average % of Calories			*488	*630	*21 *17.3%	*18.09 *14.8%	*77.04 *63.2%
Nutrient Guideline			434-563	830			

Thu - 09/14/2017							
ELEMENTARY BREAKFAS	Total	300					
Blueberry Yogurt (Upstate)	4 oz cup	300	90	50	15	3.01	19.07
GRANOLA, CINNAMON IW	1 each	300	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	300	95	2	16	0.6	25.28
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	215					
Chicken Tangerine w/Rice AS	4oz chx/1C rice	190	321	387	*11	24.89	21.64
bento EGG CHZ PRETZEL	1 EACH	25	341	636	*0	17.06	32.08
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CARROTS,BABY,RAW 1/2C	1/2 CUP	108	22	49	3	0.4	5.19
KIWI	1 each	150	46	2	7	0.87	11.14
MILK - VARIETY maine	8 OZ	205	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average % of Calories			442	355	*43 *38.8%	22.04 19.9%	67.75 61.3%
Nutrient Guideline			434-563	830			

Fri - 09/15/2017							
ELEMENTARY BREAKFAS	Total	300					
Cereal Bar - Trix	Bar	300	150	100	9	2.0	30.0
string cheese	1 EACH	300	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	300	75	1	0	0.38	20.05
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	220					
FRENCH TOAST STICKS	6 each	200	126	73	*N/A*	5.28	20.05
SYRUP	1 oz	200	74	0	*N/A*	0.0	18.43
bento EGG CHZ PRETZEL	1 EACH	20	341	636	*0	17.06	32.08
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BROCCOLI FLORETS, RAW 3/4C	3/4 cup	87	16	15	*N/A*	1.32	3.12
BLUEBERRIES, frozen	1/2 CUP	240	33	0	*N/A*	0.53	7.96
MILK - VARIETY maine	8 OZ	210	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average % of Calories			385	377	*20 *20.6%	17.04 17.7%	65.54 68.2%
Nutrient Guideline			434-563	830			

Mon - 09/18/2017							
ELEMENTARY BREAKFAS	Total	300					
BAGEL & CRM CHEESE	1 each	300	242	292	*1	7.71	30.21
Fruit Cup - Mixed Fruit Delmon	1 cup	300	60	5	13	0.0	15.0
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0

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ELEMENTARY LUNCH	Total	230					
HAMBURGER /BUN CHEESE	1 each	215	341	750	2	20.58	31.01
VEGGIE BURGER on a Roll	1 EACH	15	337	1151	*2	26.25	39.91
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	54	9	2	*N/A*	0.44	1.95
LETTUCE shredded 1/4 C	1/4 CUP	140	3	0	*N/A*	0.19	0.57
PICKLES,CUCUMBER,DILL slices	slices	275	1	49	0	0.03	0.14
PEACHES: canned	1/2 CUP	225	55	5	13	0.79	14.49
MILK - VARIETY maine	8 OZ	220	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average			487	682	*29	22.03	69.47
% of Calories					*24.0%	18.1%	57.0%
Nutrient Guideline			434-563	830			

Tue - 09/19/2017							
ELEMENTARY BREAKFAS	Total	300					
Strawberry Vertical Bar	bar	300	250	75	14	4.0	41.0
ORANGE fresh 138ct SMILES	1 EACH	300	63	0	12	1.25	15.64
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	230					
Chicken Tender for Waffles	2 Tenders	200	350	300	0	18.0	18.0
WAFFLE STICKS	3/1.1oz ea	200	173	260	6	3.94	29.92
SYRUP	1 oz	200	74	0	*N/A*	0.0	18.43
VEGGIE BURGER on a Roll	1 EACH	30	337	1151	*2	26.25	39.91
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BEANS,SNAP,GREEN,RAW	3 BEANS	75	13	2	1	0.75	2.85
APPLES,FRESH maine	1 EACH	230	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	220	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average			582	461	*32	20.69	88.24
% of Calories					*22.2%	14.2%	60.6%
Nutrient Guideline			434-563	830			

Wed - 09/20/2017							
ELEMENTARY BREAKFAS	Total	300					
CEREAL, CHEERIOS	each 1oz	300	111	111	10	2.03	22.27
BANANAS,RAW Petite 150 ct	1 EACH	300	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	220					
ITALIAN, TURKEY	1 SANDWICH	190	276	1229	*2	14.96	34.29
SAND ITALIAN CHEESE 2M2B	SERVING	30	326	1284	*2	16.02	34.57
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
PEPPERS, DICED fresh	1/4 CUP	225	7	0	*N/A*	0.41	1.63
PICKLES,DILL DICED	1/8 Cup	325	3	195	0	0.12	0.58
TOMATO SLICES ROMA 1/2c	4 OZ	75	12	3	*N/A*	0.57	2.54
PEARS, canned DICED	1/2 CUP	220	63	5	12	0.43	16.2
MILK - VARIETY maine	8 OZ	210	122	171	19	8.0	20.7
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: ELEMENTARY
BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Hall School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			419	862	*27 *25.4%	16.92 16.2%	74.33 71.0%
Nutrient Guideline			434-563	830			

Thu - 09/21/2017							
ELEMENTARY BREAKFAS	Total	300					
Yogurt (upstate) Strawberry Ba	each 4 oz	300	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	300	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	300	95	2	16	0.6	25.28
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	235					
Popcorn Chicken, FC	serving	200	220	550	0	20.0	26.0
MASHED POTATO	4 OZ	200	60	150	*N/A*	1.0	16.0
CORN: frozen, yellow 1/4 Cup	1/4 Cup	200	46	1	2	1.45	10.94
GRAVY BROWN	2 TBSP	200	24	23	*0	0.82	1.84
VEGGIE BURGER on a Roll	1 EACH	35	337	1151	*2	26.25	39.91
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALAD SPINACH with STRAW 1-CUP	1 CUP	90	16	30	1	1.24	3.2
GRAPES,Fresh	1/2 Cup	235	78	2	19	0.73	20.0
MILK - VARIETY maine	8 OZ	235	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average % of Calories			475	540	*37 *31.1%	22.65 19.1%	85.41 72.0%
Nutrient Guideline			434-563	830			

Fri - 09/22/2017							
ELEMENTARY BREAKFAS	Total	300					
Cereal Bar - Cinn Toast Crunch	bar	300	150	115	9	2.0	30.0
string cheese	1 EACH	300	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	300	75	1	0	0.38	20.05
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	235					
Beef Burrito	1 Burrito	200	*396	*844	*1	*21.01	*40.03
VEGGIE BURGER on a Roll	1 EACH	35	337	1151	*2	26.25	39.91
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALSA -PPS	1/4 cup	150	22	197	*2	0.78	5.06
Bean Salad, White	1/2 CUP	50	207	159	*1	9.68	28.55
MANGOS,RAW	1/2 of fruit	235	101	2	23	1.38	25.17
MILK - VARIETY maine	8 OZ	325	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average % of Calories			*535	*820	*35 *26.0%	*26.52 *19.8%	*81.21 *60.7%
Nutrient Guideline			434-563	830			

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: ELEMENTARY
BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Hall School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/25/2017							
ELEMENTARY BREAKFAS	Total	300					
BAGEL & CRM CHEESE	1 each	300	242	292	*1	7.71	30.21
Fruit Cup - Diced Peaches	1 Cup	300	60	5	13	0.0	15.0
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
CHICKEN BURGER 2M 3G	1 Each	190	393	746	*2	20.89	41.49
Sunbutter & Jelly Sand 2M2B	1 Each	40	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CARROT-RAISIN SALAD 1/2 C	1/2 CUP	100	122	276	*19	1.47	31.99
APPLESAUCE: canned	1/2 CUP	150	55	3	*N/A*	0.22	14.52
MILK - VARIETY maine	8 OZ	220	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average			542	680	*27	21.84	79.49
% of Calories					*19.9%	16.1%	58.6%
Nutrient Guideline			434-563	830			

Tue - 09/26/2017							
ELEMENTARY BREAKFAS	Total	300					
Apple Berry VERTICAL Bar	1 each	300	260	105	11	4.0	40.0
ORANGE fresh 138ct SMILES	1 EACH	300	63	0	12	1.25	15.64
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
pizza CHEESE AMATO CRUST K-5	1 EACH	225	237	525	*2	10.66	28.49
Sunbutter & Jelly Sand 2M2B	1 Each	20	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	83	153	481	*1	3.83	9.93
PEACHES,FRESH	1 EACH	245	51	0	11	1.18	12.4
MILK - VARIETY maine	8 OZ	235	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
Weighted Daily Average			457	510	*34	16.99	68.13
% of Calories					*29.5%	14.9%	59.6%
Nutrient Guideline			434-563	830			

Wed - 09/27/2017							
ELEMENTARY BREAKFAS	Total	300					
CEREAL, TRIX	each 1oz	300	111	142	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	300	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	300	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	300	108	125	12	8.0	13.0

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: ELEMENTARY
BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Hall School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ELEMENTARY LUNCH	Total	225					
Chicken Burrito	1 Burrito	185	*268	*609	*0	*14.14	*39.99
Sunbutter & Jelly Sand 2M2B	1 Each	40	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALSA blackbean-PPS 1/3C 1MMA	1/3 Cup	50	74	272	*0	5.01	13.84
LETTUCE shredded 1/4 C	1/4 CUP	105	3	0	*N/A*	0.19	0.57
TOMATO DICED	1/4 CUP	75	10	3	1	0.47	2.08
KIWI	1 each	175	46	2	7	0.87	11.14
MILK - VARIETY maine	8 OZ	215	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			*432	*515	*21	*16.80	*77.25
% of Calories					*19.6%	*15.5%	*71.5%
Nutrient Guideline			434-563	830			

Thu - 09/28/2017							
ELEMENTARY BREAKFAS	Total	300					
Yogurt (upstate) Raspberry 4oz	1 EACH	300	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	300	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	300	95	2	16	0.6	25.28
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	230					
Chicken Nuggets	5 EACH	200	241	394	*N/A*	22.87	13.98
Potato Wedges	1/2 Cup	200	94	21	0	1.05	15.74
ROLL DINNER WG 1 OZ	1 EACH	120	313	647	*1	3.0	14.0
Sunbutter & Jelly Sand 2M2B	1 Each	30	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BELL PEPPER, CUT STRIPS 1/4c	1/4 CUP	150	6	0	*N/A*	0.34	1.36
CANTALOUPE	1/2 CUP	240	28	13	6	0.68	6.64
MILK - VARIETY maine	8 OZ	220	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	0	0	0	*0	0.0	0.0
Weighted Daily Average			532	525	*30	22.83	74.64
% of Calories					*22.8%	17.2%	56.1%
Nutrient Guideline			434-563	830			

Fri - 09/29/2017							
ELEMENTARY BREAKFAS	Total	300					
Cereal Bar - Apple Cinnamon	Bar	300	150	100	8	2.0	30.0
string cheese	1 EACH	300	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	300	75	1	0	0.38	20.05
Milk Breakfast	1 each	300	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	220					
Beef Teriyaki Noodle Bowl	1 serving	190	*452	*809	*22	*21.81	*69.79
Sunbutter & Jelly Sand 2M2B	1 Each	30	640	550	*N/A*	20.0	70.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	151	11	10	*N/A*	0.89	2.1
PINEAPPLE CHUNKS: canned	1/2 CUP	200	63	1	15	0.43	16.17
MILK - VARIETY maine	8 OZ	210	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0

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BREAKFAST/ELEMENTARY 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 % of Calories			*506	*653	*33 *26.2%	*23.44 *18.5%	*81.68 *64.6%
Nutrient Guideline			434-563	830			

Weighted Average			*488	*600	*30 *55.1%	*20.49 *16.8%	*76.40 *62.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	488		434 - 563	100%	Missing			
Sodium (mg)	600		830		Missing			
Sugars (g)	30	24.49%			Missing			
Protein (g)	20.49	16.80%			Missing			
Carbohydrate (g)	76.40	62.63%			Missing			

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