

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

Page 1

Generated on: 8/28/2017 7:21:12 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 08/30/2017							
MIDDLE SCHOOL BREAKF	Total	375					
WAFFLE SMUCKERS IW	2.2 OZ each	375	291	339	*N/A*	6.06	42.41
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
Pizza BigD BOLD 2M2B	Total	250					
boat chix nugget HS	1 slice / 8 cut	50	340	670	*N/A*	18.0	36.0
HAMBURGER /BUN CHEESE	Portion	50	332	504	*2	22.82	38.49
SALAD BAR HS/MS	1 each	50	341	750	2	20.58	31.01
Milk Variety High School	Serving	250	77	308	*3	2.34	12.08
Weighted Daily Average	1 each	250	124	162	20	8.1	21.8
% of Calories			511	696	*32	23.07	78.66
Nutrient Guideline			510-580	870	*25.2%	18.1%	61.6%

Thu - 08/31/2017							
MIDDLE SCHOOL BREAKF	Total	375					
Muffin Blueberry 2G IW SKYB	1 each	375	270	280	21	6.0	45.0
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
pizza 16" amato CHEESE 8c 2M2B	Total	250					
CHICKEN BURGER 2M 3G	8 CUT/PIZZA	50	177	493	*1	14.68	5.63
Nachos w/ Cheese Sauce	1 EACH	50	393	746	*2	20.89	41.49
SALAD BAR HS/MS	1bgChip/4ozChz	50	278	781	*0	10.39	24.03
MILK - VARIETY maine	Serving	250	77	308	*3	2.34	12.08
Weighted Daily Average	8 OZ	250	122	171	19	8.0	20.7
% of Calories			522	680	*50	21.31	86.30
Nutrient Guideline			510-580	870	*38.6%	16.3%	66.1%

Mon - 09/04/2017							
MIDDLE SCHOOL LUNCH	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			510-580	870			

Tue - 09/05/2017							
MIDDLE SCHOOL BREAKF	Total	375					
BAGEL & CRM CHEESE	1 each	375	242	292	*1	7.71	30.21
FRUIT, BREAKFAST	1 EACH	375	66	1	10	1.07	16.53
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0

\*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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
MIDDLE SCHOOL LUNCH	Total	250					
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
Taco, Beef, 100% Maine HS	1/4 Cup Serving	50	*311	*294	*1	*20.53	*19.8
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			*461	*641	*30	*23.89	*64.22
% of Calories					*26.5%	*20.8%	*55.8%
Nutrient Guideline			510-580	870			

Wed - 09/06/2017							
MIDDLE SCHOOL BREAKF	Total	375					
Muffin Corn 2G IW	1 each	375	300	160	*N/A*	5.0	50.03
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	300					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
Chicken Patty Spicy Brd Sand	1 EACH	100	360	765	*2	22.15	41.49
Meatball Sub Sand WG Beef	4 MEATBALLS	100	372	1134	*0	16.27	41.53
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			556	815	*31	24.75	84.46
% of Calories					*22.4%	17.8%	60.7%
Nutrient Guideline			510-580	870			

Thu - 09/07/2017							
MIDDLE SCHOOL BREAKF	Total	375					
Bread Banana Slice	1 each	375	280	220	*N/A*	5.0	44.0
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	50	208	625	*0	14.25	6.02
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
HAMBURGER /BUN CHEESE	1 each	50	341	750	2	20.58	31.01
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			530	659	*38	21.48	86.29
% of Calories					*28.6%	16.2%	65.1%
Nutrient Guideline			510-580	870			

Fri - 09/08/2017							
MIDDLE SCHOOL BREAKF	Total	375					
MANAGERS CHOICE ALT.	1	375	0	0	0	0.0	0.0
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0

\*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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

Portion Values - Detailed

012 - King Middle School

Page 3

Generated on: 8/28/2017 7:21:12 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	50	208	625	*0	14.25	6.02
ITALIAN, TURKEY	1 SANDWICH	50	276	1229	*2	14.96	34.29
POTATO CHIP BAG	1 EACH .5oz	50	58	89	*N/A*	0.89	11.59
Nachos w/ Cheese Sauce	1bgChip/4ozChz	50	278	781	*0	10.39	24.03
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			320	560	*32	17.72	50.41
% of Calories					*39.6%	22.1%	63.0%
Nutrient Guideline			510-580	870			

Mon - 09/11/2017							
MIDDLE SCHOOL BREAKF	Total	375					
BREAKFAST BAR VERTICAL CHOC	1 each	375	240	80	14	3.0	39.0
APPLES,FRESH maine	1 EACH	375	109	0	*N/A*	0.0	28.88
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza BigD BOLD 2M2B	1 slice / 8 cut	50	340	670	*N/A*	18.0	36.0
QUESADILLA CHICKEN CHEESEtasty	1 EACH	50	310	670	*N/A*	18.0	28.0
boat chix tender HS	Portion	50	322	836	*2	20.74	41.48
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			481	564	*32	20.07	77.88
% of Calories					*26.4%	16.7%	64.8%
Nutrient Guideline			510-580	870			

Tue - 09/12/2017							
MIDDLE SCHOOL BREAKF	Total	375					
APPLE FRUDEL PILLSBURY	1 EACH	375	210	270	*N/A*	4.99	35.96
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE,ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
MOZZARELLA STICK 5	5 EACH	150	406	801	*1	19.0	38.01
CHICKEN SALAD SUB	1/2 CUP	50	604	1224	*1	33.94	92.58
HAMBURGER /BUN CHEESE	1 each	50	341	750	2	20.58	31.01
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			592	863	*38	25.95	94.19
% of Calories					*25.7%	17.5%	63.7%
Nutrient Guideline			510-580	870			

\*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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/13/2017							
MIDDLE SCHOOL BREAKF	Total	375					
WAFFLE SMUCKERS IW	2.2 OZ each	375	291	339	*N/A*	6.06	42.41
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
Chicken Tangerine w/Rice AS	5oz chx/1C rice	50	321	387	*11	24.89	21.64
Chicken Patty Spicy Brd Sand	1 EACH	100	360	765	*2	22.15	41.49
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			545	799	*33	25.93	79.11
% of Calories					*24.0%	19.0%	58.0%
Nutrient Guideline			510-580	870			

Thu - 09/14/2017							
MIDDLE SCHOOL BREAKF	Total	375					
Muffin Blueberry 2G IW SKYB	1 each	375	270	280	21	6.0	45.0
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
CHICKEN BURGER 2M 3G	1 EACH	100	393	746	*2	20.89	41.49
CHICKEN PARM SANDWICH	1 EACH	50	*457	*935	*3	*25.22	*47.03
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			*587	*813	*51	*25.28	*91.98
% of Calories					*34.6%	*17.2%	*62.6%
Nutrient Guideline			510-580	870			

Fri - 09/15/2017							
MIDDLE SCHOOL BREAKF	Total	375					
MANAGERS CHOICE ALT.	1	375	0	0	0	0.0	0.0
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
FISHBURGER w/CHEESE 2M 2G	1 EACH	50	418	876	*2	19.39	45.99
sand buffalo chicken wrap	1 each	100	550	1212	*0	21.47	44.84
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			409	706	*32	21.75	56.15
% of Calories					*31.1%	21.3%	54.9%
Nutrient Guideline			510-580	870			

\*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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

Page 5

Generated on: 8/28/2017 7:21:13 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/18/2017							
MIDDLE SCHOOL BREAKF	Total	375					
Breakfast round UBR cinnamon R	1 each	375	270	190	18	5.0	44.0
APPLESAUCE CUP PC	1 EACH	375	55	3	*N/A*	0.22	14.4
FRUIT JUICE,ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
Pizza BigD BOLD 2M2B	1 slice / 8 cut	100	340	670	*N/A*	18.0	36.0
Taco, Beef, 100% Maine HS	1/4 Cup Serving	50	*311	*294	*1	*20.53	*19.8
boat chix nugget HS	Portion	100	332	504	*2	22.82	38.49
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			*554	*677	*34	*25.34	*85.36
% of Calories					*24.7%	*18.3%	*61.6%
Nutrient Guideline			510-580	870			

Tue - 09/19/2017							
MIDDLE SCHOOL BREAKF	Total	375					
BAGEL & CRM CHEESE	1 each	375	242	292	*1	7.71	30.21
FRUIT, BREAKFAST	1 EACH	375	66	1	10	1.07	16.53
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
PIZZA, PAZZO 16 CUT	1 EACH	100	*381	*749	*3	*17.8	*34.98
chicken drumsticks & Mashed HS	1 ea 3-4oz drum	100	309	648	*0	25.91	19.12
ROLL DINNER WG 1OZ HS 2-EA	2 EACH	100	446	904	*2	6.0	28.0
EGG SALAD SANDWICH	1 EACH	50	237	452	*4	12.34	33.16
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			*579	*922	*31	*27.94	*72.55
% of Calories					*21.5%	*19.3%	*50.1%
Nutrient Guideline			510-580	870			

Wed - 09/20/2017							
MIDDLE SCHOOL BREAKF	Total	375					
Muffin Corn 2G IW	1 each	375	300	160	*N/A*	5.0	50.03
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
Chicken Patty Spicy Brd Sand	1 EACH	75	360	765	*2	22.15	41.49
Meatball Sub Sand WG Beef	4 MEATBALLS	75	372	1134	*0	16.27	41.53
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			556	766	*32	24.37	85.28
% of Calories					*22.9%	17.5%	61.4%
Nutrient Guideline			510-580	870			

\*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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

Page 6

Generated on: 8/28/2017 7:21:13 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
<b>Thu - 09/21/2017</b>							
MIDDLE SCHOOL BREAKF	Total	375					
Bread Banana Slice	1 each	375	280	220	*N/A*	5.0	44.0
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	75	208	625	*0	14.25	6.02
boat chix tender HS	Portion	100	322	836	*2	20.74	41.48
HAMBURGER /BUN CHEESE	1 each	75	341	750	2	20.58	31.01
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			578	781	*38	24.53	91.09
% of Calories					*26.4%	17.0%	63.1%
Nutrient Guideline			510-580	870			

<b>Fri - 09/22/2017</b>							
MIDDLE SCHOOL BREAKF	Total	375					
MANAGERS CHOICE ALT.	1	375	0	0	0	0.0	0.0
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	50	208	625	*0	14.25	6.02
ITALIAN, TURKEY	1 SANDWICH	100	276	1229	*2	14.96	34.29
POTATO CHIP BAG	1 EACH .5oz	100	58	89	*N/A*	0.89	11.59
Nachos w/ Cheese Sauce	1bgChip/4ozChz	100	278	781	*0	10.39	24.03
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			369	728	*32	19.82	56.00
% of Calories					*34.6%	21.5%	60.7%
Nutrient Guideline			510-580	870			

<b>Mon - 09/25/2017</b>							
MIDDLE SCHOOL BREAKF	Total	375					
Cinnamon Crisp VERTICAL Bar	1 each	375	240	80	14	3.0	39.0
APPLES, FRESH 125 ct	1 EACH	375	75	1	0	0.38	20.05
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza BigD BOLD 2M2B	1 slice / 8 cut	100	340	670	*N/A*	18.0	36.0
boat chix tender HS	Portion	100	322	836	*2	20.74	41.48
QUESADILLA CHICKEN CHEESEtasty	1 EACH	50	310	670	*N/A*	18.0	28.0
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			514	685	*32	23.40	78.78
% of Calories					*24.8%	18.2%	61.4%
Nutrient Guideline			510-580	870			

\*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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
<b>Tue - 09/26/2017</b>							
MIDDLE SCHOOL BREAKF	Total	375					
APPLE FRUDEL PILLSBURY	1 EACH	375	210	270	*N/A*	4.99	35.96
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE,ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
MOZZARELLA STICK 5	5 EACH	100	406	801	*1	19.0	38.01
CHICKEN SALAD SUB	1/2 CUP	75	604	1224	*1	33.94	92.58
POTATO CHIP BAG	1 EACH .5oz	75	58	89	*N/A*	0.89	11.59
HAMBURGER /BUN CHEESE	1 each	75	341	750	2	20.58	31.01
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			604	888	*38	26.72	97.49
% of Calories					*25.3%	17.7%	64.6%
Nutrient Guideline			510-580	870			

<b>Wed - 09/27/2017</b>							
MIDDLE SCHOOL BREAKF	Total	375					
WAFFLE SMUCKERS IW	2.2 OZ each	375	291	339	*N/A*	6.06	42.41
BANANAS regular 100ct	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
Chicken Patty Spicy Brd Sand	1 EACH	100	360	765	*2	22.15	41.49
Chicken General Tso w/Rice AS	5oz chx/1C rice	50	321	387	*10	24.89	20.64
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			545	799	*33	25.93	79.03
% of Calories					*24.0%	19.0%	58.0%
Nutrient Guideline			510-580	870			

<b>Thu - 09/28/2017</b>							
MIDDLE SCHOOL BREAKF	Total	375					
Muffin Blueberry 2G IW SKYB	1 each	375	270	280	21	6.0	45.0
DRIED FRUIT	1/4 CUP	375	110	0	24	0.0	28.0
FRUIT JUICE,ASSORTED	4 OZ	375	55	15	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	250					
Pizza 16" Amato 2M2B fiesta	1 slice / 8 cut	100	208	625	*0	14.25	6.02
CHICKEN BURGER 2M 3G	1 EACH	75	393	746	*2	20.89	41.49
CHICKEN PARM SANDWICH	1 EACH	75	*457	*935	*3	*25.22	*47.03
SALAD BAR HS/MS	Serving	250	77	308	*3	2.34	12.08
MILK - VARIETY maine	8 OZ	250	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

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.

# Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			*590	*820	*51	*25.45	*92.20
% of Calories					*34.5%	*17.3%	*62.5%
Nutrient Guideline			510-580	870			

Fri - 09/29/2017							
MIDDLE SCHOOL BREAKF MANAGERS CHOICE ALT.	Total	375					
BANANAS regular 100ct	1	375	0	0	0	0.0	0.0
MILK, HALF PINT 1%	1 EACH	375	101	1	14	1.24	26.04
MILK, HALF PINT SKIM	HALF PINT	375	100	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	HALF PINT	375	90	125	12	8.0	13.0
Pizza 16" Amato 2M2B fiesta	Total	250					
FISHBURGER w/CHEESE 2M 2G	1 slice / 8 cut	100	208	625	*0	14.25	6.02
sand buffalo chicken wrap	1 EACH	50	418	876	*2	19.39	45.99
SALAD BAR HS/MS	1 each	100	550	1212	*0	21.47	44.84
MILK - VARIETY maine	Serving	250	77	308	*3	2.34	12.08
	8 OZ	250	122	171	19	8.0	20.7
Weighted Daily Average			409	706	*32	21.75	56.15
% of Calories					*31.1%	21.3%	54.9%
Nutrient Guideline			510-580	870			

Weighted Average			*515	*741	*36	*23.64	*78.27
					*62.6%	*18.4%	*60.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	515		510 - 580	100%	Missing			
Sodium (mg)	741		870		Missing			
Sugars (g)	36	27.80%			Missing			
Protein (g)	23.64	18.37%			Missing			
Carbohydrate (g)	78.27	60.80%			Missing			

\*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

<sup>1</sup> - 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.