

# Portland Public Schools

Jan 1, 2021 thru Jan 29, 2021

## 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)
Mon - 01/04/2021							
HIGH SCHOOL BREAKFAS	Total	1					
CEREAL, ASSORTED	each 1oz	1	108	162	*6	1.59	22.59
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Muffin Blueberry Gold Med	4 oz each	1	307	489	25	3.75	55.85
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI							
PASTA SALAD PPS	1 CUP	1	199	331	*1	4.24	24.34
Chicken Tender for Waffles	serving(3PC)	1	350	300	0	18.0	18.0
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	1	4	1	*N/A*	0.22	0.97
GRAPEFRUIT HALVES - HS	1 EACH	1	118	1	28	1.53	30.62
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Pesto Grilled Chicken	1 each	1	*120	*320	*0	*22.0	*1.0
Roll, Deli Roll Fantini	1 each	1	155	274	*N/A*	7.0	30.0
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	1	4	1	*N/A*	0.22	0.97
GRAPEFRUIT HALVES - HS	1 EACH	1	118	1	28	1.53	30.62
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1107	*1282	*99	*47.52	*179.95
% of Calories					*35.7%	*17.2%	*65.0%
Nutrient Guideline			563-694	933			

Tue - 01/05/2021							
HIGH SCHOOL BREAKFAS	Total	1					
CEREAL, ASSORTED	each 1oz	1	108	162	*6	1.59	22.59
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Muffin Blueberry Gold Med	4 oz each	1	307	489	25	3.75	55.85
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI							
PASTA SALAD PPS	1 CUP	1	199	331	*1	4.24	24.34
Chicken Tender for Waffles	serving(3PC)	1	350	300	0	18.0	18.0
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	1	4	1	*N/A*	0.22	0.97
GRAPEFRUIT HALVES - HS	1 EACH	1	118	1	28	1.53	30.62
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Pesto Grilled Chicken	1 each	1	*120	*320	*0	*22.0	*1.0
Roll, Deli Roll Fantini	1 each	1	155	274	*N/A*	7.0	30.0
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	1	4	1	*N/A*	0.22	0.97
GRAPEFRUIT HALVES - HS	1 EACH	1	118	1	28	1.53	30.62
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1107	*1282	*99	*47.52	*179.95
% of Calories					*35.7%	*17.2%	*65.0%
Nutrient Guideline			563-694	933			

Wed - 01/06/2021							
HIGH SCHOOL BREAKFAS	Total	0					
NO SCHOOL	SERVING	0	0	0	0	0.0	0.0

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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## 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	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			563-694	933			

Thu - 01/07/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Breakfast round UBR berry RICH	1 each	1	270	190	*N/A*	5.0	44.0
GRAPEFRUIT HALVES 1C HS	1 EACH	1	76	0	16	1.49	19.09
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
BAGEL & CRM CHEESE	1 each	1	193	343	*1	7.97	30.65
GRAPEFRUIT HALVES 1C HS	1 EACH	1	76	0	16	1.49	19.09
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
Hawaiian Chicken wrap	1 each	1	*209	*157	*10	*14.34	*13.94
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	1	11	10	*N/A*	0.89	2.1
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Greek Salad	1 cup	1	*267	*564	*2	*33.08	*24.23
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
Pita, Whole Wheat	1 each	1	168	269	2	6.27	35.77
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1155	*1342	*100	*59.73	*183.34
% of Calories					*34.8%	*20.7%	*63.5%
Nutrient Guideline			563-694	933			

Fri - 01/08/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Breakfast round UBR berry RICH	1 each	1	270	190	*N/A*	5.0	44.0
GRAPEFRUIT HALVES 1C HS	1 EACH	1	76	0	16	1.49	19.09
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
BAGEL & CRM CHEESE	1 each	1	193	343	*1	7.97	30.65
GRAPEFRUIT HALVES 1C HS	1 EACH	1	76	0	16	1.49	19.09
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
Hawaiian Chicken wrap	1 each	1	*209	*157	*10	*14.34	*13.94
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	1	11	10	*N/A*	0.89	2.1
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Greek Salad	1 cup	1	*267	*564	*2	*33.08	*24.23
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
Pita, Whole Wheat	1 each	1	168	269	2	6.27	35.77
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1155	*1342	*100	*59.73	*183.34
% of Calories					*34.8%	*20.7%	*63.5%
Nutrient Guideline			563-694	933			

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

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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)
<b>Mon - 01/11/2021</b>							
HIGH SCHOOL BREAKFAS	Total	1					
Pancakes Aunt Jemima Whole Gra	2 pancakes	1	148	244	*N/A*	3.22	25.72
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Breakfast round UBR berry RICH	1 each	1	270	190	*N/A*	5.0	44.0
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
<b>PORTLAND &amp; DEERING HI</b>							
Sand Turkey Club	2oz/1 round	1	237	911	*3	15.86	31.68
RANCH DRESSING	2 TBSP	1	40	186	*2	1.12	2.55
KIWI - HS 1 C	2 each	1	93	5	14	1.73	22.28
POTATO SALAD HS 1C	1 CUP	1	123	465	*3	2.83	28.9
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
EGG SALAD HS MS	1 EACH	1	157	191	1	9.62	2.61
POTATO SALAD HS 1C	1 CUP	1	123	465	*3	2.83	28.9
KIWI - HS 1 C	2 each	1	93	5	14	1.73	22.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			1042	1677	*95	39.43	185.87
% of Calories					*36.6%	15.1%	71.4%
Nutrient Guideline			563-694	933			

<b>Tue - 01/12/2021</b>							
HIGH SCHOOL BREAKFAS	Total	1					
Pancakes Aunt Jemima Whole Gra	2 pancakes	1	148	244	*N/A*	3.22	25.72
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Breakfast round UBR berry RICH	1 each	1	270	190	*N/A*	5.0	44.0
GRAPES,Fresh HS 1C	1 Cup	1	156	5	38	1.47	40.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
<b>PORTLAND &amp; DEERING HI</b>							
Sand Turkey Club	2oz/1 round	1	237	911	*3	15.86	31.68
RANCH DRESSING	2 TBSP	1	40	186	*2	1.12	2.55
KIWI - HS 1 C	2 each	1	93	5	14	1.73	22.28
POTATO SALAD HS 1C	1 CUP	1	123	465	*3	2.83	28.9
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
EGG SALAD HS MS	1 EACH	1	157	191	1	9.62	2.61
POTATO SALAD HS 1C	1 CUP	1	123	465	*3	2.83	28.9
KIWI - HS 1 C	2 each	1	93	5	14	1.73	22.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			1042	1677	*95	39.43	185.87
% of Calories					*36.6%	15.1%	71.4%
Nutrient Guideline			563-694	933			

<b>Wed - 01/13/2021</b>							
HIGH SCHOOL BREAKFAS	Total	0					
NO SCHOOL	SERVING	0	0	0	0	0.0	0.0

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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)
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			563-694	933			

Thu - 01/14/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Egg Hard Cooked Whole Peeled	2 each	1	141	111	*N/A*	12.1	2.02
Pita, Whole Wheat	.5 each	1	84	135	1	3.14	17.88
Craisins Strawberry	1 each	1	110	0	24	0.0	27.0
Juice Cup	EACH 6 oz	1	80	20	19	4.0	20.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Zee Zees Bar, Cinnamon Crisp,	serving	1	250	80	13	4.0	39.0
Craisins Strawberry	1 each	1	110	0	24	0.0	27.0
Juice Cup	EACH 6 oz	1	80	20	19	4.0	20.01
MILK - VARIETY maine	8 OZ	11	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
Egg Roll	1	1	150	520	3	4.0	23.01
Salad orange and wild rice	3 oz each	1	200	69	*2	6.64	33.48
CELERY STICKS 3/4 cup	3/4	1	9	52	1	0.45	1.93
FRUIT,FRESH ASSORTED	1/2 Cup	1	39	0	7	0.48	9.94
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Asian Noodle Salad	3 oz servings	1	214	424	*2	7.26	39.07
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
CELERY STICKS 3/4 cup	3/4	1	9	52	1	0.45	1.93
FRUIT,FRESH ASSORTED	1/2 Cup	1	39	0	7	0.48	9.94
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			1731	2166	*195	86.49	288.51
% of Calories					*45.1%	20.0%	66.7%
Nutrient Guideline			563-694	933			

Fri - 01/15/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Egg Hard Cooked Whole Peeled	2 each	1	141	111	*N/A*	12.1	2.02
Pita, Whole Wheat	.5 each	1	84	135	1	3.14	17.88
Craisins Strawberry	1 each	1	110	0	24	0.0	27.0
Juice Cup	EACH 6 oz	1	80	20	19	4.0	20.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Zee Zees Bar, Cinnamon Crisp,	serving	1	250	80	13	4.0	39.0
Craisins Strawberry	1 each	1	110	0	24	0.0	27.0
Juice Cup	EACH 6 oz	1	80	20	19	4.0	20.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7

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LUNCH

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	1					
Egg Roll	1	1	150	520	3	4.0	23.01
Salad orange and wild rice	3 oz each	1	200	69	*2	6.64	33.48
CELERY STICKS 3/4 cup	3/4	1	9	52	1	0.45	1.93
FRUIT,FRESH ASSORTED	1/2 Cup	1	39	0	7	0.48	9.94
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Asian Noodle Salad	3 oz servings	1	214	424	*2	7.26	39.07
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
CELERY STICKS 3/4 cup	3/4	1	9	52	1	0.45	1.93
FRUIT,FRESH ASSORTED	1/2 Cup	1	39	0	7	0.48	9.94
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			1121	1313	*100	46.50	185.01
% of Calories					*35.7%	16.6%	66.0%
Nutrient Guideline			563-694	933			

Mon - 01/18/2021							
HIGH SCHOOL BREAKFAS	Total	0					
MARTIN LUTHER KING DAY	1	0	0	0	0	0.0	0.0
PORTLAND & DEERING HI	Total	0					
MARTIN LUTHER KING DAY	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			563-694	933			

Tue - 01/19/2021							
HIGH SCHOOL BREAKFAS	Total	1					
BANANA BREAD HS	20 slices/pan	1	171	263	*13	3.02	28.26
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Cinnamon Rolls hs/ms	1 each	1	497	945	*N/A*	7.99	66.66
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
ROAST BEEF SANDWICH	1 each	1	204	852	*2	19.39	28.49
CARROTS,BABY,RAW 3/4C	3/4 CUP	1	33	74	4	0.6	7.79
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
SALAD CAESAR ROMAINE Chicken	1 CUP	1	159	510	*1	4.92	10.05
Garlic Bread WG	1 each	1	198	329	*0	5.44	21.95
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			1065	1831	*81	37.88	173.56
% of Calories					*30.3%	14.2%	65.2%
Nutrient Guideline			563-694	933			

Wed - 01/20/2021							
HIGH SCHOOL BREAKFAS	Total	0					
NO SCHOOL	SERVING	0	0	0	0	0.0	0.0

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
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			563-694	933			

Thu - 01/21/2021							
HIGH SCHOOL BREAKFAS	Total	11					
Whole Donut	6 holes	1	*4	*3	*0	*0.05	*0.58
APPLES,FRESH 125 ct	1 EACH	0	0	0	0	0.0	0.0
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Muffin Chocolate Chip Gold Med	4 oz each	1	354	490	30	4.22	61.53
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
Buffalo Chicken Wrap	1 each	1	*236	*984	*3	*18.02	*23.51
CARROTS,BABY,RAW 3/4C	3/4 CUP	1	33	74	4	0.6	7.79
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
SALAD, chef turkey & cheese	1 EACH	1	219	218	*0	23.37	0.0
ROLL DINNER WG 1OZ HS 2-EA	2 EACH	1	446	870	*2	6.0	28.0
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*167	*277	*10	*7.12	*22.03
% of Calories					*23.1%	*17.0%	*52.7%
Nutrient Guideline			563-694	933			

Fri - 01/22/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Whole Donut	6 holes	1	*4	*3	*0	*0.05	*0.58
PORTLAND & DEERING HI	Total	1					
Buffalo Chicken Wrap	1 each	1	*236	*984	*3	*18.02	*23.51
CARROTS,BABY,RAW 3/4C	3/4 CUP	1	33	74	4	0.6	7.79
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
SALAD, chef turkey & cheese	1 EACH	1	219	218	*0	23.37	0.0
ROLL DINNER WG 1OZ HS 2-EA	2 EACH	1	446	870	*2	6.0	28.0
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*666	*1246	*24	*32.39	*70.68
% of Calories					*14.2%	*19.5%	*42.5%
Nutrient Guideline			563-694	933			

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# Portland Public Schools

Jan 1, 2021 thru Jan 29, 2021

## 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)
Mon - 01/25/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Granola Bulk	2 oz	1	227	175	14	5.15	45.36
Yogurt (upstate) Cherry Vanill	1 EACH	1	90	50	15	3.0	19.0
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
Cinnamon Rolls hs/ms	1 each	1	497	945	*N/A*	7.99	66.66
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI							
Fiesta Ranch Chicken Wrap	Total servings	1	*450	*793	*1	*10.38	*74.83
CORN: frozen, yellow 1/2 cup	1/2 cup	1	13	0	1	0.42	3.18
Bean Salad, Mexican	2/3 Cup	1	90	286	*0	4.43	17.47
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
SALAD SPINACH 1-CUP	1 CUP	1	14	33	*0	1.08	2.7
MANDARIN ORANGE SEGMENTS	1/4 CUP	1	38	5	*N/A*	0.53	9.12
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
Biscuit Bkd WG EZ Split	2 each	1	405	830	4	8.1	54.67
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1386	*2046	*75	*41.83	*228.86
% of Calories					*21.7%	*12.1%	*66.1%
Nutrient Guideline			563-694	933			

Tue - 01/26/2021							
HIGH SCHOOL BREAKFAS	Total	1					
CEREAL, ASSORTED	each 1oz	1	108	162	*6	1.59	22.59
APPLESAUCE CUP PC	1 EACH	1	55	3	*N/A*	0.22	14.4
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Cinnamon Rolls hs/ms	1 each	1	497	945	*N/A*	7.99	66.66
APPLESAUCE CUP PC	1 EACH	1	55	3	*N/A*	0.22	14.4
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI							
Fiesta Ranch Chicken Wrap	Total servings	1	*450	*793	*1	*10.38	*74.83
CORN: frozen, yellow 1/2 cup	1/2 cup	1	13	0	1	0.42	3.18
Bean Salad, Mexican	2/3 Cup	1	90	286	*0	4.43	17.47
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
SALAD SPINACH 1-CUP	1 CUP	1	14	33	*0	1.08	2.7
MANDARIN ORANGE SEGMENTS	1/4 CUP	1	38	5	*N/A*	0.53	9.12
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
Biscuit Bkd WG EZ Split	2 each	1	405	830	4	8.1	54.67
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1289	*2101	*56	*41.73	*204.56
% of Calories					*17.5%	*12.9%	*63.5%
Nutrient Guideline			563-694	933			

Wed - 01/27/2021							
HIGH SCHOOL BREAKFAS	Total	0					
NO SCHOOL	SERVING	0	0	0	0	0.0	0.0

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# Portland Public Schools

Jan 1, 2021 thru Jan 29, 2021

## 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	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			563-694	933			

Thu - 01/28/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Muffin Chocolate Chip Gold Med	4 oz each	1	354	490	30	4.22	61.53
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
APPLE FRUDEL PILLSBURY	1 EACH	1	210	260	11	4.99	35.96
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
TACO SALAD	SERVINGS	1	288	410	*2	17.08	21.54
Bean Salad, Mexican	2/3 Cup	1	90	286	*0	4.43	17.47
Chips, Baked Tostitos Scoops	2 each	1	220	250	*N/A*	4.0	38.0
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Turkey Gobbler	1 each	1	*258	*728	*11	*7.01	*51.88
CORN: frozen, yellow 1/2 cup	1/2 cup	1	13	0	1	0.42	3.18
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1211	*1552	*116	*42.09	*218.75
% of Calories					*38.2%	*13.9%	*72.2%
Nutrient Guideline			563-694	933			

Fri - 01/29/2021							
HIGH SCHOOL BREAKFAS	Total	1					
Muffin Chocolate Chip Gold Med	4 oz each	1	354	490	30	4.22	61.53
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
APPLE FRUDEL PILLSBURY	1 EACH	1	210	260	11	4.99	35.96
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI	Total	1					
TACO SALAD	SERVINGS	1	288	410	*2	17.08	21.54
Bean Salad, Mexican	2/3 Cup	1	90	286	*0	4.43	17.47
Chips, Baked Tostitos Scoops	2 each	1	220	250	*N/A*	4.0	38.0
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Turkey Gobbler	1 each	1	*258	*728	*11	*7.01	*51.88
CORN: frozen, yellow 1/2 cup	1/2 cup	1	13	0	1	0.42	3.18
ORANGE fresh 138ct SMILES HS	2 EACH	1	125	0	25	2.5	31.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*1211	*1552	*116	*42.09	*218.75
% of Calories					*38.2%	*13.9%	*72.2%
Nutrient Guideline			563-694	933			

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Jan 1, 2021 thru Jan 29, 2021

Planned Menu Spreadsheet

Combined: HIGH SCHOOL  
BREAKFAST/PORLAND & 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)
Weighted Average			*1097	*1512	*91 *74.4%	*44.77 *16.3%	*180.60 *65.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1097		563 - 694	158%	Missing		403	Correction Required -
Sodium 1 (mg)	1512		933		Missing		580	Calories too High
Sodium 2 (mg)	1512		761		Missing		751	Correction Required -
Sugars (g)	91	33.08%			Missing			Sodium too High
Protein (g)	44.77	16.32%			Missing			Correction Required -
Carbohydrate (g)	180.60	65.85%			Missing			Sodium too High

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