

# Portland Public Schools

Jan 1, 2021 thru Jan 29, 2021

## Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL  
BREAKFAST/MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

012 - King Middle School

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Generated on: 12/22/2020 11:21:33 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 01/04/2021							
MIDDLE SCHOOL BREAKF	Total	130					
Zee Zees Bar, Strawberry Crisp,	1 serving	130	250	75	14	4.0	41.0
Fruit Cup - Mixed Fruit Delmon	1 cup	130	88	0	20	0.0	21.02
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
Yogurt (upstate) Strawberry Ba	4 oz serving	1	90	50	14	3.0	19.0
Granola Bulk	2 oz	1	227	175	14	5.15	45.36
CARROT BABY PC	2 EACH	1	41	47	*N/A*	1.16	9.3
Craisins Strawberry	1 each	1	110	0	24	0.0	27.0
MILK - VARIETY maine	8 OZ	0	0	0	0	0.0	0.0
Weighted Daily Average			447	201	*46	11.98	75.21
% of Calories					*41.2%	10.7%	67.4%
Nutrient Guideline			487-549	742			

Tue - 01/05/2021							
MIDDLE SCHOOL BREAKF	Total	130					
BAGEL & CRM CHEESE	1 each	130	193	343	*1	7.97	30.65
Del Monte Diced Peaches Cup	4.4 oz cup	130	60	5	13	0.0	14.97
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
SALAD SPINACH with STRAW 1-CUP	.5 CUP	85	8	15	1	0.62	1.6
Grilled Chicken Patty	1 each	85	240	460	1	14.0	15.0
ROLL DINNER WG 1 OZ	1 EACH	0	0	0	0	0.0	0.0
string cheese	1 EACH	105	61	213	0	8.1	1.01
Salad Dressing Italian Pkt	portion 12 gram	85	45	125	*N/A*	0.0	1.0
APPLESAUCE CUP PC	1 EACH	105	55	3	*N/A*	0.22	14.4
MILK - VARIETY maine	8 OZ	105	122	171	19	8.0	20.7
Weighted Daily Average			412	651	*23	21.41	54.93
% of Calories					*22.8%	20.8%	53.3%
Nutrient Guideline			487-549	742			

Wed - 01/06/2021							
MIDDLE SCHOOL BREAKF	Total	0					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	0	0	0	0	0.0	0.0
BANANAS, RAW Petite 150 ct	1 EACH	0	0	0	*N/A*	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0
MIDDLE SCHOOL LUNCH							
Hummus, Celery, Pita, Cheese	1 EACH 2M2G	0	0	0	*0	0.0	0.0
STRAWBERRIES, FRESH	1/2 CUP	0	0	0	0	0.0	0.0
MILK - VARIETY maine	8 OZ	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			487-549	742			

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012 - King Middle School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 01/07/2021							
MIDDLE SCHOOL BREAKF	Total	130					
Yogurt (upstate) Raspberry 4oz	1 EACH	130	90	75	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	130	130	55	8	2.0	21.0
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
PEARS,FRESH 100 ct	1 EACH	130	95	2	16	0.6	25.28
MIDDLE SCHOOL LUNCH							
TURKEY AND CHEESE SAND.	1 each	1	234	1242	4	20.52	30.2
POTATO SALAD	2/3 CUP	1	123	304	*3	2.15	18.09
Fruit Cup - Diced Pineapple	1 Cup	1	60	0	14	0.0	15.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			424	268	*36	13.73	78.33
% of Calories					*34.2%	13.0%	74.0%
Nutrient Guideline			487-549	742			

Fri - 01/08/2021							
MIDDLE SCHOOL BREAKF	Total	130					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	130	111	162	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	130	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
TACO MEAT, 100% Beef, CK	1/3 Cup	60	218	154	*1	15.31	5.22
Chips, Baked Tostitos Scoops	1 each	60	110	125	*N/A*	2.0	19.0
shredded cheese	.50 oz	60	36	88	0	3.44	0.39
LETTUCE &TOMATO:shred/dic 1/4C	1/4 CUP	60	46	18	7	2.44	9.85
Mango Chunks, IQF, 1/2 CUP	1/2 cup	60	65	0	15	0.81	17.01
MILK - VARIETY maine	8 OZ	60	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	0	0	0	*0	0.0	0.0
Weighted Daily Average			408	373	*26	17.12	64.74
% of Calories					*25.3%	16.8%	63.5%
Nutrient Guideline			487-549	742			

Mon - 01/11/2021							
MIDDLE SCHOOL BREAKF	Total	130					
Donut Hole	6 holes	130	*301	*321	*8	*5.35	*32.41
APPLES,FRESH 125 ct	1 EACH	130	75	1	0	0.38	20.05
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
Flat Bread for Super Snack	half bread	85	90	165	1	3.0	14.0
Cheese, shredded mozzarella	4 oz	85	445	729	0	28.35	0.0
Marinara Sauce DIP CUP	1 EACH	85	55	166	7	1.84	11.04
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	105	4	1	*N/A*	0.22	0.97
APPLES,FRESH maine	1 EACH	105	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	105	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	20	516	460	*23	17.96	70.7
Weighted Daily Average			*631	*747	*24	*24.80	*73.87
% of Calories					*15.5%	*15.7%	*46.8%
Nutrient Guideline			487-549	742			

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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)
Tue - 01/12/2021							
MIDDLE SCHOOL BREAKF	Total	130					
Zee Zees Bar, Cinnamon Crisp,	130	130	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	130	64	2	13	0.97	16.01
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
Chicken Tender for Waffles	Total	100					
Pita, Whole Wheat	90	90	350	300	0	18.0	18.0
RANCH DRESSING PC	1 each	0	0	0	0	0.0	0.0
CELERY,RAW STICK 4" Purchased	1.5 oz	90	150	370	1	1.0	1.0
PEARS,FRESH 100 ct	1/2 CUP	90	10	52	*N/A*	0.45	1.92
MILK - VARIETY maine	1 EACH	90	95	2	16	0.6	25.28
Sunbutter Bag Lunch	8 OZ	90	122	171	19	8.0	20.7
	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			545	487	*36	19.09	67.69
% of Calories					*26.8%	14.0%	49.7%
Nutrient Guideline			487-549	742			

Wed - 01/13/2021							
MIDDLE SCHOOL BREAKF	Total	0					
CEREAL, TRIX	each 1oz	0	0	0	0	0.0	0.0
BANANAS,RAW Petite 150 ct	1 EACH	0	0	0	*N/A*	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0
MIDDLE SCHOOL LUNCH							
Hawaiian Rice and Chicken	Total	0					
CARROT BABY PC	1 each	0	*0	*0	*0	*0.0	*0.0
Tangerine, 100 ct	3 Bags	0	0	0	*N/A*	0.0	0.0
MILK - VARIETY maine	1 Each	0	0	0	0	0.0	0.0
	8 OZ	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			487-549	742			

Thu - 01/14/2021							
MIDDLE SCHOOL BREAKF	Total	130					
Yogurt (upstate) Strawberry Ba	130	130	90	50	14	3.0	19.0
Zee Zees Grahamz, Strawberry,	130	130	130	55	7	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	130	95	2	16	0.6	25.28
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH							
chicken and Pasta salad	Total	10					
RANCH DRESSING PC	1 cup	1	1189	1715	*4	62.24	88.17
BROCCOLI FLORETS, RAW 1/2C	1.5 oz	1	150	370	1	1.0	1.0
STRAWBERRIES, FRESH	1/2 CUP	1	11	10	*N/A*	0.89	2.1
MILK - VARIETY maine	1/2 CUP	1	23	1	4	0.49	5.57
	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			403	231	*46	13.14	73.53
% of Calories					*45.5%	13.0%	73.0%
Nutrient Guideline			487-549	742			

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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)
Fri - 01/15/2021							
MIDDLE SCHOOL BREAKF	Total	130					
CEREAL, TRIX	each 1oz	130	111	142	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	130	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	1					
BBQ CHICKEN SANDWICH WG	3oz meat	1	317	638	*2	26.74	40.12
COLE SLAW 1/2c	1/2 CUP	1	70	121	*4	1.32	9.56
GRAPES,Fresh	1/2 Cup	1	78	2	19	0.73	20.0
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			323	273	*19	10.46	63.54
% of Calories					*23.9%	13.0%	78.7%
Nutrient Guideline			487-549	742			

Mon - 01/18/2021							
MIDDLE SCHOOL BREAKF	Total	200					
MARTIN LUTHER KING DAY	1	200	0	0	0	0.0	0.0
MIDDLE SCHOOL LUNCH	Total	105					
MARTIN LUTHER KING DAY	1	85	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			487-549	742			

Tue - 01/19/2021							
MIDDLE SCHOOL BREAKF	Total	200					
Zee Zees Bar, Berry Apple Cris	2.2 oz	200	250	80	14	4.0	41.0
Tangerine, 100 ct	1 Each	200	64	2	13	0.97	16.01
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	105					
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	85	441	325	*46	11.69	91.48
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	105	11	10	*N/A*	0.89	2.1
MILK - VARIETY maine	8 OZ	105	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	20	516	460	*23	17.96	70.7
Weighted Daily Average			479	319	*46	16.00	83.89
% of Calories					*38.7%	13.4%	70.1%
Nutrient Guideline			487-549	742			

Wed - 01/20/2021							
MIDDLE SCHOOL BREAKF	Total	0					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	0	0	0	0	0.0	0.0
BANANAS,RAW Petite 150 ct	1 EACH	0	0	0	*N/A*	0.0	0.0
MILK - VARIETY maine	8 OZ	0	0	0	0	0.0	0.0
MIDDLE SCHOOL LUNCH	Total	1					
SALAD CAESAR ROMAINE Chicken	1 CUP	1	159	510	*1	4.92	10.05
ROLL DINNER WG AOS93	1 EACH	1	94	185	3	3.08	18.11
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7

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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)
Weighted Daily Average			375	865	*23	16.01	48.86
% of Calories					*24.5%	17.1%	52.0%
Nutrient Guideline			487-549	742			

Thu - 01/21/2021							
MIDDLE SCHOOL BREAKF	Total	200					
Yogurt (upstate) Raspberry 4oz	1 EACH	200	90	75	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	200	130	55	8	2.0	21.0
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
PEARS,FRESH 100 ct	1 EACH	200	95	2	16	0.6	25.28
MIDDLE SCHOOL LUNCH	Total	60					
TACO MEAT, 100% Beef, CK	1/3 Cup	60	218	154	*1	15.31	5.22
Chips, Baked Tostitos Scoops	1 each	60	110	125	*N/A*	2.0	19.0
shredded cheese	.50 oz	60	36	88	0	3.44	0.39
LETTUCE &TOMATO:shred/dic 1/4C	1/4 CUP	60	46	18	7	2.44	9.85
Mango Chunks, IQF, 1/2 CUP	1/2 cup	60	65	0	15	0.81	17.01
MILK - VARIETY maine	8 OZ	60	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	0	0	0	*0	0.0	0.0
Weighted Daily Average			463	326	*38	17.84	76.87
% of Calories					*32.6%	15.4%	66.4%
Nutrient Guideline			487-549	742			

Fri - 01/22/2021							
MIDDLE SCHOOL BREAKF	Total	200					
CEREAL, CHEERIOS	each 1oz	200	100	140	1	3.0	20.0
BANANAS,RAW Petite 150 ct	1 EACH	200	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	1					
TURKEY AND CHEESE SAND.	1 each	1	234	1242	4	20.52	30.2
POTATO SALAD	2/3 CUP	1	123	304	*3	2.15	18.09
Fruit Cup - Diced Pineapple	1 Cup	1	60	0	14	0.0	15.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			311	273	*13	12.33	59.16
% of Calories					*16.9%	15.9%	76.2%
Nutrient Guideline			487-549	742			

Mon - 01/25/2021							
MIDDLE SCHOOL BREAKF	Total	200					
snow balls	6 holes	200	*301	*321	*8	*5.35	*32.41
APPLES,FRESH 125 ct	1 EACH	200	75	1	0	0.38	20.05
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	100					
Chicken Tender for Waffles	serving(3PC)	90	350	300	0	18.0	18.0
Pita, Whole Wheat	1 each	1	168	269	2	6.27	35.77
RANCH DRESSING PC	1.5 oz	90	150	370	1	1.0	1.0
TOMATOES,FRESH,RED RIPE chry	1/2 CUP	90	10	3	*N/A*	0.5	2.22
PEARS,FRESH 100 ct	1 EACH	90	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	90	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7

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Weighted Daily Average			*559	*568	*25	*18.20	*66.27
% of Calories					*17.8%	*13.0%	*47.4%
Nutrient Guideline			487-549	742			

Tue - 01/26/2021							
MIDDLE SCHOOL BREAKF	Total	200					
Zee Zees Bar, Cinnamon Crisp,	serving	200	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	200	64	2	13	0.97	16.01
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0	0	0.0	0.0
MIDDLE SCHOOL LUNCH	Total	105					
Flat Bread for Super Snack	half bread	85	90	165	1	3.0	14.0
Cheese, shredded mozzarella	4 oz	85	445	729	0	28.35	0.0
Marinara Sauce DIP CUP	1 EACH	85	55	166	7	1.84	11.04
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	105	4	1	*N/A*	0.22	0.97
APPLES,FRESH maine	1 EACH	105	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	105	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	20	516	460	*23	17.96	70.7
Weighted Daily Average			556	521	*35	21.76	73.61
% of Calories					*25.2%	15.7%	52.9%
Nutrient Guideline			487-549	742			

Wed - 01/27/2021							
MIDDLE SCHOOL BREAKF	Total	0					
CEREAL, TRIX	each 1oz	0	0	0	0	0.0	0.0
BANANAS,RAW Petite 150 ct	1 EACH	0	0	0	*N/A*	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0
MIDDLE SCHOOL LUNCH	Total	0					
Tomato & Cucumber Salad	3/4 Cup	0	0	0	0	0.0	0.0
Grilled Chicken Patty	1 each	0	0	0	0	0.0	0.0
Pretzel .7oz bag Heartzel	bag	0	0	0	0	0.0	0.0
MILK - VARIETY maine	8 OZ	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			487-549	742			

Thu - 01/28/2021							
MIDDLE SCHOOL BREAKF	Total	200					
Yogurt (upstate) Strawberry Ba	4 oz serving	200	90	50	14	3.0	19.0
Zee Zees Grahamz, Strawberry,	serving	200	130	55	7	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	200	95	2	16	0.6	25.28
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	1					
BBQ CHICKEN SANDWICH WG	3oz meat	1	317	638	*2	26.74	40.12
COLE SLAW 1/2c	1/2 CUP	1	70	121	*4	1.32	9.56
GRAPES,Fresh	1/2 Cup	1	78	2	19	0.73	20.0
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7

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# Portland Public Schools

Jan 1, 2021 thru Jan 29, 2021

## 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 % of Calories			423	235	*49 *46.4%	13.71 13.0%	78.34 74.0%
Nutrient Guideline			487-549	742			

Fri - 01/29/2021							
MIDDLE SCHOOL BREAKF	Total	200					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	200	111	162	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	200	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	200	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	1					
chicken and Pasta salad	1 cup	1	1189	1715	*4	62.24	88.17
RANCH DRESSING PC	1.5 oz	1	150	370	1	1.0	1.0
TOMATOES,FRESH,RED chry 1/4c	1/4 CUP	1	5	1	*N/A*	0.25	1.11
APPLES,FRESH maine	1 EACH	1	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average % of Calories			327	298	*18 *22.1%	10.56 12.9%	61.70 75.5%
Nutrient Guideline			487-549	742			

Weighted Average			*443	*415	*32 *64.1%	*16.13 *14.6%	*68.78 *62.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	443		487 - 549	91%	Missing	44		Correction Required - Calories are Low
Sodium 1 (mg)	415		742		Missing			
Sodium 2 (mg)	415		620		Missing			
Sugars (g)	32	28.50%			Missing			
Protein (g)	16.13	14.57%			Missing			
Carbohydrate (g)	68.78	62.13%			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

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