

Portland Public Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2021 thru Jan 29, 2021

AFTERSCHOOL SNACK

006 - Longfellow Elementary

Generated on: 12/22/2020 1:08:30 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 01/04/2021							
AFTERSCHOOL SNACK	Total	70					
Hummus Cup	3 oz cup	70	110	100	3	6.0	18.0
Pretzel .7oz bag Heartzel	bag	70	80	200	0	2.0	16.04
Juice Box	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			250	305	15	*8.00	48.04
% of Calories					24.0%	*12.8%	76.8%
Nutrient Guideline			0				

Tue - 01/05/2021							
AFTERSCHOOL SNACK	Total	82					
CRACKERS SALTINE WG	4 Packs 1G	82	128	240	0	0.0	20.0
CHEDDAR CHEESE CUBES	2 oz	82	220	360	0	14.0	2.0
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			408	605	12	*14.00	36.00
% of Calories					11.8%	*13.7%	35.3%
Nutrient Guideline			0				

Wed - 01/06/2021							
AFTERSCHOOL SNACK	Total	0					
NO SNACK TODAY	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			0				

Thu - 01/07/2021							
AFTERSCHOOL SNACK	Total	70					
SUN BUTTER	1 EACH	70	200	120	*N/A*	7.0	7.0
Cracker Bug Bites	1 each	70	128	114	7	1.83	21.03
Juice Box	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			388	239	*19	*8.83	42.03
% of Calories					*19.9%	*9.1%	43.3%
Nutrient Guideline			0				

Fri - 01/08/2021							
AFTERSCHOOL SNACK	Total	82					
CRACKERS CHEEZIT	PACK	82	100	150	0	3.0	14.0
string cheese	1 EACH	82	61	213	0	8.1	1.01
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			221	368	12	*11.10	29.01
% of Calories					21.7%	*20.1%	52.6%
Nutrient Guideline			0				

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Page 2

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 01/11/2021							
AFTERSCHOOL SNACK	Total	70					
Chip SunChips Harvest Cheddar string cheese	1 each	70	140	150	2	4.0	18.0
Juice Box	1 EACH	70	61	213	0	8.1	1.01
	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			261	368	14	*12.10	33.01
% of Calories					21.5%	*18.6%	50.6%
Nutrient Guideline			0				

Tue - 01/12/2021							
AFTERSCHOOL SNACK	Total	82					
CRACKERS, GRAHAM SCOOPY	1 each	82	120	115	*N/A*	2.0	21.0
SUN BUTTER	1 EACH	82	200	120	*N/A*	7.0	7.0
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			380	240	*12	*9.00	42.00
% of Calories					*12.6%	*9.5%	44.2%
Nutrient Guideline			0				

Wed - 01/13/2021							
AFTERSCHOOL SNACK	Total	0					
NO SNACK TODAY	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			0				

Thu - 01/14/2021							
AFTERSCHOOL SNACK	Total	70					
Pretzel .7oz bag Heartzel	bag	70	80	200	0	2.0	16.04
Hummus Cup	3 oz cup	70	110	100	3	6.0	18.0
Juice Box	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			250	305	15	*8.00	48.04
% of Calories					24.0%	*12.8%	76.8%
Nutrient Guideline			0				

Fri - 01/15/2021							
AFTERSCHOOL SNACK	Total	82					
Sunflower Seed	1 each	82	165	186	1	5.48	6.82
Zee Zees Grahamz, Original, WG	servings	82	130	55	8	2.0	21.0
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			355	246	21	*7.48	41.82
% of Calories					23.4%	*8.4%	47.1%
Nutrient Guideline			0				

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Page 3

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 01/18/2021							
AFTERSCHOOL SNACK	Total	70					
MARTIN LUTHER KING DAY	1	70	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			0				

Tue - 01/19/2021							
AFTERSCHOOL SNACK	Total	82					
CRACKERS, GRAHAM SCOOPY	1 each	82	120	115	*N/A*	2.0	21.0
SUN BUTTER	1 EACH	82	200	120	*N/A*	7.0	7.0
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			380	240	*12	*9.00	42.00
% of Calories					*12.6%	*9.5%	44.2%
Nutrient Guideline			0				

Wed - 01/20/2021							
AFTERSCHOOL SNACK	Total	0					
NO SNACK TODAY	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			0				

Thu - 01/21/2021							
AFTERSCHOOL SNACK	Total	70					
Pretzel .7oz bag Heartzel	bag	70	80	200	0	2.0	16.04
Hummus Cup	3 oz cup	70	110	100	3	6.0	18.0
Juice Box	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			250	305	15	*8.00	48.04
% of Calories					24.0%	*12.8%	76.8%
Nutrient Guideline			0				

Fri - 01/22/2021							
AFTERSCHOOL SNACK	Total	82					
Sunflower Seed	1 each	82	165	186	1	5.48	6.82
Zee Zees Grahamz, Original, WG	serving	82	130	55	8	2.0	21.0
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			355	246	21	*7.48	41.82
% of Calories					23.4%	*8.4%	47.1%
Nutrient Guideline			0				

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Page 4

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 01/25/2021							
AFTERSCHOOL SNACK	Total	70					
Hummus V3 Snack portion 1/4c	1/4 Cup	70	88	309	*0	3.43	9.71
Pretzel .7oz bag Heartzel	bag	70	80	200	0	2.0	16.04
Juice Box	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			228	515	*12	*5.44	39.74
% of Calories					*21.3%	*9.5%	69.7%
Nutrient Guideline			0				

Tue - 01/26/2021							
AFTERSCHOOL SNACK	Total	82					
Sunflower Seed	1 each	82	165	186	1	5.48	6.82
Chip SunChips Harvest Cheddar	1 each	82	140	150	2	4.0	18.0
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			365	341	15	*9.48	38.82
% of Calories					16.2%	*10.4%	42.5%
Nutrient Guideline			0				

Wed - 01/27/2021							
AFTERSCHOOL SNACK	Total	0					
NO SNACK TODAY	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			0				

Thu - 01/28/2021							
AFTERSCHOOL SNACK	Total	70					
Hummus V3 Snack portion 1/4c	1/4 Cup	70	88	309	*0	3.43	9.71
Pretzel .7oz bag Heartzel	bag	70	80	200	0	2.0	16.04
Juice Box	4 oz	70	60	5	12	*N/A*	14.0
Weighted Daily Average			228	515	*12	*5.44	39.74
% of Calories					*21.3%	*9.5%	69.7%
Nutrient Guideline			0				

Fri - 01/29/2021							
AFTERSCHOOL SNACK	Total	82					
Hummus V3 Snack portion 1/4c	1/4 Cup	82	88	309	*0	3.43	9.71
Pretzel .7oz bag Heartzel	bag	82	80	200	0	2.0	16.04
Juice Box	4 oz	82	60	5	12	*N/A*	14.0
Weighted Daily Average			228	515	*12	*5.44	39.74
% of Calories					*21.3%	*9.5%	69.7%
Nutrient Guideline			0				

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Page 5

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Average			303	357	*15 *43.4%	*8.59 *11.3%	40.66 53.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	303		0					
Sodium 1 (mg)	357						357	
Sodium 2 (mg)	357						357	
Sugars (g)	15	19.27%			Missing			
Protein (g)	8.59	11.33%			Missing			
Carbohydrate (g)	40.66	53.65%						

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