

Portland Public Schools

Jun 3, 2019 thru Jun 14, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

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	Portion Size	Plan Qty	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 06/03/2019						
CASCO BAY BREAKFAST	Total	70				
BAGEL & CRM CHEESE	1 each	70	*1	7.97	30.65	5.69
FRUIT JUICE, ASSORTED	4 OZ	70	*N/A*	0.5	13.5	0.0
Del Monte Mixed Fruit Cup extr	4.4 oz cup	70	13	0.0	14.97	0.0
Milk Breakfast	1 each	70	12	8.0	13.0	2.25
CASCO BAY HIGH LUNCH						
CHICKEN BURGER 2M 3G	1 Each	10	3	20.0	44.0	13.0
bento EGG CHZ PRETZEL	1 EACH	10	*0	17.06	34.08	16.04
FRUIT & VEG BAR!	-----	10	0	0.0	0.0	0.0
CARROTS, BABY, RAW 3/4C	3/4 CUP	10	4	0.6	7.79	0.12
APPLESAUCE: canned 1/2 cup	1/2 CUP	10	*N/A*	0.22	14.52	0.06
MILK - VARIETY maine	8 OZ	0	0	0.0	0.0	0.0
MANAGERS CHOICE dnp	1	10	0	0.0	0.0	0.0
Weighted Daily Average			*24	19.14	75.65	10.60
% of Calories			*20.3%	16.4%	64.9%	20.5%
Nutrient Guideline						<=25.7

Tue - 06/04/2019						
CASCO BAY BREAKFAST	Total	70				
Zee Zees Bar, Cinnamon Crisp,	serving	70	13	4.0	39.0	9.0
Tangerine, 100 ct	1 Each	70	13	0.97	16.01	0.37
Milk Breakfast	1 each	0	0	0.0	0.0	0.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0.0	0.0	0.0
CASCO BAY HIGH LUNCH						
PIZZA, PAZZO 20 CUT	1 EACH	10	*3	19.85	32.98	23.2
Marinara Sauce Full Red	2 oz	10	4	0.91	5.44	1.36
Chicken Patty Spicy Brd Sandwi	1 EACH	10	3	21.16	46.18	15.16
VEGGIE BURGER on a Roll	1 EACH	10	2	16.98	35.99	2.99
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	10	*1	3.83	9.93	11.3
PEAS: frozen	1/2 CUP	10	4	4.87	13.48	0.26
PEACHES: canned drained	1/2 CUP	10	14	0.88	16.2	0.04
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			*29	13.91	70.74	15.05
% of Calories			*24.8%	12.0%	61.0%	29.2%
Nutrient Guideline						<=25.7

Wed - 06/05/2019						
CASCO BAY BREAKFAST	Total	70				
CEREAL, TRIX	each 1oz	70	7	1.01	24.3	1.01
BANANAS, RAW Petite 150 ct	1 EACH	70	*N/A*	1.24	26.04	0.38
FRUIT JUICE, ASSORTED	4 OZ	70	*N/A*	0.5	13.5	0.0
Milk Breakfast	1 each	70	12	8.0	13.0	2.25

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CASCO BAY HIGH LUNCH	Total	10				
Meatball Sub Elm	1 each	10	7	20.91	38.44	15.36
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	7	20.98	46.49	10.53
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	10	*N/A*	0.89	2.1	0.12
PEARS, canned DICED	1/2 CUP	10	12	0.43	16.2	0.09
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Allergy meal	1	10	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*22	15.81	82.72	6.51
% of Calories			*19.9%	14.2%	74.2%	13.1%
Nutrient Guideline						<=25.7

Thu - 06/06/2019						
CASCO BAY BREAKFAST	Total	70				
Blueberry Yogurt (Upstate)	4 oz cup	70	15	3.01	19.07	0.0
Zee Zees Grahamz, Strawberry,	1 serving	70	7	2.0	21.0	4.0
PEARS,FRESH 100 ct	1 EACH	70	16	0.6	25.28	0.23
Milk Breakfast	1 each	70	12	8.0	13.0	2.25
CASCO BAY HIGH LUNCH	Total	10				
TACO MEAT, 100% Beef w/seasoni	1/3 Cup	10	2	13.5	3.15	14.17
Taco Boat	1 each	10	0	2.0	12.98	5.99
BEANS, CANNED, PINTO	1/2 CUP	10	*N/A*	4.86	12.26	0.4
Cornbread Loaf Muffintown	1 EACH	10	15	3.0	29.0	6.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	7	20.98	46.49	10.53
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
Lettuce Shredded 1/2 Cup	.5 cup serving	10	*N/A*	0.38	1.14	0.0
TOMATO DICED	1/4 CUP	10	1	0.47	2.08	0.11
Salsa, La Victoria	1 oz	10	1	0.0	1.96	0.0
PEARS, canned DICED	1/2 CUP	10	12	0.43	16.2	0.09
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			*51	18.61	86.80	10.39
% of Calories			*39.9%	14.5%	67.9%	18.3%
Nutrient Guideline						<=25.7

Fri - 06/07/2019						
CASCO BAY BREAKFAST	Total	45				
Cereal Bar - Cinn Toast Crunch	bar	45	9	2.0	30.0	3.5
string cheese	1 EACH	45	0	8.1	1.01	2.53
APPLES,FRESH 125 ct	1 EACH	45	0	0.38	20.05	0.12
Milk Breakfast	1 each	45	12	8.0	13.0	2.25
CEREAL, KIX - PreK	bowl	0	0	0.0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	10				
Chicken Tender for Waffles	2 Tenders	10	0	18.0	18.0	22.0
WAFFLE STICKS	3/1.1oz ea	10	2	1.44	10.97	2.02
SYRUP	1 oz	10	*N/A*	0.0	18.43	0.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	7	20.98	46.49	10.53
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
SALAD SPINACH with STRAW 1-CUP	1 CUP	10	1	1.24	3.2	0.22
GRAPES,Fresh	1/2 Cup	10	19	0.73	20.0	0.41
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5

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Weighted Daily Average			*26	24.28	77.46	13.36
% of Calories			*20.0%	18.8%	59.9%	23.2%
Nutrient Guideline						<=25.7

Mon - 06/10/2019						
CASCO BAY BREAKFAST	Total	45				
BAGEL & CRM CHEESE	1 each	45	*1	7.97	30.65	5.69
Del Monte Diced Peaches Cup	4.4 oz cup	45	13	0.0	14.97	0.0
FRUIT JUICE, ASSORTED	4 OZ	45	*N/A*	0.5	13.5	0.0
Milk Breakfast	1 each	45	12	8.0	13.0	2.25
CASCO BAY HIGH LUNCH	Total	10				
HAMBURGER /BUN CHEESE	1 each	10	3	20.69	31.52	14.67
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	7	20.98	46.49	10.53
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	10	*N/A*	0.44	1.95	0.1
LETTUCE shredded 1/4 C	1/4 CUP	10	*N/A*	0.19	0.57	0.0
PICKLES, CUCUMBER, DILL slices	slices	10	0	0.03	0.14	0.02
PEACHES: canned	1/2 CUP	10	13	0.79	14.49	0.04
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			*29	22.77	80.07	11.20
% of Calories			*22.8%	18.1%	63.5%	20.0%
Nutrient Guideline						<=25.7

Tue - 06/11/2019						
CASCO BAY BREAKFAST	Total	45				
Zee Zees Bar, Strawberry Crisp,	1 serving	45	14	4.0	41.0	8.0
Tangerine, 100 ct	1 Each	45	13	0.97	16.01	0.37
Milk Breakfast	1 each	45	12	8.0	13.0	2.25
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0.0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	10				
pizza CHEESE AMATO CRUST K-5	1 EACH	10	4	19.82	34.0	19.6
Chicken Patty Sandwich Breaded	1 sandwich	10	3	20.0	44.0	13.0
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	10	*1	3.83	9.93	11.3
Bean Salad, White	1/2 CUP	10	*0	9.65	28.01	5.51
STRAWBERRIES, FRESH	1/2 CUP	10	4	0.49	5.57	0.22
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			*37	21.85	83.14	17.81
% of Calories			*25.9%	15.2%	57.7%	27.8%
Nutrient Guideline						<=25.7

Wed - 06/12/2019						
CASCO BAY BREAKFAST	Total	70				
CEREAL, CINN TOAST CRUNCH RS	each 1oz	70	6	1.01	22.27	3.04
BANANAS, RAW Petite 150 ct	1 EACH	70	*N/A*	1.24	26.04	0.38
FRUIT JUICE, ASSORTED	4 OZ	70	*N/A*	0.5	13.5	0.0
Milk Breakfast	1 each	70	12	8.0	13.0	2.25

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CASCO BAY HIGH LUNCH	Total	10				
ITALIAN, TURKEY	1 SANDWICH	10	5	23.76	34.13	10.39
SAND ITALIAN CHEESE 2M2B	SERVING	10	4	16.02	34.57	15.66
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
PEPPERS, DICED fresh	1/4 CUP	10	*N/A*	0.41	1.63	0.0
PICKLES,DILL DICED	1/8 Cup	10	0	0.12	0.58	0.07
TOMATO SLICES ROMA 1/2c	4 OZ	10	*N/A*	0.57	2.54	0.13
APPLES,FRESH maine	1 EACH	10	*N/A*	0.0	28.88	0.0
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			*19	15.52	80.84	8.30
% of Calories			*17.6%	14.1%	73.5%	17.0%
Nutrient Guideline						<=25.7

Thu - 06/13/2019						
CASCO BAY BREAKFAST	Total	45				
Yogurt (upstate) Strawberry Ba	each 4 oz	45	14	3.0	19.0	0.0
ZeeZees Grahamz, Birthday Cake	serving	45	8	2.0	21.0	4.0
PEARS,FRESH 100 ct	1 EACH	45	16	0.6	25.28	0.23
Milk Breakfast	1 each	45	12	8.0	13.0	2.25
CASCO BAY HIGH LUNCH	Total	10				
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	7	20.98	46.49	10.53
Chicken Nuggets	5 EACH	10	0	17.81	12.73	8.91
Potato Wedges	1/2 Cup	10	0	1.0	15.0	2.5
ROLL DINNER WG 1 OZ	1 EACH	10	1	3.0	14.0	0.0
VEGGIE BURGER on a Roll	1 EACH	10	2	16.98	35.99	2.99
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
GREEN BEANS, FRESH 3/4 Cup	3/4 Cup	10	2	1.01	3.83	0.12
CANTALOUPE	1/2 CUP	10	6	0.68	6.64	0.15
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			48	23.75	92.30	9.98
% of Calories			34.7%	17.2%	67.0%	16.3%
Nutrient Guideline						<=25.7

Fri - 06/14/2019						
CASCO BAY BREAKFAST	Total	70				
CEREAL, ASSORTED	each 1oz	70	*6	1.59	22.59	1.68
Juice Box	4 oz	70	12	*N/A*	14.0	0.0
BANANAS,RAW Petite 150 ct	1 EACH	70	*N/A*	1.24	26.04	0.38
Milk Breakfast	1 each	70	12	8.0	13.0	2.25
CASCO BAY HIGH LUNCH	Total	10				
BAGEL & CRM CHEESE	1 each	10	*1	7.97	30.65	5.69
string cheese	1 EACH	10	0	8.1	1.01	2.53
Sunflower Seed	1 each	10	1	5.48	6.82	14.12
CARROT BABY PC	2 EACH	10	*N/A*	1.16	9.3	0.0
APPLES,FRESH 125 ct	1 EACH	10	0	0.38	20.05	0.12
MILK - VARIETY maine	8 OZ	10	19	8.0	20.7	0.5
Weighted Daily Average			*28	*13.37	77.24	6.64
% of Calories			*27.6%	*13.0%	74.9%	14.5%
Nutrient Guideline						<=25.7

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Weighted Average			*31 *57.6%	*18.90 *15.5%	80.70 66.0%	10.98 20.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sugars (g)	31	25.62%			Missing			
Protein (g)	18.90	15.46%			Missing			
Carbohydrate (g)	80.70	66.03%						
Total Fat (g)	10.98	20.22%	<=25.71%					

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