

Portland Public Schools

Jun 3, 2019 thru Jun 14, 2019

Planned Menu Spreadsheet

Combined: ELEMENTARY
BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

004 - Rowe School

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	Portion Size	Plan Qty	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 06/03/2019						
ELEMENTARY BREAKFAS	Total	400				
BAGEL & CRM CHEESE	1 each	400	*1	7.97	30.65	5.69
FRUIT JUICE, ASSORTED	4 OZ	400	*N/A*	0.5	13.5	0.0
Del Monte Mixed Fruit Cup extr	4.4 oz cup	400	13	0.0	14.97	0.0
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
ELEMENTARY LUNCH	Total	210				
CHICKEN BURGER 2M 3G	1 Each	180	3	20.0	44.0	13.0
bento EGG CHZ PRETZEL	1 EACH	30	*0	17.06	34.08	16.04
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
CARROTS, BABY, RAW 3/4C	3/4 CUP	100	4	0.6	7.79	0.12
APPLESAUCE: canned 1/2 cup	1/2 CUP	150	*N/A*	0.22	14.52	0.06
MILK - VARIETY maine	8 OZ	220	19	8.0	20.7	0.5
MANAGERS CHOICE dnp	1	0	0	0.0	0.0	0.0
Weighted Daily Average			*26	20.58	74.26	10.05
% of Calories			*21.9%	17.6%	63.7%	19.4%
Nutrient Guideline						<=20.5

Tue - 06/04/2019						
ELEMENTARY BREAKFAS	Total	400				
Zee Zees Bar, Cinnamon Crisp,	serving	384	13	4.0	39.0	9.0
Tangerine, 100 ct	1 Each	400	13	0.97	16.01	0.37
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
Mini Muffin - Blueberry- PreK	Mini Muffin	16	10	3.02	22.18	3.53
ELEMENTARY LUNCH	Total	245				
PIZZA, PAZZO 20 CUT	1 EACH	225	*3	19.85	32.98	23.2
PIZZA DIPPING SAUCE	1/4 CUP	175	*N/A*	0.11	0.45	0.06
Marinara Sauce Full Red	2 oz	0	0	0.0	0.0	0.0
bento EGG CHZ PRETZEL	1 EACH	20	*0	17.06	34.08	16.04
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
PEAS: frozen	1/2 CUP	0	0	0.0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	83	*1	3.83	9.93	11.3
PEACHES: canned drained	1/2 CUP	175	14	0.88	16.2	0.04
MILK - VARIETY maine	8 OZ	230	19	8.0	20.7	0.5
Weighted Daily Average			*35	19.09	67.49	17.32
% of Calories			*28.2%	15.3%	54.3%	31.3%
Nutrient Guideline						<=20.5

Wed - 06/05/2019						
ELEMENTARY BREAKFAS	Total	400				
CEREAL, TRIX	each 1oz	400	7	1.01	24.3	1.01
BANANAS, RAW Petite 150 ct	1 EACH	400	*N/A*	1.24	26.04	0.38
FRUIT JUICE, ASSORTED	4 OZ	400	*N/A*	0.5	13.5	0.0
Milk Breakfast	1 each	400	12	8.0	13.0	2.25

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	Portion Size	Plan Qty	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ELEMENTARY LUNCH	Total	200				
Meatball Sub Elm	1 each	140	7	20.91	38.44	15.36
bento EGG CHZ PRETZEL	1 EACH	60	*0	17.06	34.08	16.04
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	0	*0	0.0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	100	*N/A*	0.89	2.1	0.12
WATERMELON,RAW, LOCAL	1/2 CUP	175	*N/A*	0.99	11.94	0.0
MILK - VARIETY maine	8 OZ	200	19	8.0	20.7	0.5
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*21	16.86	74.33	7.80
% of Calories			*19.3%	15.8%	69.6%	16.4%
Nutrient Guideline						<=20.5

Thu - 06/06/2019						
ELEMENTARY BREAKFAS	Total	400				
Blueberry Yogurt (Upstate)	4 oz cup	400	15	3.01	19.07	0.0
Zee Zees Grahamz, Strawberry,	1 serving	400	7	2.0	21.0	4.0
PEARS,FRESH 100 ct	1 EACH	400	16	0.6	25.28	0.23
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
ELEMENTARY LUNCH	Total	175				
TACO MEAT, 100% Beef w/seasoni	1/3 Cup	140	2	13.5	3.15	14.17
Taco Boat	1 each	140	0	2.0	12.98	5.99
BEANS, CANNED, PINTO	1/2 CUP	140	*N/A*	4.86	12.26	0.4
Cornbread Loaf Muffintown	1 EACH	140	15	3.0	29.0	6.0
bento EGG CHZ PRETZEL	1 EACH	5	*0	17.06	34.08	16.04
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	30	*2	22.02	61.7	20.84
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
Lettuce Shredded 1/2 Cup	.5 cup serving	65	*N/A*	0.38	1.14	0.0
TOMATO DICED	1/4 CUP	75	1	0.47	2.08	0.11
Salsa, La Victoria	1 oz	125	1	0.0	1.96	0.0
PEARS, canned DICED	1/2 CUP	150	12	0.43	16.2	0.09
MILK - VARIETY maine	8 OZ	175	19	8.0	20.7	0.5
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*
BAG LUNCH -TURKEY & CHEESE	1 EACH	0	*0	0.0	0.0	0.0
Weighted Daily Average			*48	19.10	83.34	12.39
% of Calories			*37.6%	14.8%	64.7%	21.6%
Nutrient Guideline						<=20.5

Fri - 06/07/2019						
ELEMENTARY BREAKFAS	Total	400				
Cereal Bar - Cinn Toast Crunch	bar	384	9	2.0	30.0	3.5
string cheese	1 EACH	400	0	8.1	1.01	2.53
APPLES,FRESH 125 ct	1 EACH	400	0	0.38	20.05	0.12
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
CEREAL, KIX - PreK	1 bowl	16	2	1.0	14.01	0.5

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	Portion Size	Plan Qty	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ELEMENTARY LUNCH	Total	170				
Chicken Tender for Waffles	2 Tenders	140	0	18.0	18.0	22.0
WAFFLE STICKS	3/1.1oz ea	140	2	1.44	10.97	2.02
SYRUP	1 oz	140	*N/A*	0.0	18.43	0.0
bento EGG CHZ PRETZEL	1 EACH	10	*0	17.06	34.08	16.04
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	20	*2	22.02	61.7	20.84
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
Leafy Green	1 cup	100	*N/A*	*N/A*	*N/A*	*N/A*
CUCUMBER SLICES	1/2 Cup	0	0	0.0	0.0	0.0
GRAPES,Fresh	1/2 Cup	150	19	0.73	20.0	0.41
MILK - VARIETY maine	8 OZ	170	19	8.0	20.7	0.5
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*
MANAGERS CHOICE dnp	1	0	0	0.0	0.0	0.0
Weighted Daily Average			*26	21.36	70.35	12.98
% of Calories			*21.8%	18.0%	59.3%	24.6%
Nutrient Guideline						<=20.5

Mon - 06/10/2019						
ELEMENTARY BREAKFAS	Total	400				
BAGEL & CRM CHEESE	1 each	400	*1	7.97	30.65	5.69
Del Monte Diced Peaches Cup	4.4 oz cup	400	13	0.0	14.97	0.0
FRUIT JUICE,ASSORTED	4 OZ	400	*N/A*	0.5	13.5	0.0
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
ELEMENTARY LUNCH	Total	230				
HAMBURGER /BUN CHEESE	1 each	155	3	20.69	31.52	14.67
VEGGIE BURGER on a Roll	1 EACH	25	2	16.98	35.99	2.99
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	0	*0	0.0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	100	*N/A*	0.44	1.95	0.1
LETTUCE shredded 1/4 C	1/4 CUP	125	*N/A*	0.19	0.57	0.0
PICKLES,CUCUMBER,DILL slices	slices	300	0	0.03	0.14	0.02
PEACHES: canned	1/2 CUP	75	13	0.79	14.49	0.04
MILK - VARIETY maine	8 OZ	230	19	8.0	20.7	0.5
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*26	19.35	64.74	8.98
% of Calories			*25.0%	18.8%	63.0%	19.7%
Nutrient Guideline						<=20.5

Tue - 06/11/2019						
ELEMENTARY BREAKFAS	Total	400				
Zee Zees Bar,Strawberry Crisp,	serving	384	14	4.0	41.0	8.0
Tangerine, 100 ct	1 Each	400	13	0.97	16.01	0.37
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
Mini Muffin - Blueberry- PreK	Mini Muffin	16	10	3.02	22.18	3.53

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ELEMENTARY LUNCH	Total	210				
pizza CHEESE AMATO CRUST K-5	1 EACH	190	4	19.82	34.0	19.6
VEGGIE BURGER on a Roll	1 EACH	10	2	16.98	35.99	2.99
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	10	*2	22.02	61.7	20.84
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	100	*1	3.83	9.93	11.3
Bean Salad, White	1/2 CUP	100	*0	9.65	28.01	5.51
STRAWBERRIES, FRESH	1/2 CUP	200	4	0.49	5.57	0.22
MILK - VARIETY maine	8 OZ	180	19	8.0	20.7	0.5
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*34	20.02	71.76	16.32
% of Calories			*26.4%	15.8%	56.5%	28.9%
Nutrient Guideline						<=20.5

Wed - 06/12/2019						
ELEMENTARY BREAKFAS	Total	400				
CEREAL, CINN TOAST CRUNCH RS	each 1oz	400	6	1.01	22.27	3.04
BANANAS,RAW Petite 150 ct	1 EACH	400	*N/A*	1.24	26.04	0.38
FRUIT JUICE,ASSORTED	4 OZ	400	*N/A*	0.5	13.5	0.0
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
ELEMENTARY LUNCH	Total	195				
ITALIAN, TURKEY	1 SANDWICH	175	5	23.76	34.13	10.39
SAND ITALIAN CHEESE 2M2B	SERVING	20	4	16.02	34.57	15.66
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	0	*0	0.0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
PEPPERS, DICED fresh	1/4 CUP	125	*N/A*	0.41	1.63	0.0
PICKLES,DILL DICED	1/8 Cup	325	0	0.12	0.58	0.07
TOMATO SLICES ROMA 1/2c	4 OZ	150	*N/A*	0.57	2.54	0.13
FRUIT, CANNED ASSORTED	1/2 Cup	150	*7	0.57	16.53	0.06
MILK - VARIETY maine	8 OZ	195	19	8.0	20.7	0.5
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*22	17.82	73.75	7.64
% of Calories			*21.1%	17.1%	70.8%	16.5%
Nutrient Guideline						<=20.5

Thu - 06/13/2019						
ELEMENTARY BREAKFAS	Total	400				
Yogurt (upstate) Strawberry Ba	each 4 oz	400	14	3.0	19.0	0.0
ZeeZees Grahamz, Birthday Cake	serving	400	8	2.0	21.0	4.0
PEARS,FRESH 100 ct	1 EACH	400	16	0.6	25.28	0.23
Milk Breakfast	1 each	400	12	8.0	13.0	2.25

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ELEMENTARY LUNCH	Total	200				
Chicken Nuggets	5 EACH	185	0	17.81	12.73	8.91
Potato Wedges	1/2 Cup	185	0	1.0	15.0	2.5
ROLL DINNER WG 1 OZ	1 EACH	150	1	3.0	14.0	0.0
VEGGIE BURGER on a Roll	1 EACH	15	2	16.98	35.99	2.99
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	0	*0	0.0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0.0	0.0	0.0
GREEN BEANS, FRESH 3/4 Cup	3/4 Cup	125	2	1.01	3.83	0.12
CANTALOUPE	1/2 CUP	120	6	0.68	6.64	0.15
MILK - VARIETY maine	8 OZ	200	19	8.0	20.7	0.5
Weighted Daily Average			*42	19.05	74.16	8.14
% of Calories			*37.4%	17.1%	66.5%	16.4%
Nutrient Guideline						<=20.5

Fri - 06/14/2019						
ELEMENTARY BREAKFAS	Total	400				
CEREAL, ASSORTED	each 1oz	384	*6	1.59	22.59	1.68
BANANAS,RAW Petite 150 ct	1 EACH	400	*N/A*	1.24	26.04	0.38
Juice Box	4 oz	400	12	*N/A*	14.0	0.0
Milk Breakfast	1 each	400	12	8.0	13.0	2.25
CEREAL, KIX - PreK	bowl	16	2	1.0	14.01	0.5
ELEMENTARY LUNCH	Total	0				
BAGEL & CRM CHEESE	1 each	0	*0	0.0	0.0	0.0
string cheese	1 EACH	0	0	0.0	0.0	0.0
Sunflower Seed	1 each	0	0	0.0	0.0	0.0
CARROT BABY PC	2 EACH	0	*N/A*	0.0	0.0	0.0
TOMATOES,FRESH,RED chry 1/4c	1/4 CUP	0	*N/A*	0.0	0.0	0.0
APPLES,FRESH 125 ct	1 EACH	0	0	0.0	0.0	0.0
MILK - VARIETY maine	8 OZ	0	0	0.0	0.0	0.0
Weighted Daily Average			*29	*10.81	75.28	4.26
% of Calories			*31.3%	*11.5%	80.1%	10.2%
Nutrient Guideline						<=20.5

Weighted Average			*31	*18.40	72.95	10.59
			*61.0%	*16.2%	64.3%	21.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sugars (g)	31	27.13%			Missing			
Protein (g)	18.40	16.22%			Missing			
Carbohydrate (g)	72.95	64.28%						
Total Fat (g)	10.59	20.99%	<=20.57%					Correction Required - Total Fat too High

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