

Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

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	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 08/30/2017							
CASCO BAY BREAKFAST	Total	75					
CEREAL, CHEERIOS	each 1oz	150	111	111	10	2.03	22.27
BANANAS,RAW Petite 150 ct	1 EACH	75	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	68					
ITALIAN, TURKEY	1 SANDWICH	50	276	1229	*2	14.96	34.29
SAND ITALIAN CHEESE 2M2B	SERVING	2	326	1284	*2	16.02	34.57
pizza 16" amato CHEESE 8c 2M2B	slice	16	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
PEPPERS, DICED fresh	1/4 CUP	65	7	0	*N/A*	0.41	1.63
PICKLES,DILL DICED	1/8 Cup	80	3	195	0	0.12	0.58
TOMATO SLICES ROMA 1/2c	4 OZ	65	12	3	*N/A*	0.57	2.54
PEACHES: canned	1/2 CUP	75	55	5	13	0.79	14.49
MILK - VARIETY maine	8 OZ	60	122	171	19	8.0	20.7
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			483	931	*33	19.37	85.35
% of Calories					*27.4%	16.1%	70.7%
Nutrient Guideline			643-761	1142			

Thu - 08/31/2017							
CASCO BAY BREAKFAST	Total	75					
Yogurt (upstate) Strawberry Ba	each 4 oz	75	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	75	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	75	95	2	16	0.6	25.28
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	83					
HOT DOG BEEF 8:1	1 EACH	52	305	559	*1	10.17	20.46
TURKEY AND CHEESE SAND.	1 each	15	338	822	*1	27.34	33.04
pizza 16" amato CHEESE 8c 2M2B	slice	16	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	65	140	440	15	6.06	32.22
CARROTS,BABY,RAW 1/2C	1/2 CUP	72	22	49	3	0.4	5.19
WATERMELON,RAW, LOCAL	1/2 CUP	100	46	0	*N/A*	0.99	11.94
MILK - VARIETY maine	8 OZ	60	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			504	723	*32	21.39	81.19
% of Calories					*25.5%	17.0%	64.4%
Nutrient Guideline			643-761	1142			

Fri - 09/01/2017							
CASCO BAY BREAKFAST	Total	0					
NO LUNCH	SERVING	0	0	0	0	0.0	0.0
CASCO BAY HIGH LUNCH	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			643-761	1142			

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Portion Values - Detailed

019 - Casco Bay High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/04/2017							
CASCO BAY BREAKFAST	Total	0					
LABOR DAY - NO SCHOOL	1	0	0	0	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	0					
LABOR DAY - NO SCHOOL	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			643-761	1142			

Tue - 09/05/2017							
CASCO BAY BREAKFAST	Total	75					
Apple Berry VERTICAL Bar	1 each	75	260	105	11	4.0	40.0
Fruit Cup - Diced Peaches	1 Cup	75	60	5	13	0.0	15.0
FRUIT JUICE, ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
CHICKEN BURGER 2M 3G	1 Each	101	393	746	*2	20.89	41.49
pizza 16" amato CHEESE 8c 2M2B	slice	24	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CARROTS, BABY, RAW 1/2C	1/2 CUP	72	22	49	3	0.4	5.19
APPLE SAUCE: canned	1/2 CUP	100	55	3	*N/A*	0.22	14.52
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			504	670	*25	21.59	73.19
% of Calories					*20.1%	17.1%	58.1%
Nutrient Guideline			643-761	1142			

Wed - 09/06/2017							
CASCO BAY BREAKFAST	Total	75					
CEREAL, CINN TOAST CRUNCH	each 1oz	150	111	162	6	1.01	22.27
BANANAS, RAW Petite 150 ct	1 EACH	75	101	1	*N/A*	1.24	26.04
FRUIT JUICE, ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
PIZZA, PAZZO 20 CUT	1 EACH	125	350	690	*2	16.77	28.48
PIZZA DIPPING SAUCE	1/4 CUP	125	22	234	*N/A*	0.9	3.6
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	116	153	481	*1	3.83	9.93
PEACHES, FRESH	1 EACH	125	51	0	11	1.18	12.4
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	100	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			595	1118	*27	22.39	79.99
% of Calories					*18.2%	15.0%	53.8%
Nutrient Guideline			643-761	1142			

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Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/07/2017							
CASCO BAY BREAKFAST	Total	75					
Yogurt (upstate) Raspberry 4oz	1 EACH	75	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	75	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	75	95	2	16	0.6	25.28
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH							
TACO, 100% Beef, Local	1/3 Cup	101	*134	*242	*1	*14.27	*3.06
BEANS, CANNED, PINTO	1/2 CUP	101	70	334	*N/A*	4.86	12.26
Taco Boat	1 each	101	110	0	0	2.0	12.98
Cornbread Loaf Muffintown	1 EACH	100	200	210	*N/A*	3.0	28.0
pizza 16" amato CHEESE 8c 2M2B	slice	24	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
Lettuce Shredded 1/2 Cup	.5 cup serving	70	6	0	*N/A*	0.38	1.14
TOMATO DICED	1/4 CUP	70	10	3	1	0.47	2.08
PINEAPPLE CHUNKS: canned	1/2 CUP	100	63	1	15	0.43	16.17
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			*538	*654	*31	*24.22	*79.29
% of Calories					*23.0%	*18.0%	*58.9%
Nutrient Guideline			643-761	1142			

Fri - 09/08/2017							
CASCO BAY BREAKFAST	Total	75					
Pancakes Aunt Jemima Whole Gra	2 pancakes	50	148	244	*N/A*	3.22	25.72
Cereal Bar - Apple Cinnamon	Bar	25	150	100	8	2.0	30.0
string cheese	1 EACH	25	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	75	75	1	0	0.38	20.05
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH							
Chicken Nuggets	5 EACH	104	241	394	*N/A*	22.87	13.98
Potato Wedges	1/2 Cup	104	94	21	0	1.05	15.74
ROLL DINNER WG 1 OZ	1 EACH	104	313	647	*1	3.0	14.0
pizza 16" amato CHEESE 8c 2M2B	slice	16	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BELL PEPPER, CUT STRIPS 1/4c	1/4 CUP	50	6	0	*N/A*	0.34	1.36
CANTALOUPE	1/2 CUP	125	28	13	6	0.68	6.64
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			567	857	*20	25.06	61.82
% of Calories					*13.9%	17.7%	43.6%
Nutrient Guideline			643-761	1142			

Mon - 09/11/2017							
CASCO BAY BREAKFAST	Total	75					
BAGEL & CRM CHEESE	1 each	75	242	292	*1	7.71	30.21
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Fruit Cup - Diced Pears Delmon	1 Cup	75	60	5	13	0.0	15.0
Milk Breakfast	1 each	75	108	125	12	8.0	13.0

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Portion Values - Detailed

019 - Casco Bay High School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	128					
FISHBURGER w/CHEESE 2M 2G	1 EACH	93	418	876	*2	19.39	45.99
pizza 16" amato CHEESE 8c 2M2B	slice	32	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
COLE SLAW 1 Cup	1 CUP	75	140	243	*8	2.63	19.11
FRUIT COCKTAIL: canned 1/2C	1/2 cup	100	71	8	17	0.5	18.69
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
TURKEY AND CHEESE SAND.	1 each	0	0	0	*0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			555	872	*32	23.12	78.05
% of Calories					*23.3%	16.7%	56.3%
Nutrient Guideline			643-761	1142			

Tue - 09/12/2017							
CASCO BAY BREAKFAST	Total	75					
EGG & CHEESE MUFFIN 1.5M 2G	1 Muff / 1 Egg	50	219	602	*3	10.56	27.68
Cinnamon Crisp VERTICAL Bar	1 each	25	240	80	14	3.0	39.0
ORANGE fresh 138ct SMILES	1 EACH	75	63	0	12	1.25	15.64
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
BBQ CHICKEN SANDWICH WG	3oz meat	93	315	634	*2	26.63	39.62
BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	93	140	440	15	6.06	32.22
pizza 16" amato CHEESE 8c 2M2B	slice	32	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CORN: frozen, yellow 1/2 Cup	1/2 Cup	60	92	1	3	2.89	21.89
STRAWBERRIES, FRESH	1/2 CUP	150	28	1	4	0.58	6.64
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			507	913	*34	29.67	80.71
% of Calories					*26.5%	23.4%	63.7%
Nutrient Guideline			643-761	1142			

Wed - 09/13/2017							
CASCO BAY BREAKFAST	Total	75					
CEREAL, GOLDEN GRAHAMS	each 1oz	150	111	223	9	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	75	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
Pasta, Marinara, Beef, Elem	2/3 CUP	104	*215	*222	*2	*15.18	*24.69
pizza 16" amato CHEESE 8c 2M2B	slice	21	236	713	*4	17.63	20.06
ROLL DINNER WG 1 OZ	1 EACH	90	313	647	*1	3.0	14.0
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
Curry Roasted Chick Peas	1/2 Cup	100	111	442	*0	6.17	17.01
CUCUMBER SLICES	1/2 Cup	75	10	1	*N/A*	0.37	2.13
KIWI	1 each	100	46	2	7	0.87	11.14
MILK - VARIETY maine	8 OZ	125	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			*616	*1035	*28 *18.3%	*24.11 *15.7%	*86.55 *56.2%
Nutrient Guideline			643-761	1142			

Thu - 09/14/2017							
CASCO BAY BREAKFAST	Total	0					
EGG & CHEESE MUFFIN 1.5M 2G	1 Muff / 1 Egg	0	0	0	*0	0.0	0.0
Blueberry Yogurt (Upstate)	4 oz cup	0	0	0	0	0.0	0.0
GRANOLA, CINNAMON IW	1 each	0	0	0	0	0.0	0.0
PEARS,FRESH	1 EACH	0	0	0	0	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	128					
Chicken Tangerine w/Rice AS	4oz chx/1C rice	101	321	387	*11	24.89	21.64
pizza 16" amato CHEESE 8c 2M2B	slice	24	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CARROTS,BABY,RAW 1/2C	1/2 CUP	72	22	49	3	0.4	5.19
CUCUMBER SLICES	1/2 Cup	75	10	1	*N/A*	0.37	2.13
MANDARIN ORANGE SEGMENTS	1/2 CUP	150	63	9	*N/A*	0.89	15.2
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average % of Calories			495	641	*26 *21.1%	31.16 25.2%	60.34 48.8%
Nutrient Guideline			643-761	1142			

Fri - 09/15/2017							
CASCO BAY BREAKFAST	Total	75					
Pancakes Aunt Jemima Whole Gra	2 pancakes	50	148	244	*N/A*	3.22	25.72
Cereal Bar - Trix	Bar	25	150	100	9	2.0	30.0
string cheese	1 EACH	25	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	25	75	1	0	0.38	20.05
Milk Breakfast	1 each	25	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
FRENCH TOAST STICKS	6 each	69	126	73	*N/A*	5.28	20.05
SYRUP	1 oz	69	74	0	*N/A*	0.0	18.43
pizza 16" amato CHEESE 8c 2M2B	slice	56	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BROCCOLI FLORETS, RAW 3/4C	3/4 cup	87	16	15	*N/A*	1.32	3.12
BLUEBERRIES, frozen	1/2 CUP	125	33	0	*N/A*	0.53	7.96
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average % of Calories			312	446	*13 *16.9%	14.86 19.1%	50.14 64.3%
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Mon - 09/18/2017							
CASCO BAY BREAKFAST	Total	75					
BAGEL & CRM CHEESE	1 each	75	242	292	*1	7.71	30.21
Fruit Cup - Mixed Fruit Delmon	1 cup	75	60	5	13	0.0	15.0
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH							
HAMBURGER /BUN CHEESE	1 each	101	341	750	2	20.58	31.01
pizza 16" amato CHEESE 8c 2M2B	slice	24	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	36	9	2	*N/A*	0.44	1.95
LETTUCE shredded 1/4 C	1/4 CUP	140	3	0	*N/A*	0.19	0.57
PICKLES,CUCUMBER,DILL slices	slices	150	1	49	0	0.03	0.14
PEACHES: canned	1/2 CUP	100	55	5	13	0.79	14.49
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			475	772	*28	23.53	64.30
% of Calories					*23.3%	19.8%	54.2%
Nutrient Guideline			643-761	1142			

Tue - 09/19/2017							
CASCO BAY BREAKFAST	Total	75					
EGG & CHEESE MUFFIN 1.5M 2G	1 Muff / 1 Egg	50	219	602	*3	10.56	27.68
Strawberry Vertical Bar	bar	25	250	75	14	4.0	41.0
ORANGE fresh 138ct SMILES	1 EACH	75	63	0	12	1.25	15.64
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH							
Chicken Tender for Waffles	1 serving	101	350	300	0	18.0	18.0
WAFFLE STICKS	3/1.1oz ea	101	173	260	6	3.94	29.92
SYRUP	1 oz	101	74	0	*N/A*	0.0	18.43
pizza 16" amato CHEESE 8c 2M2B	slice	24	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BEANS,SNAP,GREEN,RAW	3 BEANS	50	13	2	1	0.75	2.85
APPLE slices cinnamon	1/2 cup	100	71	2	*4	0.32	18.36
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			578	672	*27	24.10	78.65
% of Calories					*18.7%	16.7%	54.4%
Nutrient Guideline			643-761	1142			

Wed - 09/20/2017							
CASCO BAY BREAKFAST	Total	75					
CEREAL, CHEERIOS	each 1oz	150	111	111	10	2.03	22.27
BANANAS,RAW Petite 150 ct	1 EACH	75	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	128					
ITALIAN, TURKEY	1 SANDWICH	51	276	1229	*2	14.96	34.29
SAND ITALIAN CHEESE 2M2B	SERVING	50	326	1284	*2	16.02	34.57
pizza 16" amato CHEESE 8c 2M2B	slice	24	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
PEPPERS, DICED fresh	1/4 CUP	140	7	0	*N/A*	0.41	1.63
PICKLES,DILL DICED	1/8 Cup	125	3	195	0	0.12	0.58
TOMATO SLICES ROMA 1/2c	4 OZ	120	12	3	*N/A*	0.57	2.54
PEARS, canned DICED	1/2 CUP	100	63	5	12	0.43	16.2
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			469	1072	*29	20.03	77.38
% of Calories					*24.8%	17.1%	66.0%
Nutrient Guideline			643-761	1142			

Thu - 09/21/2017							
CASCO BAY BREAKFAST	Total	75					
EGG & CHEESE MUFFIN 1.5M 2G	1 Muff / 1 Egg	50	219	602	*3	10.56	27.68
Yogurt (upstate) Strawberry Ba	each 4 oz	25	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	25	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	75	95	2	16	0.6	25.28
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
CHICKEN POPCORN	3.5 oz	96	269	835	*N/A*	21.54	20.19
MASHED POTATO	4 OZ	96	60	150	*N/A*	1.0	16.0
CORN: frozen, yellow 1/4 Cup	1/4 Cup	96	46	1	2	1.45	10.94
GRAVY BROWN	2 TBSP	96	24	23	*0	0.82	1.84
pizza 16" amato CHEESE 8c 2M2B	slice	32	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALAD SPINACH with STRAW 1-CUP	1 CUP	120	16	30	1	1.24	3.2
GRAPES,Fresh	1/2 Cup	150	78	2	19	0.73	20.0
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			515	916	*37	26.55	79.95
% of Calories					*29.1%	20.6%	62.1%
Nutrient Guideline			643-761	1142			

Fri - 09/22/2017							
CASCO BAY BREAKFAST	Total	0					
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	*N/A*	0.0	0.0
Cereal Bar - Cinn Toast Crunch	bar	0	0	0	0	0.0	0.0
string cheese	1 EACH	0	0	0	0	0.0	0.0
APPLES,FRESH 125 ct	1 EACH	0	0	0	0	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

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	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	128					
Beef Burrito	1 Burrito	96	*396	*844	*1	*21.01	*40.03
pizza 16" amato CHEESE 8c 2M2B	slice	32	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALSA -PPS	1/4 cup	125	22	197	*2	0.78	5.06
Bean Salad, White	1/2 CUP	50	207	159	*1	9.68	28.55
MANGOS,RAW	1/2 of fruit	128	101	2	23	1.38	25.17
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			*665	*1231	*42	*32.82	*93.85
% of Calories					*25.5%	*19.7%	*56.4%
Nutrient Guideline			643-761	1142			

Mon - 09/25/2017							
CASCO BAY BREAKFAST	Total	75					
BAGEL & CRM CHEESE	1 each	75	242	292	*1	7.71	30.21
Fruit Cup - Diced Peaches	1 Cup	75	60	5	13	0.0	15.0
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
CHICKEN BURGER 2M 3G	1 Each	77	393	746	*2	20.89	41.49
pizza 16" amato CHEESE 8c 2M2B	slice	48	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
CARROT-RAISIN SALAD 1/2 C	1/2 CUP	75	122	276	*19	1.47	31.99
APPLESAUCE: canned	1/2 CUP	100	55	3	*N/A*	0.22	14.52
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			516	819	*28	22.98	77.02
% of Calories					*21.7%	17.8%	59.7%
Nutrient Guideline			643-761	1142			

Tue - 09/26/2017							
CASCO BAY BREAKFAST	Total	75					
EGG & CHEESE MUFFIN 1.5M 2G	1 Muff / 1 Egg	50	219	602	*3	10.56	27.68
Apple Berry VERTICAL Bar	1 each	25	260	105	11	4.0	40.0
ORANGE fresh 138ct SMILES	1 EACH	75	63	0	12	1.25	15.64
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
pizza CHEESE AMATO CRUST K-5	1 EACH	125	237	525	*2	10.66	28.49
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	132	153	481	*1	3.83	9.93
PEACHES,FRESH	1 EACH	128	51	0	11	1.18	12.4
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			494	946	*29	20.56	65.21
% of Calories					*23.8%	16.7%	52.8%
Nutrient Guideline			643-761	1142			

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

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	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/27/2017							
CASCO BAY BREAKFAST	Total	75					
CEREAL, TRIX	each 1oz	150	111	142	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	75	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	75	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
Chicken Burrito	1 Burrito	93	*268	*609	*0	*14.14	*39.99
pizza 16" amato CHEESE 8c 2M2B	slice	32	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
SALSA blackbean-PPS 1/3C 1MMA	1/3 Cup	100	74	272	*0	5.01	13.84
LETTUCE shredded 1/4 C	1/4 CUP	140	3	0	*N/A*	0.19	0.57
TOMATO DICED	1/4 CUP	75	10	3	1	0.47	2.08
KIWI	1 each	100	46	2	7	0.87	11.14
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			*471	*787	*24	*21.05	*83.37
% of Calories					*20.2%	*17.9%	*70.8%
Nutrient Guideline			643-761	1142			

Thu - 09/28/2017							
CASCO BAY BREAKFAST	Total	75					
EGG & CHEESE MUFFIN 1.5M 2G	1 Muff / 1 Egg	50	219	602	*3	10.56	27.68
Yogurt (upstate) Raspberry 4oz	1 EACH	25	90	75	*N/A*	3.0	19.0
GRANOLA, CINNAMON IW	1 each	25	120	0	6	3.0	21.0
PEARS,FRESH	1 EACH	75	95	2	16	0.6	25.28
Milk Breakfast	1 each	75	108	125	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	128					
Chicken Nuggets	5 EACH	93	241	394	*N/A*	22.87	13.98
Potato Wedges	1/2 Cup	93	94	21	0	1.05	15.74
ROLL DINNER WG 1 OZ	1 EACH	90	313	647	*1	3.0	14.0
pizza 16" amato CHEESE 8c 2M2B	slice	32	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BELL PEPPER, CUT STRIPS 1/4c	1/4 CUP	75	6	0	*N/A*	0.34	1.36
CANTALOUPE	1/2 CUP	128	28	13	6	0.68	6.64
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0	0.0	0.0
BAG LUNCH	1 EACH	3	455	1304	*7	20.64	57.82
Weighted Daily Average			571	905	*26	26.38	64.61
% of Calories					*18.5%	18.5%	45.3%
Nutrient Guideline			643-761	1142			

Fri - 09/29/2017							
CASCO BAY BREAKFAST	Total	75					
Pancakes Aunt Jemima Whole Gra	2 pancakes	50	148	244	*N/A*	3.22	25.72
Cereal Bar - Apple Cinnamon	Bar	25	150	100	8	2.0	30.0
string cheese	1 EACH	25	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	75	75	1	0	0.38	20.05
Milk Breakfast	1 each	75	108	125	12	8.0	13.0

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Portland Public Schools

Aug 30, 2017 thru Sep 29, 2017

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	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	128					
Beef Teriyaki Noodle Bowl	serving	85	*452	*809	*22	*21.81	*69.79
pizza 16" amato CHEESE 8c 2M2B	slice	40	236	713	*4	17.63	20.06
FRUIT & VEG BAR!	-----	0	0	0	0	0.0	0.0
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	129	11	10	*N/A*	0.89	2.1
PINEAPPLE CHUNKS: canned	1/2 CUP	100	63	1	15	0.43	16.17
MILK - VARIETY maine	8 OZ	100	122	171	19	8.0	20.7
BAG LUNCH - HS	1 EACH	3	460	1304	*7	20.66	59.08
Weighted Daily Average			*470	*735	*32	*22.76	*75.91
% of Calories					*27.6%	*19.4%	*64.6%
Nutrient Guideline			643-761	1142			

Weighted Average			*519	*844	*29	*23.70	*75.09
					*50.0%	*18.3%	*57.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	519		643 - 761	81%	Missing	124		Correction Required - Calories are Low
Sodium (mg)	844		1142		Missing			
Sugars (g)	29	22.20%			Missing			
Protein (g)	23.70	18.27%			Missing			
Carbohydrate (g)	75.09	57.88%			Missing			

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