

# Portland Public Schools

Sep 14, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

Combined: HIGH SCHOOL  
BREAKFAST/PORTLAND & DEERING HIGH  
**CBHS** LUNCH

Portion Values - Detailed

015 - Deering High School

Page 1

Generated on: 9/10/2020 11:37:15 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/14/2020							
HIGH SCHOOL BREAKFAS	Total	1					
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	325	*46	11.69	91.48
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Zee Zees Bar, Strawberry Crisp,	serving	1	250	75	14	4.0	41.0
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI							
CHEF SALAD	1 CUP	1	165	364	*6	13.29	9.39
GRAPES, Fresh	1/2 Cup	1	78	2	19	0.73	20.0
Pretzel .7oz bag Heartzel	bag	1	80	200	0	2.0	16.04
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Chicken Caprese	2MMA2G	1	*346	*811	*2	*35.4	*32.48
CARROTS, BABY, RAW 3/4C	3/4 CUP	1	33	74	4	0.6	7.79
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			*1100	*1269	*110	*51.71	*191.55
% of Calories					*40.0%	*18.8%	*69.6%
Nutrient Guideline			600-725	1030			

Tue - 09/15/2020							
HIGH SCHOOL BREAKFAS	Total	1					
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	325	*46	11.69	91.48
BANANAS regular 100ct	1 EACH	1	121	1	17	1.48	31.06
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Wed - 09/16/2020							
PORTLAND & DEERING HI	Total	0					
NO LUNCH	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			600-725	1030			

\*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  
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Thu - 09/17/2020							
HIGH SCHOOL BREAKFAS	Total	1					
CEREAL, CHEERIOS	each 1oz	1	100	140	1	3.0	20.0
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PANCAKES 2 WG, MARG, SYRUP	2 Each	1	247	297	*N/A*	3.33	45.09
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
PORTLAND & DEERING HI							
	Total	1					
Buffalo Chicken Wrap	1 each	1	*236	*984	*3	*18.02	*23.51
Bean Salad, White	1/2 CUP	1	193	311	*0	9.65	28.01
CANTALOUPE HS 1 CUP	1 CUP	1	55	26	13	1.37	13.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
TACO SALAD	SERVINGS	1	288	410	*2	17.08	21.54
BROCCOLI FLORETS, RAW 3/4C	3/4 cup	1	16	15	*N/A*	1.32	3.12
Chips, Baked Tostitos Scoops	2 each	1	220	250	*N/A*	4.0	38.0
CANTALOUPE HS 1 CUP	1 CUP	1	55	26	13	1.37	13.28
Weighted Daily Average			*964	*1486	*44	*41.95	*154.02
% of Calories					*18.4%	*17.4%	*63.9%
Nutrient Guideline			600-725	1030			

Fri - 09/18/2020							
HIGH SCHOOL BREAKFAS	Total	1					
CEREAL, CHEERIOS	each 1oz	1	100	140	1	3.0	20.0
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
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