

Portland Public Schools

Sep 14, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

Combined: ELEMENTARY
BREAKFAST/ELEMENTARY LUNCH

Portion Values - Detailed

002 - East End Community School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/14/2020							
ELEMENTARY BREAKFAS	Total	350					
BAGEL & CRM CHEESE	1 each	350	193	343	*1	7.97	30.65
Del Monte Diced Pears Cup	4.4 oz	350	60	5	13	0.0	14.97
FRUIT JUICE,ASSORTED	4 OZ	350	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	350	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	325	*46	11.69	91.48
BROCCOLI FLORETS, RAW 3/4C	1/2 cup	1	11	10	*N/A*	0.88	2.08
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			418	489	*26	16.53	72.44
% of Calories					*25.0%	15.8%	69.3%
Nutrient Guideline			350-500	542			

Tue - 09/15/2020							
ELEMENTARY BREAKFAS	Total	380					
Zee Zees Bar, Strawberry Crisp,	1 serving	350	250	75	14	4.0	41.0
Tangerine, 100 ct	1 Each	380	64	2	13	0.97	16.01
Milk Breakfast	1 each	380	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	30	131	141	10	3.02	22.18
ELEMENTARY LUNCH	Total	1					
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	325	*46	11.69	91.48
CARROTS,BABY,30lb case 1/2 CUP	1/2 Cup	1	6	11	1	0.17	1.33
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			414	210	*39	12.96	68.83
% of Calories					*37.2%	12.5%	66.5%
Nutrient Guideline			350-500	542			

Wed - 09/16/2020							
ELEMENTARY BREAKFAS	Total	350					
CEREAL, TRIX	each 1oz	350	111	142	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	350	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	350	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	350	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
Grilled Chicken, Ceasar/Salad	breast	1	*146	*271	*2	*6.0	*29.0
ROLL DINNER WG 1 OZ	1 EACH	1	73	110	1	3.0	14.0
CANTALOUPE	1/2 CUP	1	28	13	6	0.68	6.64
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			*377	*285	*19	*10.83	*77.02
% of Calories					*20.3%	*11.5%	*81.7%
Nutrient Guideline			350-500	542			

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/17/2020							
ELEMENTARY BREAKFAS	Total	350					
Blueberry Yogurt (Upstate)	4 oz cup	350	90	50	15	3.01	19.07
ZeeZees Grahamz, Birthday Cake	serving	350	130	50	8	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	350	95	2	16	0.6	25.28
Milk Breakfast	1 each	350	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
TURKEY AND CHEESE SAND.	1 each	1	234	1242	4	20.52	30.2
CELERY,RAW STICK 4" Purchased	1/2 CUP	1	10	52	*N/A*	0.45	1.92
STRAWBERRIES, FRESH	1/2 CUP	1	23	1	4	0.49	5.57
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			424	232	*51	13.70	78.49
% of Calories					*48.3%	12.9%	74.0%
Nutrient Guideline			350-500	542			

Fri - 09/18/2020							
ELEMENTARY BREAKFAS	Total	380					
Nutri-Grain Cereal Bar Blueber	1 each	350	153	132	*N/A*	2.07	28.65
APPLES,FRESH 125 ct	1 EACH	380	75	1	0	0.38	20.05
string cheese	1 EACH	380	61	213	0	8.1	1.01
Mini Muffin - Blueberry- PreK	Mini Muffin	30	131	141	10	3.02	22.18
Milk Breakfast	1 each	380	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
TURKEY AND CHEESE SAND.	1 each	1	234	1242	4	20.52	30.2
CELERY,RAW STICK 4" Purchased	1/2 CUP	1	10	52	*N/A*	0.45	1.92
STRAWBERRIES, FRESH	1/2 CUP	1	23	1	4	0.49	5.57
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			397	476	*13	18.69	62.37
% of Calories					*13.0%	18.8%	62.8%
Nutrient Guideline			350-500	542			

Mon - 09/21/2020							
ELEMENTARY BREAKFAS	Total	350					
APPLE FRUDEL PILLSBURY	1 EACH	350	210	260	11	4.99	35.96
DRIED FRUIT	1/4 CUP	350	110	0	24	0.0	28.0
FRUIT JUICE,ASSORTED	4 OZ	350	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	350	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
Bagel Pizza	1 each	1	535	1035	*7	35.84	48.02
GREEN BEANS, FRESH 1/2 Cup	1/2 Cup	1	17	3	2	1.01	3.83
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			485	403	*47	13.64	90.68
% of Calories					*38.8%	11.2%	74.8%
Nutrient Guideline			350-500	542			

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/22/2020							
ELEMENTARY BREAKFAS	Total	380					
Zee Zees Bar, Cinnamon Crisp, Tangerine, 100 ct	1 Each	380	64	2	13	0.97	16.01
Milk Breakfast	1 each	380	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	16	131	141	10	3.02	22.18
ELEMENTARY LUNCH	Total	1					
Bagel Pizza	1 each	1	535	1035	*7	35.84	48.02
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	1	9	2	*N/A*	0.44	1.95
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
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			410	211	*37	12.91	66.11
% of Calories					*36.3%	12.6%	64.6%
Nutrient Guideline			350-500	542			

Wed - 09/23/2020							
ELEMENTARY BREAKFAS	Total	350					
CEREAL, CHEERIOS	each 1oz	350	100	140	1	3.0	20.0
BANANAS,RAW Petite 150 ct	1 EACH	350	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	350	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	350	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
Rice and Bean Bowl	1 bowl	1	*177	*368	*N/A*	*8.77	*33.96
Chips, Baked Tostitos Scoops	1 each	1	110	125	*N/A*	2.0	19.0
SUGAR SNAP PEA, 1/2 cup	3/4	1	13	1	*N/A*	0.88	2.38
KIWI	1 each	1	46	2	7	0.87	11.14
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			*366	*284	*13	*12.82	*72.78
% of Calories					*14.3%	*14.0%	*79.5%
Nutrient Guideline			350-500	542			

Thu - 09/24/2020							
ELEMENTARY BREAKFAS	Total	350					
Yogurt (upstate) Raspberry 4oz	1 EACH	350	90	75	*N/A*	3.0	19.0
Zee Zees Grahamz, Strawberry, PEARS,FRESH 100 ct	1 EACH	350	95	2	16	0.6	25.28
Milk Breakfast	1 each	350	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
CHICKEN SALAD	1/2 CUP	1	173	299	*0	18.31	6.15
Roll, Deli Roll Fantini	1 each	1	155	274	*N/A*	7.0	30.0
BROCCOLI FLORETS, RAW 3/4C	3/4 cup	1	16	15	*N/A*	1.32	3.12
Fruit Cup - Diced Peaches	1 Cup	1	60	5	13	0.0	15.0
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			424	259	*35	13.71	78.47
% of Calories					*33.2%	12.9%	74.0%
Nutrient Guideline			350-500	542			

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/25/2020							
ELEMENTARY BREAKFAS	Total	380					
Nutri-Grain Cereal Bar Blueber	1 each	350	153	132	*N/A*	2.07	28.65
string cheese	1 EACH	380	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	380	75	1	0	0.38	20.05
Milk Breakfast	1 each	380	108	125	12	8.0	13.0
CEREAL, KIX - PreK	bowl	30	60	100	2	1.0	14.01
ELEMENTARY LUNCH	Total	1					
CHICKEN SALAD	1/2 CUP	1	173	299	*0	18.31	6.15
Roll, Deli Roll Fantini	1 each	1	155	274	*N/A*	7.0	30.0
CUCUMBER SLICES	1/2 Cup	1	8	0	1	0.5	1.65
STRAWBERRIES, FRESH	1/2 CUP	1	23	1	4	0.49	5.57
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			392	471	*12	18.55	61.74
% of Calories					*12.5%	18.9%	63.0%
Nutrient Guideline			350-500	542			

Mon - 09/28/2020							
ELEMENTARY BREAKFAS	Total	780					
BAGEL & CRM CHEESE	1 each	350	193	343	*1	7.97	30.65
Fruit Cup - Mixed Fruit Delmon	1 cup	380	88	0	20	0.0	21.02
FRUIT JUICE,ASSORTED	4 OZ	380	55	15	*N/A*	0.5	13.5
Mini Muffin - Blueberry- PreK	Mini Muffin	30	131	141	10	3.02	22.18
Milk Breakfast	1 each	380	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
Falafel Pita Sandwich	1 each	1	*249	*427	*1	*2.84	*17.04
CARROT BABY PC	1 EACH	1	20	23	*N/A*	0.58	4.65
APPLES,FRESH maine	1 EACH	1	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7
Weighted Daily Average			*215	*229	*16	*7.86	*37.89
% of Calories					*30.5%	*14.6%	*70.4%
Nutrient Guideline			350-500	542			

Tue - 09/29/2020							
ELEMENTARY BREAKFAS	Total	750					
Zee Zees Bar, Cinnamon Crisp,	serving	384	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	400	64	2	13	0.97	16.01
Milk Breakfast	1 each	400	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	16	131	141	10	3.02	22.18
ELEMENTARY LUNCH	Total	1					
Falafel Pita Sandwich	1 each	1	*249	*427	*1	*2.84	*17.04
CARROT BABY PC	1 EACH	1	20	23	*N/A*	0.58	4.65
APPLES,FRESH maine	1 EACH	1	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	1	516	460	*23	17.96	70.7

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			*223	*113	*20	*6.93	*36.05
% of Calories					*35.9%	*12.4%	*64.6%
Nutrient Guideline			350-500	542			

Wed - 09/30/2020							
ELEMENTARY BREAKFAS							
Cereal Bar - Cinn Toast Crunch	Total	750					
BANANAS,RAW Petite 150 ct	bar	400	150	115	9	2.0	30.0
FRUIT JUICE,ASSORTED	1 EACH	400	101	1	*N/A*	1.24	26.04
Milk Breakfast	4 OZ	400	55	15	*N/A*	0.5	13.5
ELEMENTARY LUNCH	1 each	400	108	125	12	8.0	13.0
Tomato & Cucumber Salad HS 1C							
string cheese	1 Cup	1	69	178	3	1.3	5.36
ROLL DINNER WG 1 OZ	1 EACH	1	61	213	0	8.1	1.01
CANTALOUPE	1 EACH	1	73	110	1	3.0	14.0
MILK - VARIETY maine	1/2 CUP	1	28	13	6	0.68	6.64
Sunbutter Bag Lunch	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average	1	1	516	460	*23	17.96	70.7
% of Calories			222	138	*11	6.31	44.12
Nutrient Guideline			350-500	542	*20.3%	11.4%	79.5%

Weighted Average			*367	*292	*26	*12.72	*65.15
					*64.3%	*13.9%	*71.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	367		350 - 500	100%	Missing			
Sodium 1 (mg)	292		542		Missing			
Sodium 2 (mg)	292		486		Missing			
Sugars (g)	26	28.57%			Missing			
Protein (g)	12.72	13.88%			Missing			
Carbohydrate (g)	65.15	71.05%			Missing			

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