

# Portland Public Schools

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 1

Sep 14, 2020 thru Sep 30, 2020  
**Elementary** AFTERSCHOOL SNACK

002 - East End Community School

Generated on: 9/10/2020 11:09:10 AM

|                         | Portion Size | Plan Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) |
|-------------------------|--------------|----------|-------------|-----------|------------|-----------|----------|
| Mon - 09/14/2020        |              |          |             |           |            |           |          |
| AFTERSCHOOL SNACK       | Total        | 1        |             |           |            |           |          |
| CRACKERS, GRAHAM SCOOPY | 1 each       | 1        | 120         | 115       | *N/A*      | 2.0       | 21.0     |
| SUN BUTTER              | 1 EACH       | 1        | 200         | 120       | *N/A*      | 7.0       | 7.0      |
| Juice Box               | 4 oz         | 1        | 60          | 5         | 12         | *N/A*     | 14.0     |
| Weighted Daily Average  |              |          | 380         | 240       | *12        | *9.00     | 42.00    |
| % of Calories           |              |          |             |           | *12.6%     | *9.5%     | 44.2%    |
| Nutrient Guideline      |              |          | 0           |           |            |           |          |

|                         |        |   |     |     |        |       |       |
|-------------------------|--------|---|-----|-----|--------|-------|-------|
| Tue - 09/15/2020        |        |   |     |     |        |       |       |
| AFTERSCHOOL SNACK       | Total  | 1 |     |     |        |       |       |
| CRACKERS, GRAHAM SCOOPY | 1 each | 1 | 120 | 115 | *N/A*  | 2.0   | 21.0  |
| SUN BUTTER              | 1 EACH | 1 | 200 | 120 | *N/A*  | 7.0   | 7.0   |
| Juice Box               | 4 oz   | 1 | 60  | 5   | 12     | *N/A* | 14.0  |
| Weighted Daily Average  |        |   | 380 | 240 | *12    | *9.00 | 42.00 |
| % of Calories           |        |   |     |     | *12.6% | *9.5% | 44.2% |
| Nutrient Guideline      |        |   | 0   |     |        |       |       |

|                        |        |   |     |     |        |        |       |
|------------------------|--------|---|-----|-----|--------|--------|-------|
| Thu - 09/17/2020       |        |   |     |     |        |        |       |
| AFTERSCHOOL SNACK      | Total  | 1 |     |     |        |        |       |
| CRACKERS GOLDFISH      | 1 EACH | 1 | 101 | 172 | *N/A*  | 3.04   | 14.17 |
| string cheese          | 1 EACH | 1 | 61  | 213 | 0      | 8.1    | 1.01  |
| Juice Box              | 4 oz   | 1 | 60  | 5   | 12     | *N/A*  | 14.0  |
| Weighted Daily Average |        |   | 222 | 390 | *12    | *11.14 | 29.19 |
| % of Calories          |        |   |     |     | *21.6% | *20.1% | 52.6% |
| Nutrient Guideline     |        |   | 0   |     |        |        |       |

|                        |        |   |     |     |        |        |       |
|------------------------|--------|---|-----|-----|--------|--------|-------|
| Fri - 09/18/2020       |        |   |     |     |        |        |       |
| AFTERSCHOOL SNACK      | Total  | 1 |     |     |        |        |       |
| CRACKERS GOLDFISH      | 1 EACH | 1 | 101 | 172 | *N/A*  | 3.04   | 14.17 |
| string cheese          | 1 EACH | 1 | 61  | 213 | 0      | 8.1    | 1.01  |
| Juice Box              | 4 oz   | 1 | 60  | 5   | 12     | *N/A*  | 14.0  |
| Weighted Daily Average |        |   | 222 | 390 | *12    | *11.14 | 29.19 |
| % of Calories          |        |   |     |     | *21.6% | *20.1% | 52.6% |
| Nutrient Guideline     |        |   | 0   |     |        |        |       |

|                              |         |   |    |     |    |       |       |
|------------------------------|---------|---|----|-----|----|-------|-------|
| Mon - 09/21/2020             |         |   |    |     |    |       |       |
| AFTERSCHOOL SNACK            | Total   | 1 |    |     |    |       |       |
| Hummus V3 Snack portion 1/4c | 1/4 Cup | 1 | 88 | 309 | *0 | 3.43  | 9.71  |
| Pretzel .7oz bag Heartzel    | bag     | 1 | 80 | 200 | 0  | 2.0   | 16.04 |
| Juice Box                    | 4 oz    | 1 | 60 | 5   | 12 | *N/A* | 14.0  |

\*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.

# Portland Public Schools

Sep 14, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

AFTERSCHOOL SNACK

Portion Values - Detailed

002 - East End Community School

Page 2

Generated on: 9/10/2020 11:09:10 AM

|                        | Portion Size | Plan Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) |
|------------------------|--------------|----------|-------------|-----------|------------|-----------|----------|
| Weighted Daily Average |              |          | 228         | 515       | *12        | *5.44     | 39.74    |
| % of Calories          |              |          |             |           | *21.3%     | *9.5%     | 69.7%    |
| Nutrient Guideline     |              |          | 0           |           |            |           |          |

| Tue - 09/22/2020             |         |   |     |     |        |       |       |
|------------------------------|---------|---|-----|-----|--------|-------|-------|
| AFTERSCHOOL SNACK            | Total   | 1 |     |     |        |       |       |
| Hummus V3 Snack portion 1/4c | 1/4 Cup | 1 | 88  | 309 | *0     | 3.43  | 9.71  |
| Pretzel .7oz bag Heartzel    | bag     | 1 | 80  | 200 | 0      | 2.0   | 16.04 |
| Juice Box                    | 4 oz    | 1 | 60  | 5   | 12     | *N/A* | 14.0  |
| Weighted Daily Average       |         |   | 228 | 515 | *12    | *5.44 | 39.74 |
| % of Calories                |         |   |     |     | *21.3% | *9.5% | 69.7% |
| Nutrient Guideline           |         |   | 0   |     |        |       |       |

| Thu - 09/24/2020       |        |   |     |     |        |        |       |
|------------------------|--------|---|-----|-----|--------|--------|-------|
| AFTERSCHOOL SNACK      | Total  | 1 |     |     |        |        |       |
| string cheese          | 1 EACH | 1 | 61  | 213 | 0      | 8.1    | 1.01  |
| CRACKERS GOLDFISH      | 1 EACH | 1 | 101 | 172 | *N/A*  | 3.04   | 14.17 |
| Juice Box              | 4 oz   | 1 | 60  | 5   | 12     | *N/A*  | 14.0  |
| Weighted Daily Average |        |   | 222 | 390 | *12    | *11.14 | 29.19 |
| % of Calories          |        |   |     |     | *21.6% | *20.1% | 52.6% |
| Nutrient Guideline     |        |   | 0   |     |        |        |       |

| Fri - 09/25/2020       |        |   |     |     |        |        |       |
|------------------------|--------|---|-----|-----|--------|--------|-------|
| AFTERSCHOOL SNACK      | Total  | 1 |     |     |        |        |       |
| string cheese          | 1 EACH | 1 | 61  | 213 | 0      | 8.1    | 1.01  |
| CRACKERS GOLDFISH      | 1 EACH | 1 | 101 | 172 | *N/A*  | 3.04   | 14.17 |
| Juice Box              | 4 oz   | 1 | 60  | 5   | 12     | *N/A*  | 14.0  |
| Weighted Daily Average |        |   | 222 | 390 | *12    | *11.14 | 29.19 |
| % of Calories          |        |   |     |     | *21.6% | *20.1% | 52.6% |
| Nutrient Guideline     |        |   | 0   |     |        |        |       |

| Mon - 09/28/2020              |             |   |     |     |       |       |       |
|-------------------------------|-------------|---|-----|-----|-------|-------|-------|
| AFTERSCHOOL SNACK             | Total       | 1 |     |     |       |       |       |
| Mini Muffin - Blueberry- PreK | Mini Muffin | 1 | 131 | 141 | 10    | 3.02  | 22.18 |
| Sunflower Seed                | 1 each      | 1 | 165 | 186 | 1     | 5.48  | 6.82  |
| Juice Cup                     | EACH 6 oz   | 1 | 80  | 20  | 19    | 4.0   | 20.01 |
| Weighted Daily Average        |             |   | 376 | 347 | 30    | 12.51 | 49.01 |
| % of Calories                 |             |   |     |     | 31.8% | 13.3% | 52.1% |
| Nutrient Guideline            |             |   | 0   |     |       |       |       |

\*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

1 - 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.

**Portland Public Schools**

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

**Sep 14, 2020 thru Sep 30, 2020**

AFTERSCHOOL SNACK

002 - East End Community School

Generated on: 9/10/2020 11:09:10 AM

|                        | Portion Size   | Plan Qty | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) |
|------------------------|----------------|----------|-------------|-----------|------------|-----------|----------|
| Tue - 09/29/2020       |                |          |             |           |            |           |          |
| AFTERSCHOOL SNACK      |                |          |             |           |            |           |          |
|                        | Total          | 1        |             |           |            |           |          |
|                        | Mini Muffin    | 1        | 131         | 141       | 10         | 3.02      | 22.18    |
|                        | Sunflower Seed | 1        | 165         | 186       | 1          | 5.48      | 6.82     |
|                        | Juice Box      | 1        | 60          | 5         | 12         | *N/A*     | 14.0     |
| Weighted Daily Average |                |          | 356         | 332       | 23         | *8.50     | 43.00    |
| % of Calories          |                |          |             |           | 25.7%      | *9.6%     | 48.3%    |
| Nutrient Guideline     |                |          | 0           |           |            |           |          |

|                  |  |  |     |     |               |                 |                |
|------------------|--|--|-----|-----|---------------|-----------------|----------------|
| Weighted Average |  |  | 284 | 375 | *15<br>*47.3% | *9.44<br>*13.3% | 37.22<br>52.5% |
|------------------|--|--|-----|-----|---------------|-----------------|----------------|

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories         | 284      |           | 0             |             |           |           |         |                         |
| Sodium 1 (mg)    | 375      |           |               |             |           |           | 375     |                         |
| Sodium 2 (mg)    | 375      |           |               |             |           |           | 375     |                         |
| Sugars (g)       | 15       | 21.01%    |               |             | Missing   |           |         |                         |
| Protein (g)      | 9.44     | 13.32%    |               |             | Missing   |           |         |                         |
| Carbohydrate (g) | 37.22    | 52.50%    |               |             |           |           |         |                         |

\*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.

