

Portland Public Schools

Sep 14, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL
BREAKFAST/MIDDLE SCHOOL LUNCH

Portion Values - Detailed

012 - King Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/14/2020							
MIDDLE SCHOOL BREAKF	Total	1					
BAGEL & CRM CHEESE	1 each	1	193	343	*1	7.97	30.65
Del Monte Diced Pears Cup	4.4 oz	1	60	5	13	0.0	14.97
FRUIT JUICE, ASSORTED	4 OZ	1	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			753	727	*57	27.50	128.53
% of Calories					*30.4%	14.6%	68.3%
Nutrient Guideline			528-604	966			

Tue - 09/15/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Zee Zees Bar, Strawberry Crisp, Tangerine, 100 ct	1 Each	1	250	75	14	4.0	41.0
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	1	131	141	10	3.02	22.18
MIDDLE SCHOOL 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			819	655	*69	26.91	138.20
% of Calories					*33.7%	13.1%	67.5%
Nutrient Guideline			528-604	966			

Wed - 09/16/2020							
MIDDLE SCHOOL BREAKF	Total	1					
CEREAL, TRIX	each 1oz	1	111	142	7	1.01	24.3
BANANAS, RAW Petite 150 ct	1 EACH	1	101	1	*N/A*	1.24	26.04
FRUIT JUICE, ASSORTED	4 OZ	1	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			*630	*654	*35	*23.20	*108.94
% of Calories					*22.4%	*14.7%	*69.1%
Nutrient Guideline			528-604	966			

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Thu - 09/17/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Blueberry Yogurt (Upstate)	4 oz cup	1	90	50	15	3.01	19.07
ZeeZees Grahamz, Birthday Cake	serving	1	130	50	8	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			664	1076	*50	30.51	103.72
% of Calories					*30.3%	18.4%	62.5%
Nutrient Guideline			528-604	966			

Fri - 09/18/2020							
MIDDLE SCHOOL BREAKF	Total	0					
Nutri-Grain Cereal Bar Blueber	1 each	0	0	0	*N/A*	0.0	0.0
APPLES,FRESH 125 ct	1 EACH	0	0	0	0	0.0	0.0
string cheese	1 EACH	0	0	0	0	0.0	0.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0	0	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0
MIDDLE SCHOOL 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			905	1925	*49	47.41	129.10
% of Calories					*21.8%	20.9%	57.0%
Nutrient Guideline			528-604	966			

Mon - 09/21/2020							
MIDDLE SCHOOL BREAKF	Total	1					
APPLE FRUDEL PILLSBURY	1 EACH	1	210	260	11	4.99	35.96
DRIED FRUIT	1/4 CUP	1	110	0	24	0.0	28.0
FRUIT JUICE,ASSORTED	4 OZ	1	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			884	1035	*57	38.45	129.49
% of Calories					*25.9%	17.4%	58.6%
Nutrient Guideline			528-604	966			

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/22/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Zee Zees Bar, Cinnamon Crisp,	1 serving	1	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	1	64	2	13	0.97	16.01
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	1	131	141	10	3.02	22.18
MIDDLE SCHOOL 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			906	1009	*58	39.48	125.78
% of Calories					*25.6%	17.4%	55.5%
Nutrient Guideline			528-604	966			

Wed - 09/23/2020							
MIDDLE SCHOOL BREAKF	Total	1					
CEREAL, CHEERIOS	each 1oz	1	100	140	1	3.0	20.0
BANANAS,RAW Petite 150 ct	1 EACH	1	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	1	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			*674	*704	*31	*25.61	*115.21
% of Calories					*18.3%	*15.2%	*68.3%
Nutrient Guideline			528-604	966			

Thu - 09/24/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Yogurt (upstate) Raspberry 4oz	1 EACH	1	90	75	*N/A*	3.0	19.0
Zee Zees Grahamz, Strawberry,	1 serving	1	130	55	7	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	1	95	2	16	0.6	25.28
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			732	740	*45	33.09	111.97
% of Calories					*24.7%	18.1%	61.2%
Nutrient Guideline			528-604	966			

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Fri - 09/25/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Nutri-Grain Cereal Bar Blueber	1 each	1	153	132	*N/A*	2.07	28.65
string cheese	1 EACH	1	61	213	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	1	75	1	0	0.38	20.05
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
CEREAL, KIX - PreK	bowl	1	60	100	2	1.0	14.01
MIDDLE SCHOOL 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			728	888	*30	35.90	105.74
% of Calories					*16.8%	19.7%	58.1%
Nutrient Guideline			528-604	966			

Mon - 09/28/2020							
MIDDLE SCHOOL BREAKF	Total	1					
BAGEL & CRM CHEESE	1 each	1	193	343	*1	7.97	30.65
Fruit Cup - Mixed Fruit Delmon	1 cup	1	88	0	20	0.0	21.02
FRUIT JUICE,ASSORTED	4 OZ	1	55	15	*N/A*	0.5	13.5
Mini Muffin - Blueberry- PreK	Mini Muffin	1	131	141	10	3.02	22.18
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL 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			*796	*852	*43	*24.43	*121.15
% of Calories					*21.5%	*12.3%	*60.9%
Nutrient Guideline			528-604	966			

Tue - 09/29/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Zee Zees Bar, Cinnamon Crisp,	serving	1	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	1	64	2	13	0.97	16.01
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	1	131	141	10	3.02	22.18
MIDDLE SCHOOL 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			*785	*714	*45	*22.69	*116.07
% of Calories					*23.1%	*11.6%	*59.2%
Nutrient Guideline			528-604	966			

Wed - 09/30/2020							
MIDDLE SCHOOL BREAKF	Total	1					
Cereal Bar - Cinn Toast Crunch	bar	1	150	115	9	2.0	30.0
BANANAS,RAW Petite 150 ct	1 EACH	1	101	1	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	1	55	15	*N/A*	0.5	13.5
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	1					
Tomato & Cucumber Salad HS 1C	1 Cup	1	69	178	3	1.3	5.36
string cheese	1 EACH	1	61	213	0	8.1	1.01
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			641	700	*37	25.39	100.47
% of Calories					*23.0%	15.8%	62.7%
Nutrient Guideline			528-604	966			

Weighted Average			*763	*898	*47	*30.81	*118.03
					*55.2%	*16.2%	*61.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		528 - 604	126%	Missing		159	Correction Required -
Sodium 1 (mg)	898		966		Missing			Calories too High
Sodium 2 (mg)	898		771		Missing		127	
Sugars (g)	47	24.52%			Missing			Correction Required -
Protein (g)	30.81	16.16%			Missing			Sodium too High
Carbohydrate (g)	118.03	61.89%			Missing			

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