

Portland Public Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 14, 2020 thru Sep 30, 2020
Middle School 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 SCOOBY	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 SCOOBY	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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	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				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/29/2020							
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 Box	4 oz	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 *47.3%	*9.44 *13.3%	37.22 52.5%
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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%						

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