

Portland Public Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/01/2019								
CASCO BAY BREAKFAST	Total	70						
CEREAL, CHEERIOS	each 1oz	70	100	140	3.00	1	3.0	20.0
BANANAS,RAW Petite 150 ct	1 EACH	70	101	1	2.96	*N/A*	1.24	26.04
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
FRUIT JUICE,ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
CASCO BAY HIGH LUNCH								
TACO MEAT, 100% Beef w/seasoni	Total	130						
BEANS, CANNED, PINTO	1/3 Cup	93	194	505	0.00	2	13.5	3.15
Taco Boat	1/2 CUP	93	70	334	2.79	*N/A*	4.86	12.26
Cornbread Loaf Muffintown	1 each	93	110	0	2.00	0	2.0	12.98
VEGGIE BURGER on a Roll	1 EACH	93	180	90	1.00	15	3.0	29.0
FRUIT & VEG BAR!	1/8 slice	32	369	819	5.44	7	20.98	46.49
pears	1 EACH 2M2G	0	0	0	0.00	*0	0.0	0.0
pears	1 EACH	5	226	670	7.99	2	16.98	35.99
pears	-----	0	0	0	0.00	0	0.0	0.0
pears	.5 cup serving	60	6	0	0.38	*N/A*	0.38	1.14
pears	1/4 CUP	60	10	3	0.64	1	0.47	2.08
pears	1 oz	80	10	205	0.00	1	0.0	1.96
pears	1/2 CUP	100	63	5	2.00	12	0.43	16.2
pears	8 OZ	130	122	171	0.00	19	8.0	20.7
Weighted Daily Average			569	875	7.33	*33	24.77	83.72
% of Calories						*22.9%	17.4%	58.9%
Nutrient Guideline			578-706	972				

Thu - 05/02/2019								
CASCO BAY BREAKFAST	Total	70						
Yogurt (upstate) Raspberry 4oz	1 EACH	70	90	75	0.00	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	70	130	55	0.00	8	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	70	95	2	5.15	16	0.6	25.28
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0

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 2

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	130						
Popcorn Chicken, FC	serving	93	220	550	2.00	0	20.0	26.0
MASHED POTATO	4 OZ	93	60	150	0.00	*N/A*	1.0	16.0
CORN: frozen, yellow 1/4 Cup	1/4 Cup	93	46	1	1.36	2	1.45	10.94
chicken gravy	1 ounce	93	9	124	0.11	*N/A*	0.29	1.56
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	32	369	819	5.44	7	20.98	46.49
VEGGIE BURGER on a Roll	1 EACH	5	226	670	7.99	2	16.98	35.99
BENTO: hummus,celery,pita,chs	1 EACH 2M2G	0	0	0	0.00	*0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
CELERY STICKS 1/2 C	1/2 Cup	70	10	52	1.04	1	0.45	1.93
FRUIT COCKTAIL: canned 1/2C	1/2 cup	100	71	8	1.25	17	0.5	18.69
MILK - VARIETY maine	8 OZ	130	122	171	0.00	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0.00	0	0.0	0.0
Weighted Daily Average			487	754	5.48	*36	24.72	84.56
% of Calories						*29.5%	20.3%	69.5%
Nutrient Guideline			578-706	972				

Fri - 05/03/2019								
CASCO BAY BREAKFAST	Total	70						
Cereal Bar - Trix	Bar	70	150	100	2.00	9	2.0	30.0
string cheese	1 EACH	70	61	213	0.00	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	70	75	1	3.48	0	0.38	20.05
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CEREAL, KIX - PreK	bowl	0	0	0	0.00	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	130						
Beef Dippers	4 Dippers	93	150	420	1.00	4	12.0	6.0
FRIED RICE, BROWN 1CUP	1 CUP	93	206	731	2.23	*0	4.43	38.25
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	32	369	819	5.44	7	20.98	46.49
VEGGIE BURGER on a Roll	1 EACH	5	226	670	7.99	2	16.98	35.99
BENTO: hummus,celery,pita,chs	1 EACH 2M2G	0	0	0	0.00	*0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
SUGAR SNAP PEA, cup HS	1 cup	50	26	3	1.64	*N/A*	1.76	4.76
KIWI	1 each	100	46	2	2.28	7	0.87	11.14
MILK - VARIETY maine	8 OZ	130	122	171	0.00	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0.00	0	0.0	0.0
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

Page 3

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			477	949	6.04	*26	23.96	71.55
% of Calories						*22.0%	20.1%	60.0%
Nutrient Guideline			578-706	972				

Mon - 05/06/2019								
CASCO BAY BREAKFAST	Total	70						
BAGEL & CRM CHEESE	1 each	70	193	343	3.58	*1	7.97	30.65
FRUIT JUICE, ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
Del Monte Mixed Fruit Cup extr	4.4 oz cup	70	60	5	1.00	13	0.0	14.97
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	130						
Wild Mike's Cheese Bread Stick	2 each	50	280	540	2.00	2	14.0	30.0
VEGGIE BURGER on a Roll	1 EACH	5	226	670	7.99	2	16.98	35.99
Chicken Patty Spicy Brd Sandwi	1 EACH	75	419	675	6.03	3	21.16	46.18
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
Marinara Sauce Full Red	2 oz	35	36	268	0.00	4	0.91	5.44
Pizza Sauce DIP CUP	1 EACH	0	0	0	0.00	0	0.0	0.0
BROCCOLI FLORETS, RAW 1C	1 cup	70	21	20	1.61	*N/A*	1.74	4.11
PINEAPPLE CHUNKS: drained 1 Cp	1 Cup	100	195	4	3.01	48	1.35	50.52
MILK - VARIETY maine	8 OZ	130	122	171	0.00	19	8.0	20.7
Weighted Daily Average			569	742	6.80	*48	24.27	92.07
% of Calories						*33.4%	17.1%	64.7%
Nutrient Guideline			578-706	972				

Tue - 05/07/2019								
CASCO BAY BREAKFAST	Total	70						
Zee Zees Bar, Cinnamon Crisp,	1 serving	70	250	80	3.00	13	4.0	39.0
Tangerine, 100 ct	1 Each	70	64	2	2.16	13	0.97	16.01
Milk Breakfast	1 each	0	0	0	0.00	0	0.0	0.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0	0.00	0	0.0	0.0

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

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

Page 4

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	130						
HOT DOG BEEF LS on a roll 8:1	1 EACH	93	302	553	1.02	*1	10.06	20.45
BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	93	140	440	5.23	15	6.06	32.22
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	32	369	819	5.44	7	20.98	46.49
VEGGIE BURGER on a Roll	1 EACH	5	226	670	7.99	2	16.98	35.99
Sunbutter&Jelly&Chz Stx 2M2G	1 EACH	0	0	0	0.00	*0	0.0	0.0
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
CORN: frozen, yellow 3/4 CUP	1/2 Cup	40	92	1	2.72	3	2.89	21.89
PEACHES: canned drained	1/2 CUP	100	62	6	1.82	14	0.88	16.2
MILK - VARIETY maine	8 OZ	130	122	171	0.00	19	8.0	20.7
Weighted Daily Average			508	752	7.24	*38	19.24	78.01
% of Calories						*29.9%	15.1%	61.4%
Nutrient Guideline			578-706	972				

Wed - 05/08/2019								
CASCO BAY BREAKFAST	Total	70						
CEREAL, TRIX	each 1oz	70	111	142	1.01	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	70	101	1	2.96	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	70						
ITALIAN, TURKEY	1 SANDWICH	50	309	1661	3.81	5	23.76	34.13
SAND ITALIAN CHEESE 2M2B	SERVING	20	326	1284	2.95	4	16.02	34.57
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
PEPPERS, DICED fresh	1/4 CUP	70	7	0	0.81	*N/A*	0.41	1.63
PICKLES,DILL DICED	1/8 Cup	70	3	195	0.24	0	0.12	0.58
TOMATO SLICES ROMA 1/2c	4 OZ	70	12	3	0.78	*N/A*	0.57	2.54
APPLES,FRESH maine	1 EACH	70	109	0	4.56	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	70	122	171	0.00	19	8.0	20.7
BAG LUNCH - HS	1 EACH	0	0	0	0.00	*0	0.0	0.0
Weighted Daily Average			471	1103	7.22	*22	20.70	82.71
% of Calories						*18.4%	17.6%	70.2%
Nutrient Guideline			578-706	972				

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

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

Page 5

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/09/2019								
CASCO BAY BREAKFAST	Total	70						
Blueberry Yogurt (Upstate)	4 oz cup	70	90	50	0.00	15	3.01	19.07
Zee Zees Grahamz, Strawberry, PEARS,FRESH 100 ct	1 EACH	70	130	55	0.00	7	2.0	21.0
Milk Breakfast	1 each	70	95	2	5.15	16	0.6	25.28
		70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	130						
Kung Pao Chicken over Rice	1 serving	93	370	955	3.14	*4	22.26	52.33
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	32	369	819	5.44	7	20.98	46.49
VEGGIE BURGER on a Roll	1 EACH	5	226	670	7.99	2	16.98	35.99
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
SUGAR SNAP PEA, 1/2 cup	1/2 cup	60	7	1	0.41	*N/A*	0.44	1.19
Red Bell Pepper Slices	1/4 cup	30	9	1	0.60	1	0.3	1.8
MANDARIN ORANGE SEGMENTS	1/2 CUP	100	75	11	1.07	*N/A*	1.07	18.24
MILK - VARIETY maine	8 OZ	130	122	171	0.00	19	8.0	20.7
Weighted Daily Average			505	789	5.08	*33	24.80	83.30
% of Calories						*26.2%	19.6%	66.0%
Nutrient Guideline			578-706	972				

Fri - 05/10/2019								
CASCO BAY BREAKFAST	Total	45						
Cereal Bar - Cinn Toast Crunch	bar	45	150	115	3.00	9	2.0	30.0
string cheese	1 EACH	45	61	213	0.00	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	45	75	1	3.48	0	0.38	20.05
Milk Breakfast	1 each	45	108	125	0.00	12	8.0	13.0
CEREAL, KIX - PreK	1 bowl	0	0	0	0.00	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	130						
VEGETABLE CHILI	3/4 CUP	93	224	607	6.44	*N/A*	14.57	27.01
BAKED POTATO 1/2	1/2 potato	93	119	13	2.81	2	3.19	26.98
TORTILLA BK SCOOPS	1 Each	93	110	110	2.00	*N/A*	2.0	19.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	32	369	819	5.44	7	20.98	46.49
VEGGIE BURGER on a Roll	1 EACH	5	226	670	7.99	2	16.98	35.99
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	50	9	2	0.60	*N/A*	0.44	1.95
FRUIT COCKTAIL: canned 1/2C	1/2 cup	100	71	8	1.25	17	0.5	18.69
MILK - VARIETY maine	8 OZ	130	122	171	0.00	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0.00	0	0.0	0.0

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 6

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			550	805	9.75	*32	25.93	91.40
% of Calories						*22.9%	18.9%	66.5%
Nutrient Guideline			578-706	972				

Mon - 05/13/2019								
CASCO BAY BREAKFAST	Total	45						
BAGEL & CRM CHEESE	1 each	45	193	343	3.58	*1	7.97	30.65
Del Monte Diced Peaches Cup	4.4 oz cup	45	60	5	1.00	13	0.0	14.97
FRUIT JUICE, ASSORTED	4 OZ	45	55	15	0.50	*N/A*	0.5	13.5
Milk Breakfast	1 each	45	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	10						
CHICKEN BURGER 2M 3G	1 Each	10	386	731	6.00	3	20.0	44.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
bento EGG CHZ PRETZEL	1 EACH	10	341	636	4.01	*0	17.06	34.08
VEGGIE BURGER on a Roll	1 EACH	10	226	670	7.99	2	16.98	35.99
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
CARROTS, BABY, RAW 1 CUP	1 CUP	10	50	111	4.11	7	0.91	11.68
APPLESAUCE: canned 1 c HS	1 cup	10	55	3	1.54	*N/A*	0.22	14.52
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0.00	0	0.0	0.0
Weighted Daily Average			622	970	9.45	*28	28.77	96.72
% of Calories						*18.0%	18.5%	62.2%
Nutrient Guideline			578-706	972				

Tue - 05/14/2019								
CASCO BAY BREAKFAST	Total	45						
Zee Zees Bar, Strawberry Crisp,	1 serving	45	250	75	2.00	14	4.0	41.0
Tangerine, 100 ct	1 Each	45	64	2	2.16	13	0.97	16.01
Milk Breakfast	1 each	45	108	125	0.00	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0	0.00	0	0.0	0.0

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

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

Page 7

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	10						
PIZZA, PAZZO 20 CUT	1 EACH	10	424	732	3.40	*3	19.85	32.98
PIZZA DIPPING SAUCE	1/4 CUP	10	3	29	0.00	*N/A*	0.11	0.45
Chicken Patty Spicy Brd	1 EACH	10	273	404	3.03	1	15.16	17.18
VEGGIE BURGER on a Roll	1 EACH	10	226	670	7.99	2	16.98	35.99
bento EGG CHZ PRETZEL	1 EACH	10	341	636	4.01	*0	17.06	34.08
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	10	153	490	0.62	*1	3.83	9.93
BLUEBERRIES, frozen 1C HS	1 CUP	10	67	0	3.91	*N/A*	1.05	15.92
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
MANAGERS CHOICE dnp	1	0	0	0	0.00	0	0.0	0.0
Weighted Daily Average			637	735	7.58	*36	25.53	87.68
% of Calories						*22.8%	16.0%	55.0%
Nutrient Guideline			578-706	972				

Wed - 05/15/2019								
CASCO BAY BREAKFAST	Total	70						
CEREAL, CINN TOAST CRUNCH RS	each 1oz	70	111	162	3.04	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	70	101	1	2.96	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	10						
SPAGHETTI AND MEATBALLS CK	SERVING	10	483	966	9.69	2	22.82	59.6
Garlic Bread WG	1 each	10	198	329	1.50	*0	5.44	21.95
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
VEGGIE BURGER on a Roll	1 EACH	10	226	670	7.99	2	16.98	35.99
bento EGG CHZ PRETZEL	1 EACH	10	341	636	4.01	*0	17.06	34.08
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
BELL PEPPER, CUT STRIPS 1 cup	1 cup	10	22	0	2.47	*N/A*	1.23	4.93
MANDARIN ORANGE SEG Dr HS 1 cp	1 CUP	10	102	15	1.45	*N/A*	1.45	24.86
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			562	716	9.76	*19	21.16	96.53
% of Calories						*13.9%	15.1%	68.7%
Nutrient Guideline			578-706	972				

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 8

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/16/2019								
CASCO BAY BREAKFAST	Total	45						
Yogurt (upstate) Strawberry Ba	each 4 oz	45	90	50	0.00	14	3.0	19.0
ZeeZees Grahamz, Birthday Cake	serving	45	130	50	0.00	8	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	45	95	2	5.15	16	0.6	25.28
Milk Breakfast	1 each	45	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	10						
Chicken Nuggets	5 EACH	10	204	344	2.55	0	17.81	12.73
Potato Wedges	1/2 Cup	10	90	20	1.00	0	1.0	15.0
ROLL DINNER WG 1 OZ	1 EACH	10	73	110	2.00	1	3.0	14.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
GREEN BEANS , Raw1 Cup	1 CUP	10	34	7	2.97	4	2.01	7.67
CANTALOUPE HS 1 CUP	1 CUP	10	55	26	1.47	13	1.37	13.28
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Wild Maine Blueberry dip	2 oz	10	*29	*6	*1.20	*4	*0.1	*5.44
Weighted Daily Average			*523	*458	*7.23	*50	*20.99	*88.65
% of Calories						*37.9%	*16.0%	*67.8%
Nutrient Guideline			578-706	972				

Fri - 05/17/2019								
CASCO BAY BREAKFAST	Total	70						
Cereal Bar - Apple Cinnamon	Bar	70	150	100	3.00	8	2.0	30.0
string cheese	1 EACH	70	61	213	0.00	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	70	75	1	3.48	0	0.38	20.05
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CEREAL, KIX - PreK	owl	0	0	0	0.00	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	10						
Beef Burrito	1 Burrito	10	396	844	4.67	*1	21.04	40.5
bean rice burrito	1 Burrito	10	419	856	12.50	*0	19.54	57.31
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
CORN SALAD, FIESTA	1/2	10	81	185	2.50	*4	2.3	18.96
BEANS, CANNED, BLACK (TURTLE),	.5 cup	10	115	148	8.76	*N/A*	7.63	20.96
Salsa, La Victoria	1 oz	10	10	205	0.00	1	0.0	1.96
Mango Chunks, IQF, 1/2 CUP	1/2 cup	10	65	0	1.62	15	0.81	17.01
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7

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

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

Page 9

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			496	685	9.43	*23	23.58	78.22
% of Calories						*18.2%	19.0%	63.1%
Nutrient Guideline			578-706	972				

Mon - 05/20/2019								
CASCO BAY BREAKFAST	Total	70						
BAGEL & CRM CHEESE	1 each	70	193	343	3.58	*1	7.97	30.65
Del Monte Diced Pears Cup	4.4 oz	70	60	5	1.00	13	0.0	14.97
FRUIT JUICE, ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	10						
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
TOMATOES, COCKTAIL LOCAL 1/2C	1/2 cup	10	9	2	0.60	*N/A*	0.44	1.95
LETTUCE shredded 1/4 C	1/4 CUP	10	3	0	0.19	*N/A*	0.19	0.57
PICKLES, CUCUMBER, DILL slices	slices	10	1	49	0.06	0	0.03	0.14
PEACHES: canned	1/2 CUP	10	55	5	1.63	13	0.79	14.49
MILK - VARIETY maine	8 OZ	0	0	0	0.00	0	0.0	0.0
Weighted Daily Average			462	631	5.94	*25	19.80	75.00
% of Calories						*22.1%	17.2%	65.0%
Nutrient Guideline			578-706	972				

Tue - 05/21/2019								
CASCO BAY BREAKFAST	Total	70						
Zee Zees Bar, Berry Apple Cris	2.2 oz	70	250	80	3.00	14	4.0	41.0
Tangerine, 100 ct	1 Each	70	64	2	2.16	13	0.97	16.01
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0	0.00	0	0.0	0.0

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 10

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	10						
Chicken Tender for Waffles	2 Tenders	10	350	300	2.00	0	18.0	18.0
Egg Roll	1	10	150	520	2.00	3	4.0	23.01
BENTO: hummus,celery,pita,chs	1 EACH 2M2G	10	361	1039	10.65	*1	20.16	44.27
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
EDAMAME SALAD	1/2 CUP	10	*125	*7	*5.44	*N/A*	*11.62	*9.73
GRAPES,Fresh	1/2 Cup	10	78	2	1.05	19	0.73	20.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Allergy meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Sweet & Sour Sauce Bulk	1 OZ	10	60	110	0.00	11	0.0	14.0
Sweet and Sour PC	1 OZ	10	50	160	0.00	9	0.0	12.0
Weighted Daily Average			*531	*470	*7.16	*42	*19.17	*81.47
% of Calories						*31.4%	*14.4%	*61.4%
Nutrient Guideline			578-706	972				

Wed - 05/22/2019								
CASCO BAY BREAKFAST	Total	70						
Over Night Oats w/ Blueberry	10 oz	70	217	90	4.00	*24	7.11	42.21
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
FRUIT JUICE,ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
CASCO BAY HIGH LUNCH	Total	10						
Meatball Sub Elm	1 each	10	372	759	4.00	7	20.91	38.44
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
SALAD CAESAR ROMAINE 1Cup	1 CUP	10	153	490	0.62	*1	3.83	9.93
CARROTS,BABY,RAW 1/4C	1/4 CUP	10	11	25	0.91	1	0.2	2.6
PEARS, canned DICED	1/2 CUP	10	63	5	2.00	12	0.43	16.2
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			469	485	5.56	*37	20.45	76.92
% of Calories						*32.0%	17.4%	65.6%
Nutrient Guideline			578-706	972				

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 11

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/23/2019								
CASCO BAY BREAKFAST	Total	70						
CEREAL, CHEERIOS	each 1oz	70	100	140	3.00	1	3.0	20.0
BANANAS,RAW Petite 150 ct	1 EACH	70	101	1	2.96	*N/A*	1.24	26.04
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
FRUIT JUICE,ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
CASCO BAY HIGH LUNCH	Total	10						
chicken drumsticks baked	3oz servings	10	249	498	0.00	0	24.91	3.11
MASHED POTATO	4 OZ	10	60	150	0.00	*N/A*	1.0	16.0
ROLL DINNER WG 1 OZ	1 EACH	10	73	110	2.00	1	3.0	14.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
COLE SLAW 1/2c	1/2 CUP	10	70	121	2.79	*4	1.32	9.56
FRUIT COCKTAIL: canned 1/2C	1/2 cup	10	71	8	1.25	17	0.5	18.69
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			446	481	7.09	*17	18.61	79.54
% of Calories						*15.6%	16.7%	71.4%
Nutrient Guideline			578-706	972				

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/24/2019								
CASCO BAY BREAKFAST	Total	70						
Yogurt (upstate) Raspberry 4oz	1 EACH	70	90	75	0.00	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	70	130	55	0.00	8	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	70	95	2	5.15	16	0.6	25.28
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	10						
Soup, Tomato Healthy Request	1 cup	10	80	417	1.00	10	1.0	16.0
GRILLED CHEESE SANDWICH	1 each	10	318	1306	2.31	4	16.92	33.69
CRACKERS GOLDFISH	1 EACH	10	101	172	1.01	*N/A*	3.04	14.17
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
KIWI	1 each	10	46	2	2.28	7	0.87	11.14
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
PEAS frozen 3/4 CUP	3/4 CUP	10	111	102	6.38	6	7.3	20.21
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			513	598	6.81	*38	19.16	88.80
% of Calories						*29.8%	14.9%	69.2%
Nutrient Guideline			578-706	972				

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 12

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:54 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Mon - 05/27/2019								
CASCO BAY BREAKFAST	Total	70						
LABOR DAY - NO SCHOOL	1	70	0	0	0.00	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	0						
Memorial Day	1	0	0	0	0.00	0	0.0	0.0
Weighted Daily Average			0	0	0.00	0	0.00	0.00
% of Calories						0.0%	0.0%	0.0%
Nutrient Guideline			578-706	972				

Tue - 05/28/2019								
CASCO BAY BREAKFAST	Total	70						
Zee Zees Bar, Cinnamon Crisp,	serving	70	250	80	3.00	13	4.0	39.0
Tangerine, 100 ct	1 Each	70	64	2	2.16	13	0.97	16.01
Milk Breakfast	1 each	0	0	0	0.00	0	0.0	0.0
Mini Muffin - Blueberry- PreK	Mini Muffin	0	0	0	0.00	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	10						
Wild Mike's Cheese Bread Stick	2 each	10	280	540	2.00	2	14.0	30.0
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
PIZZA SAUCE FULLY PRPD Sysco	2 oz.	10	33	119	1.90	4	0.95	6.67
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
BROCCOLI FLORETS, RAW 3/4C	3/4 cup	10	16	15	1.22	*N/A*	1.32	3.12
PINEAPPLE CHUNKS: canned	1/2 CUP	10	63	1	0.96	15	0.43	16.17
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			385	280	5.96	*28	10.06	63.52
% of Calories						*29.4%	10.5%	66.1%
Nutrient Guideline			578-706	972				

Wed - 05/29/2019								
CASCO BAY BREAKFAST	Total	70						
CEREAL, TRIX	each 1oz	70	111	142	1.01	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	70	101	1	2.96	*N/A*	1.24	26.04
FRUIT JUICE,ASSORTED	4 OZ	70	55	15	0.50	*N/A*	0.5	13.5
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0

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 13

May 1, 2019 thru May 31, 2019

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

019 - Casco Bay High School

Generated on: 5/2/2019 10:30:54 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
CASCO BAY HIGH LUNCH	Total	10						
HOT DOG BEEF LS on a roll 8:1	1 EACH	10	302	553	1.02	*1	10.06	20.45
BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	10	140	440	5.23	15	6.06	32.22
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
CORN: frozen, yellow 3/4 CUP	1/2 Cup	10	92	1	2.72	3	2.89	21.89
PEACHES: canned drained	1/2 CUP	10	62	6	1.82	14	0.88	16.2
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			465	496	5.95	*24	15.52	86.97
% of Calories						*20.8%	13.4%	74.9%
Nutrient Guideline			578-706	972				

Thu - 05/30/2019								
CASCO BAY BREAKFAST	Total	70						
Blueberry Yogurt (Upstate)	4 oz cup	70	90	50	0.00	15	3.01	19.07
Zee Zees Grahamz, Strawberry,	serving	70	130	55	0.00	7	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	70	95	2	5.15	16	0.6	25.28
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CASCO BAY HIGH LUNCH	Total	10						
BBQ CHICKEN	1/3 CUP	10	151	943	0.20	*9	16.04	18.69
Roll, Burger 4" Fantini 153	1 each	10	146	271	3.00	2	6.0	29.0
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
APPLES,FRESH maine	1 EACH	10	109	0	4.56	*N/A*	0.0	28.88
CUCUMBER SLICES	1/2 Cup	10	8	0	0.50	1	0.5	1.65
POTATO SALAD 1/2 cup	1/2 cup	10	61	233	1.54	*1	1.41	14.45
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			491	507	6.41	*49	18.52	88.54
% of Calories						*39.8%	15.1%	72.1%
Nutrient Guideline			578-706	972				

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

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: CASCO BAY BREAKFAST/CASCO BAY HIGH LUNCH

Portion Values - Detailed

019 - Casco Bay High School

Page 14

Generated on: 5/2/2019 10:30:54 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/31/2019								
CASCO BAY BREAKFAST	Total	70						
Cereal Bar - Trix	Bar	70	150	100	2.00	9	2.0	30.0
string cheese	1 EACH	70	61	213	0.00	0	8.1	1.01
APPLES,FRESH 125 ct	1 EACH	70	75	1	3.48	0	0.38	20.05
Milk Breakfast	1 each	70	108	125	0.00	12	8.0	13.0
CEREAL, KIX - PreK	bowl	0	0	0	0.00	0	0.0	0.0
CASCO BAY HIGH LUNCH	Total	10						
Orange Chicken over Rice	Serving	10	385	800	3.14	*9	22.26	57.33
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
FRUIT & VEG BAR!	-----	0	0	0	0.00	0	0.0	0.0
SUGAR SNAP PEA, 1/2 cup	1/2 cup	10	7	1	0.41	*N/A*	0.44	1.19
Red Bell Pepper Slices	1/4 cup	10	9	1	0.60	1	0.3	1.8
MANDARIN ORANGE SEGMENTS	1/2 CUP	10	75	11	1.07	*N/A*	1.07	18.24
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			466	609	6.13	*23	22.80	74.27
% of Calories						*19.6%	19.6%	63.8%
Nutrient Guideline			578-706	972				

Weighted Average			*509	*677	*7.06	*32	*21.48	*83.19
						*56.8%	*16.9%	*65.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	509		578 - 706	88%	Missing	69		Correction Required - Calories are Low
Sodium (mg)	677		972		Missing			
Fiber (g)	7.06				Missing			
Sugars (g)	32	25.23%			Missing			
Protein (g)	21.48	16.87%			Missing			
Carbohydrate (g)	83.19	65.35%			Missing			

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.